**Ravi UC Essay Draft**

**Prompt #5**

***Describe the most significant challenge you have faced and the steps you have taken to overcome this challenge. How has this challenge affected your academic achievement?***

A challenge could be personal, or something you have faced in your community or school. Why was the challenge significant to you? This is a good opportunity to talk about any obstacles you’ve faced and what you’ve learned from the experience.

Did you have support from someone else or did you handle it alone?If you’re currently working your way through a challenge, what are you doing now, and does that affect different aspects of your life? For example, ask yourself, “How has my life changed at home, at my school, with my friends or with my family?”

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**Draft Version 3:**

**“The way we habitually think of our surroundings and ourselves create the worlds that each of us inhabit.” This one sentence is a massive representation of what I’ve learned throughout my process of maturity…**

**In middle school, I was THAT guy who goes with the flow. I had no outstanding records. No credibility to my name.**

**Entering high school, determined to change, I immersed myself in Debate Club: it gives me knowledge, broader perspectives, and opportunities for achievements. I felt accomplished. All is good for a time. Until it doesn’t.**

**Apparently, I’ve switched from going-with-the-flow to overachiever. I started to overanalyze things and became a worrywart: constantly wondering what people think of me. It was all too overwhelming. Afraid of losing everything, my anxiety SKYROCKETED!!**

**Pondering, I went in circles trying to resolve my anxiety until an epiphany hit me: my anxiety stemmed from my inability to prioritize, which sucker-punched my grades. Instead of school comes first, my personal image and ego comes first. A flick to my ego would compromise a week’s worth of productivity. This problem consumed me.**

**As I keep self-reflecting, I realized that it’s not a matter of accomplishments or personal image. It’s about understanding myself: I started focusing on improving and embracing my true self. I returned to the things I love: debate, photography, and soccer. I even picked up a new hobby like reading. These changed my thought process to better support my priorities. One step at a time, I slowly but surely purged out the procrastinator in me and learned about “How to Think Big” to better my man-management.**

**Quoting Charless Duhigg, “The will to believe is the most important ingredient in creating belief in change. Once we choose who we want to be, people grow ‘to the way in which they have been exercised.’” There is nothing new. The solution to my personal struggle is simple: Believe and Act, which embodies the strength to change how I view my surroundings and dictate the life I want to possess. This ordinary yet personally priceless lesson has given me a glimpse of what I can become: someone with endless possibilities. Now, I’m hungrier than ever to take on new challenges.**

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**Hi Ravis,**

**This prompt reminded me of my school days, and how the process of maturity was definitely a “colorful” one.**

**Firstly, I think I spotted different challenges throughout the essay: no credibility, overachiever, having high anxiety and procrastination.**

**In my opinion, I think it would be better if we can focus on one and elaborate it further. Which one was the most significant for you? Which one affected you the most? After choosing one, I think we can build this essay more.**

**A few suggestions from me would be:**

* **Describe the challenge (may it be feeling not credible, overachiever, anxious or procrastination) and how it affected your life.** 
  + **Example: If the challenge was procrastinating:**
    - I didn’t know how and when it started, but I always put things behind and crammed them in one go. I procrastinate a lot. It really affected my life, especially my academic life. Explain how it affected your academic life…
* After describing the challenge, talk about the steps you took to improve and overcome this challenge.
  + Did you read a book?
  + Did you seek counsel?
  + Did you change your sleeping/eating/break habits?
  + Did you ask family and friends to help?
* Following that, elaborate on your condition after and what you’ve learned after triumphing over the challenge.
  + How did it change you?
  + How was your academic changed after?
  + What did you learn?
* Lastly, sum them all up in your conclusion. Briefly mention how you were at first, the process, and how you’ve changed afterwards.