**Study Plan**

*By Deng Qingyi*

I’m the visa applicant Deng Qingyi. I ever had been studying for my bachelor degree in York University of Canada from January to June in 2015. But during my first term, I had a hard time in sleeping more and more frequently. That state continued, caused me to be very tired and uncomfortable during the daytime. I talked about it with my parents and my mother told me that she heard a private Chinese doctor who is good at solving sleeping disorders by using herbs. So, in July 2015, I applied for a suspension of schooling and came back to China. The relevant department of York University told me that I could return to York to go on my study at any time if I wanted to. And I believed that I would return to York University to complete my course soon.

But my treatment was not so fast as I expected. I was diagnosed with sleep paralysis. An old doctor of traditional Chinese medicine gave me [prescription](https://www.baidu.com/link?url=MB1-vVvMxwqgG6kA2fCnnl5E8s7q_6AyXPwEAiYtMNv3rA1SiNwC9FVNfqVXREsXu66hsAXhJ05BTDAQNUU8nMYGgDCvYGK5jOhFaxmuFCe&wd=&eqid=d5c91ea000009a9d000000055a6737bf" \t "_blank)s consisted of many Chinese herbs. Because of Chinese herbs are all come from plants, they have little harmless to body but medication time is longer than western medicine. Meanwhile, by chance I got to know hypnosis and started to learn it by myself. I realized that through hypnosis people can alter their state of consciousness in a way that the subconscious mind is revealed, which enables people to release suppressed negative emotion which has not been noticed by conscious mind. I spent quite a lot time to study hypnosis, which had become one of my hobbies. After about one year, with the effect of Chinese herbs and hypnosis, I gradually recovered from the sleeping disorder, and I became energetic again.

Then in July, 2016, one of my friends invited me to write a beginner’s guide book on Weiqi together with her. I accepted the job and worked as an editing guide, who was responsible for editing the content of the book as well as correct the mistakes made by another writer. The book is published in September, 2017. During that period, sleep paralysis didn't bother me any more. And I needn’t take any medicine or hypnotize myself to sleep well. After I finished the book, I felt it is time to continue my study in Canada. So I began to prepare for the reactivation of my program in York University. It took too long time because of waiting for the registration time online. For some reason, I missed the summer course registration. At last, I successfully registered for the fall session as soon as the registration was open online.

It has always been my unchanging goal to complete my bachelor's program in Canada although I left school so long. As my sleep improved well, I studied English and took IELTS test. Last year, I began to work as a teacher of teaching pupils to learning Weiqi in order to train my thinking ability. Both of Weiqi and computer program are my favorites. They are perfectly integrated in AlphGo, a computer program developed by Google. After AlphaGo’s second defeated human brain last year in May, I was impressed by the rapid development of Artificial intelligence, and get more interested in Information Technology.

I believe that I will finish my program in York University without suspension this time. After I get my bachelor degree, I will come back to China and find a job fits me. Through this treatment experience on sleep paralysis, I feel that my home is my harbor forever and my parents’ love always surround me. I will try my best to finish my study with excellent performance and then come back to accompany my parents in return for their love.

Many thanks for your carefully reading and kind consideration on my visa application.