**UC Essay Prompt 3 - Melissa**

**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? (350 words)**

Executing serves was one of the most nerve-wracking tasks to nail during my time in the school volleyball team, especially that one moment in the Tunas Muda Volleyball Cup. The looks of disappointment from my teammates and coach once the ball fell outside the line was a bitter pill

Even though I had failed, my teammates told me to not dwell on it and just shrug it off. By the end of the match, I was disappointed, upset, and angry. I worked hard to get in the starting volleyball team, and yet I failed to perform when it was most important. After the competition, I learned to accept my failure. However, I still asked myself for a long time, “Why did I fail?” However, the more I asked this question, the farther I felt from the answer. Eventually, I looked at my teammates and observed them while they played. I noticed that they rarely failed and were always able to perform in any situation. I tried comparing myself to them to see the difference that caused them to succeed and me to fail. After a while, I realized what I had lacked. While my friends practiced consistently for more than 4 times a week, I often couldn’t attend every volleyball practice because of other commitments. No matter what, my other teammates would regularly attend practice and give their all. Since I didn’t practice as much as my other teammates, I was unable to perform well consistently. If I had practiced a serve over a hundred times, my teammates would have practiced it over two hundred times already. I realized that what I needed was consistency, I needed to diligently go to every practice every week regardless of other things. Instead of moping around and being sad about the situation I was in, this was something I could actually improve upon. At the end of the day, this experience taught me to be diligent and consistent, not only in volleyball but other aspects of life.