**Mabel UC Essays**

**Prompt 1** - **Describe an example of your leadership experience in which you have positively influenced others, helped resolve disputes or contributed to group efforts over time.**

Ding!

“K added Mabel to the group,” it stated, befuddling me. The group’s title was Senior High Student Orientation Program. I was clueless why I was added until another notification appeared. The notification wrote a list of group leaders for the program, including my name. I felt delighted when I was selected. Nonetheless, at the same time, I was perturbed, questioning my ability to lead my team due to my introverted nature. Even so, I kept my chin up and became determined to give it my best shot.

Everything on the initial day was smooth sailing since the students basically learned the school’s technical information. It was a large weight off my shoulders. Unfortunately, the following day fell apart. My team members were obstructive with one another and did not want to be involved in the activities, which they deemed mundane.

I panicked and thought of sharing each other’s interests and playing classic games. Yet, it did nothing but worsened the delicate. At last, I enquired for advice from other group leaders. They advised me to do ‘atypical’ activities, because the activities I had thought earlier rendered them reluctant to participate. This brought me to Mafia, Charades, and cheer. In the course of the gathering, I asked them to create a cheer. Thankfully, the discussion began. They generated one and tried it with one accord after. Following this, tackling the issue in the game session, I encouraged them to partake to advance their teamwork skills and get familiar with one another. I also gave them key roles in games in turn, so they could have the chance to voice. As expected, all of them uttered pleasantly.

I felt exceedingly content and proud being able to excite my team and watching them being more intimate months later. At the end of the event, one of my team members approached me, sharing that she was thrilled she came to this school and entered such an engrossing program. Never have I imagined I would encounter significant growth — from a bashful introvert to someone who is capable of leadership.

**Prompt 6 - Think about an academic subject that inspires you. Describe how you have furthered this interest inside and/or outside of the classroom.**

Our body teaches morality?

My 11th grade Biology teacher displayed a video of Kurzgesagt – In a Nutshell, depicting the battle between the immune system and pathogens. There were two cells which caught my attention. They are the B and T cells – whom I creatively name the BesTies cell, owing to their roles that support each other. The B cells act as the frontline soldier, whilst T cells stimulate B cells. Whenever B cells are debilitated, T cells come to invigorate them. Reflecting on this story, the immune system – and I believe all systems inside our body – could educate us countless life lessons.

I began to be more intrigued by Biology, thus I have been delving into it by watching videos on body systems and enrolling in the HEAL Virtual Clinical Shadowing program, in which I observed how doctors proceed from diagnosis to treatment. Throughout the process, I learned to record patients’ health information in the SOAP format, broadened my health knowledge, and enhanced my clinical skills. As I observed them, I was attracted to having a clinical experience like them. Hence, I went to do a health checkup with doctorSHARE’s medical personnels in an undeveloped place in Jakarta.

One point that left a deep impression on me from the health checkup is when a ten-year-old boy approached the doctor and vented his misery of having family issues. The doctor then encouraged the child while manifesting his empathy. The doctor’s response was reminiscent of the aforementioned video, reminding me to always assist people. Moreover, this has opened my eyes to the fact that contributing in the health field does not merely involve technical skills, but also a compassionate heart. In any case, people’s comfort is over everything else.

Such activities have inspired me to major in Biological Sciences in college, aspiring to research fascinating ‘stories’ between molecules in our body that explain myriad things about our lives, then galvanize everyone into action.

**Prompt 2 - Every person has a creative side, and it can be expressed in many ways: problem solving, original and innovative thinking, and artistically, to name a few. Describe how you express your creative side.**

“Writing is the best way to talk without being interrupted.” – Jules Renard

Many would rather express thoughts and emotions by mouth, nevertheless, I would rather by paper. This is because by writing, no one would interrupt me, allowing me to express myself frankly. Without doubt, essaying is a tough job. I have come up against numerous challenges in writing. There were times when I did not score great in my essay assessments and did not win my essay competitions. In spite of that, I have sensed a major upgrade in my essays over time. In addition, plenty of people I encountered, including my native English teacher, loved my works.

Thanks to their recognition, I was triggered to write even more. Therefore, I joined a youth-led organization, Pemoeda Bisa, in which I have been writing monthly contents about globally burning issues and uploading them to its Instagram account afterward. I have successfully published contents, such as Burnout, HIV/AIDS, procrastination, and so forth. My favorite content would be about Burnout since it principally discusses the life of teenagers who are overwhelmed on account of hustle culture. In my homeland, Indonesia, people ranging from freshmen to adult workers, appear to throw around the term ‘burnout’ as an excuse to cease working. In light of this, in my writing, I emphasized burnouts do exist, and we definitely do need to take a break to recover from burnouts, but not to escape from reality. On top of that, I listed a number of straightforward and effective strategies to cope with burnout and urged readers to follow them.

My experiences in writing have propelled me to write a blog or create posts on social media, as a medium to share my and others’ thoughts revolving around the life of adolescents to adults. Furthermore, I will utilize my essays to inspire people and to call them to action.

Harking back to this entire journey, I am exceedingly proud watching myself considerably progressing in writing and at the same time, I am exhilarated to see how my writings would spark positive influence to the world.