***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?***

Executing serves was one of the most nerve-wracking tasks to nail during my time in the school volleyball team, because serves are highly individual tasks; it depends only on you. Serves needed to be difficult for the other team to receive, but still fall within court lines. Perfecting and consistently landing a serve can take years of practice. One particular serve that comes to mind happened in the Tunas Muda Volleyball Cup. It was my turn to serve but my serve lost our team a point. The looks of disappointment from my teammates and coach once the ball fell outside the line was a bitter pill to swallow.

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 and upset. I had failed to perform when it was most important. I decided to look at my teammates who rarely underperformed and observe them while they played. I tried comparing myself to them to see what that caused them to succeed and me to fail. After a while, I realized what I had lacked. While my friends practiced consistently 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. 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. I eventually dropped other commitments to focus more on playing volleyball competitively. At the end of the day, this experience taught me to be diligent and consistent, not only in volleyball but other aspects of life. When I do tests, projects, or other school related assignments, I know that half-hearted work will not yield desired results, and that I need to be disciplined and work diligently to accomplish my goals.