

A young adventurous student was venturing the outdoors when suddenly a pearlescent spark caught their eye. The student had discovered a time capsule from 50 years ago. His reward? The revealing of who Ziad Alkurdi was as a student at U.C. in the year 2022. The items found were a Spotify transcript, a picture of him flexing, and a picture detailing his video game talents.

A) Music encapsulates all that I do as a person. It is what fuels me to do the things I don't want to do, and it is the thing that makes me enjoy things more.

1) Whether I'm playing video games, coding, working out, playing basketball, doing homework, walking to class, driving, you name it, I am listening to music

2) I strongly connect my memories and events to music and I can easily ruin or legacy a song based on the memories it is tied to.

B) A strong part of who I was as a kid that has stayed with me to this day is my passion for video games. Although nowadays I enjoy them less and I have more serious things to spend my time on I still feel like I couldn't explain who I am if this wasn't mentioned.

1) I have spent countless hours playing video games of all kinds, and the memories I have made while doing so are just irreplaceable. It often makes me upset knowing things will never be the same.

2) The friendships that I have made through video games are friendships that you just can't get anywhere else. You form a real bond when you just spend 12 hours a day stressing over who has a better K/D in CoD.

C) More recently my passion for bodybuilding and nutrition have become a large part of who I am. After the negative effects on my health that COVID played, I made the hard choice to eat right and stay consistent in the gym.

1) I have seen amazing progress in my time at the gym and it is an amazing outlet for stress. Eating right and feeling good seriously plays a large part in how your life is.

2) My confidence has gotten a lot higher since I've gotten fit and my mentality and focus feel better since I don't eat harmful products. I can't not workout and eat well anymore.

I feel as a person of the 21st century it is impossible to sum up what makes you who you are just through a few items. There are countless items I could interchange that would still work to describe who I was at the time. The items that I feel best explain who I am though, are a spotify transcript, a picture of me flexing, and a picture detailing my video game talents. They explain my passions for music, bodybuilding, and video games which are some of my strongest traits.