**What would you say is your greatest talent or skill? How have you developed and demonstrated that talent over time? (350 words)**

One of the talents that I’m proud of is being able to stay calm in stressful situations to ensure that I can make a wise decision for the problem.

~~I do this by identifying the problem first, and then start doing what needs to be done. But sometimes, things just get out of hand and I still panicked especially when I know, I couldn’t do anything to fix the problem I cause or I have. Then, I will look for help from other people who might know what I need to do and most of the time, I regulate the stress by hearing some music or just walking back and forth in my own room, convince myself that everything’s going to be okay.~~

One time during lockdown, my friends and I needed to make an online batch of …..to get some fund for our school event that invited over 400 students to compete in the competition, “Excelsior”. However, during the food delivery stage, the food had not been prepared and there’s no one from my team who could deliver it. I took a deep breath and turned some music on, trying my best to keep calm while solving the problem one by one. By being composed, I could think of my next steps clearly. First, I asked my members to call both the online shop and the delivery service to inquire about our food status. Second, I tried to ask other friends who might be able to help us deliver the food. Lastly, I told my members to apologize and notify each customer the ETA of their order. The problem was successfully sorted out because I managed to remain calm and think clearly.

Apparently, the problem did not stop there. One of the Excelsior’s sponsors suddenly canceled their contract with us just 2 weeks before the event was held. I was assigned by my teacher to negotiate with them so they could remain our sponsor. ~~Knowing well, that this is actually my fault because I didn’t confirm the agreement we have, of course I went panicked~~. I first chatted them, bringing up the clause written in our contract. Unfortunately, they stood their ground and refused. I had my backs to the wall, but I refused to give up. Taking long breaths, I tried to figure out ways to persuade them. Then, when I’m sure I already calm, I start the chat again with sponsor and try my best to offer, negotiate, talk and just do my best in persuading them. This time around, the sponsor agreed to sponsor our event, and it felt like I won a million bucks.

~~With the skills I develop throughout the year, I could successfully run our school event, even with all the problem I encounter.~~

Hi Em,

I agree with the belief that your ability to remain calm under pressure is an asset. Thus, you need to make sure that this personality strength is exhibited clearly throughout your essay.

I’ve made some suggestions to make your intro and ending more engaging in the comments section. Another thing that I recommend you put in your intro is one or two sentences about how long it took you to build this strength. See also below for clarity:

Hook/1st paragraph:

*“Keep Calm and Carry On” is a popular slogan we often see in memes or posters plastered around the town. For me, however, this rings true.*

2nd paragraph:

*Of course, I wouldn’t say that I had always been a Zen person, but with every challenge…. (*Continue with how your challenges have made you who you are in the present)

ENDING:

*Though we live in a hustle culture where everything instant is valued, I believe that I should take it one day at a time…* (elaborate on your belief with why you think your ability to remain calm in this era will highly valuable in your future goal/career).