SOL Prompt #28 – Effective Conclusion with Counterclaim

 Driving might be a privilege, but it is also a responsibility that needs to be taken seriously. If it isn’t, property can be destroyed and people can get hurt, or even die. Driving under the influence of alcohol has been illegal for a long time and texting while driving has also been illegal for a few years, but a recent law has banned the use of cell phones in all cases while driving. This means no texting, no playing games, and more importantly, no calling. This law is both smart and important because not only does it keep drivers from being distracted, but it also prevents both dangerous driving and prevents accidents.

 The law banning all cell phone use is important because it keeps people from being distracted while driving and promotes attentiveness. Similar to texting, calling someone involves moving your eyes away from the road. Even though calling someone or answering a call takes your eyes away for less time, it still is dangerous to do. Those few seconds you took your eyes away could be the difference in seeing that car that drove into your lane, or realizing that you accidentally ran a red light. In these instances, a crash is inevitable, and it could have been avoided if attention was given to the road and not to the phone. The law will prevent these distractions and encourage people to not use their phones while driving.

 This law banning using cell phones while driving is important because distracted driving is dangerous. Not only does it take your eyes away from the road, as mentioned before, but it also decreases your handle on the vehicle. To call someone, only one hand is free to steer the car. If the car were to run off the road, or a very sharp turn was needed, one hand might not be enough to easily steer the car to safety. Even when on the phone, attention is still diverted in some way both the road and the call. This could lead to another accident that would be the driver’s fault and would only hurt. The law is important because it prevents such dangerous driving.

 This law is important because it will prevent accidents and save money, and more importantly, people. The accidents caused by distractions can be costly physically, financially, and emotionally. Thinking about what goes into an accident, and you start to realize how awful it is. Money has to be spent to repair the car, and in some cases, cars can be totaled and will be expensive. Also if someone gets hurt, or even killed, someone has to live with that with the rest of their lives, and so does the victim’s family. No one wants to have to deal with that, so being distracted by someone like a phone makes the problem seem so simple, but some people are just that way. The law is important because it saves people and families both financial distraught and emotional devastation.

 Some may argue that sometimes a call is too important to let it go to an answering machine, but what’s the wait worth? Waiting is always an option, why risk your life for something that can be dealt with in about five minutes? If you wait, like this law demands you do, it will keep everyone attentive and stop accidents involving distractions. It also prevents the danger that arises from the accidents that occur, and can save people both in their wallet and in their mind. So I say to anyone reading this that life is too short and too important to just throw away with the glance to your phone. Think about your actions and decide for yourself next time you get a call, “Is it really worth it to answer this call right now?”

Prompt #21 – Effective Introduction, Note Language of Both Body Paragraphs

 As students get older, the stress of deciding what to study in college and what to become later in life, increases. There is a lot expected of high school students: good grades, extra-curricular activities, volunteer hours, etc. Students should not have to decide what they want to do for the rest of their lives at such a young, inexperienced age. This major decision packs on an immense amount of stress for students, especially at such a crucial period in their life. If a student is forced to make a choice, they might regret it later and then be stuck with only he knowledge and experience within that field. As a human, change is completely necessary and expected; so why should one be subjected to one commitment made during a stressful period in life?

 If one was forced to make such a rash decision during a very persuasive time in their adolescence, they most likely will regret it as they age and mature. Anybody will say that they are not the same person they were back in high school; so why would they still want the same occupation as they wanted then? For example, if a student decides to be a professional athlete when they are in high school, what happens if they permanently injure themselves during their adolescence? The student would no longer be able to make a living for themselves or their family due to the lack of knowledge and experience in any other field. The same could be said about virtually any occupation. People need change, whether it be forced or desired.

 If one decides to change his or her mind on a specific career, then all the schooling that they originally had to go through has gone to waste. Resources, time, and effort have all gone to waste due to a slight change in a career choice. School at lower levels should prepare students for any kind of occupation they wish to choose. Higher level schools, such as college, should be the center of making a few more major life decisions. Students who are of college age typically are more mature and have a better since of who they are as a person. This would allow the student to a more informed decision based on their personal traits and interests. Students should not be limited to a career choice made at an age, where they have not yet found themselves or figured themselves out.

 Lower level schools, such as middle and high school, are an extremely difficult time in a student’s life. During this time, a student is put under insane amounts of stress without having the knowledge or comprehension of how to alleviate it. The maturity level has not yet developed in students of this age. Without that maturity level obtained, the student should not be expected to make such a major decision. This will lead to very regretful adults who made bad choices for themselves during their adolescent years.

Prompt #14 – Use of quotations, Last sentence

 At some point in time everyone fails at something. It is often said that, “Failure is not the worst thing in the world. The very worst thing is to not try.” Failure helps people strive harder to get what they want, it teaches them a lesson, and it gives them another opportunity to prove themselves. If people do not try they will never know how the outcome would be.

 Failure gives people another chance to try again. Henry Ford once said ““Failure is simply the opportunity to begin again, this time more intelligently.” Failing from the first attempt means that on the second attempt an individual could try something different than what they did on the first attempt.

 It is better to fail than to not try at all because if a person fails, they will learn a lesson from it. Bill Gates stated “It’s fine to celebrate success but it is more important to heed the lessons of failure.” After failing a couple of times people often try new approaches to get to their goal. It is better to get knocked down seven times and get up eight times.

 Each time a person fails it gives them a reason to strive for their goal even harder. It shows that they have perseverance and that they do not give up easily. Constantly failing also builds character. It shows that people have faith in themselves and that they will reach success whatever it is they are trying to succeed in.

 Although failing is such a wonderful thing to happen, it often makes people feel like they are a gigantic loser. People also lose the faith they once had in themselves. Failure makes you feel like you cannot achieve anything. People often do not try because they are afraid of failure. When I was in middle school I tried out for cheerleading three times, and each of those times I did not make it. Once I got to high school I did not even ponder about the idea of trying out for cheerleading. I regret not trying out my freshman year for cheerleading because I could have made the team if I would have given it one more shot. Since I was afraid of failure I did not try at all to make the team.

 Failure is something people face on a day-to-day basis. It is something people should not be afraid of because it builds character and makes them try harder again on the second attempt. Even though failure feels terrible, it is better to fail than to not try at all since people do not know how that one extra attempt could turn out for them. An individual will never know that the one extra attempt could be the one that gets them to the goal they have always wanted to reach.

Prompt # 43 – Effective Counterclaim and Rebuttal

 Many employers look for someone who has experience and has many qualities for them to be a successful employee. For example, employers would want someone who has had a past job, is reliable, responsible, and a hard worker. Although experience would help when finding a job, it is not always necessary because a candidate can still be responsible, have a good work ethic, and people can always learn how to do tasks.

 To be a good candidate in the work force, someone must be responsible. Responsibility is a key factor in being a good employee. In my own experience, through many years of school I have learned to be a responsible student. Completing tasks on time and being reliable for projects is something that goes hand in hand with both work and school. Many times if someone is a responsible student they will also be a responsible and reliable worker.

 Also, many candidates can still have a good work ethic. Having a good work ethic could be the key to success for many employees. If a person cares about their work and puts a tremendous amount of effort into it, that person could be an exceptionally sound candidate.

 Though having experience for a job would provide a copious amount of help, it is not necessary because candidates for the job could always learn how to do new tasks. For instance, if you start a new subject in school, you would not be automatically eliminated because you haven’t learned that subject before. You would learn how to do the tasks provided and put forth effort to be successful. Eliminating a candidate for a job because they simply don’t have experience is the wrong thing to do.

 All in all, experience should not be required because there are still fine candidates out there for the job. Someone would still be a good hire for a job if they are responsible, have a good work ethic, and are willing to learn new tasks and do what it takes to achieve success as an employee.

Prompt #28 – Effective anecdote from real-world experience

 “Baseball is like driving, it’s the one who gets home safely that counts,” remarked Tommy Lasorda. Many teens, as well as adults, have formed a habit of using their cell phones while driving their cars. In the same amount of time that it takes to send a text message you can kill yourself or another person in just a matter of seconds. Texting while driving should be against the law in every state due to the personal dangers, social dangers, and parental dangers caused by this practice.

 In April 2012, a teenager named Liz Marks plowed into the back of a flatbed truck that had stopped to make a left turn with her sedan. Before the accident happened she was reading a text from her mom. She now is deaf in her left ear, blind in the left eye, lost her sense of smell, and lost her short term memory. She had to learn how to walk, talk, read, and write all over again. According to the National Safety Council 1,600,000 accidents happen every year due to texting and driving. Out of those accidents most of them are probably not lucky enough to survive like Liz Marks did.

 Is it really that important to stay connected during every hour of the day? Alternatives of texting and driving are Bluetooth, Bluetooth in car, pull over, turn your phone off, and auto-responder apps. People can lower the risk of getting in a crash just by using these alternatives. A text isn’t important enough to take you or someone’s life. People don’t know how much of a big deal this is until it happens to them or a loved one. Everyone needs to understand this now so they can prevent anything from happening in the future. Texting while driving is the same as driving after 4 beers according to the National Hwy Transportation Safety Admin.

 Although our phones are our way of communicating, doing this while driving is not smart or necessary. Teenagers aren’t the only ones to blame, adults do it just as much as teens. Adults should be setting good examples and discouraging teens to not text and drive. A number of states have put in measures to outlaw this practice, and it is highly recommended that all the states that have not yet done this should put in efforts to reduce this dangerous behavior which has affected the teens and many adults while driving.

Prompt #12 – Effective Introduction with detailed examples

 There’s a bar, a bar on everything, and here it is set that people are either above or below that bar. This bar is not physical, it is a metaphorical device used to put things into two places: above or below; however, things can be both above the bar in one category, but below the bar in another category. Michelangelo puts a human’s will to achieve success in this quote: “the greatest danger for most of us lies in not setting our aim too high and falling short; but in setting our aim too low and achieving our mark.” This statement is true in a multitude of ways, to both sides, and to me this fear has been the one that’s kept me going and striving for everything I’ve ever done.

 Ever since the beginning of time people strived to do more, and to change the world however they were able to. No one believed the world could be circumnavigated, or even that it was round, but it only took a few ambitious and determined people to prove the others wrong and end up having their names printed on the pages of the history books, and be remembered by billions forever. Cars weren’t even a possibility until industrialization and one man was crazy enough to believe mechanical parts, electricity, and fuel could move a cabin on its own without horses, or animals to pull it. Now, these discoveries and inventions weren’t just miracles that happened overnight; these people believed in the impossible and strived to reach that bar that society set for them. They didn’t just want to prove the world was round, they wanted to travel its circumference to prove it, they didn’t just want a better version of horse-drawn carriages, they wanted an automatic vehicle that revolutionized the idea of transportation. Everyone told them they couldn’t do it, some even lost their jobs, money, lives, and respect because of their ambition, but in the end not only did they gain everything they lost back, they got more than they were expecting.

 As an artist, I’ve always been told not to do something because I don’t know how, or I don’t know what I’m doing, but that never stopped me. I created artwork other people wouldn’t of thought of, things people thought I was stupid for doing, and even things people told me not to do because I was crazy, but in the end I proved them wrong and have the satisfaction of knowing I did more than expected, and more than others believed. I once made a painting with a water balloons, a nerf gun, contact paper, and a canvas. I took the foam bullets out of the gun, taped sewing pins onto the bullets, put them back in the gun, then shot them at water balloons filled with paint hanging off a white canvas. i cut contact paper into the shape of a face and put it on the canvas not knowing whether it was going to fall off or not and based everything on chance. Was I going to hit the balloons? Were the “pin-bullets” going to even shoot out of the gun? Were the balloons going to stay on the canvas? was the contact paper going to fall off? is the paint too watered down? All of these questions ran through my head but I didn’t care. All I knew was that I wanted to do this, and I wasn’t going to let anything stop me.

 This danger is also not just a figurative danger, it’s real in a lot of events happening today. For medical scientists, their bar that hangs over their heads is cancer. Ever since cancer was documented in 1600 B.C. scientists, and doctors alike have been striving to find a cure for the disease, and more than once they’ve been told there is no cure but still they’re trying to save peoples’ lives. In society, the very high bar for all societies in the world, is world peace, wars have been breaking out since the beginning of time, but today we have a chance to bring peace to the world. Personally, I don’t think we can all be best friends, but if we stopped hating and fighting each other, we might actually get somewhere. Technologically we are getting more advanced every day with virtual reality, smart phones, and probably the biggest one: 3D printers. Since they were first invented all printers did was print paper and that’s it, but now that technology has allowed us to scan 3D objects, and formulate a code to send to the computer that heats and instantly cools plastic these printers have printed prosthetic legs for animals, revolutionized stop-action animation, and even contributed to how buildings are designed and constructed. 3D printers were probably a dream of a kid who wanted to print out his toy instead of going out and buying it and building it himself, or maybe even of a parent who wanted their dining table and chair set to be set and ready to go instead of having to build it, or pay someone to build it for them.

 Michelangelo himself strived to not let that danger set him back as he created the infamous David that was deemed impossible to complete, maybe that’s why said: “the greatest danger for most of us lies in not setting our aim too high and falling short; but in setting our aim too low and achieving our mark.” There will always be a bar that hangs over everyone’s heads, as does the danger that comes with it but everyone still has their choice to be either above or below it. Historically that bar has been ascended by ambitious risk-takers; personally that bar has driven me to do more with my abilities, and currently the bar is still above the heads of a world of powerful hearts.

Prompt # - Effective Title and Introduction

Who Are You Really?

 Who we are is a huge part of how we live our lives. Some people agree that our personalities and characteristics are formed when we are young and is influenced by the people we surround ourselves with. On the other hand, others believe that we can choose who we want to be and no one can influence your own character. These two point of views can be easily seen and in some experiences these beliefs are proven to be true. Both of these opinions can be incorporated to someone’s character, however, sooner or later their true identity will show, “Your character will be what you yourself choose to make it.” People will become who they are supposed to be no matter the influence given in their life: by staying true to themselves, evolve into the real them or learn from others to become a better them.

 No matter the influences in someone’s own life it cannot sway their personality from who is within. In some cases, influences in a person’s life may just give more perspective on how others act and to consider the feelings of others as well. For instance, if a family that is generally an uncaring influence and is known for their disgrace may not be as unscrupulous as you think. Even though many of the members in family seem insolent that does not mean that the other family members act in the same manner. One member could observe the damage that their family had caused and learn to not act in the same malice demeanor. Their personalities could influence many to not be like them and instead be themselves. However, many do not need a lesson on how to be themselves; they already know who they are and what their life is supposed to amount to.

 Who we are is who we chose to be, which can be agreed by many. Some people are just meant to become who they were since they were young and they never change. On the other hand, in some cases it takes a while for people to find themselves when they are influenced by others. Until they realize that the role they are playing, a person pushing their genuine self-down, in their life is not something they want to keep on doing or be concerning about forever is when they will finally be free. Not many people are able to accept or find their own identities as easily as others yet they are able to look deep inside and know who really is inside and project their personality. In many cases, some are influenced by people, however, they can no longer keep their true selves hidden; they can no longer hide their identities and accept the real them.

 People may be under the influence of others in the beginning of their youth and they may act in a way they never would before being with that person. Nevertheless, later in life they realize who they were meant to be. The people that try to emulate others in order to please them will never grow to their potential. The real them are never seen until they realize that being someone’s shadow is not how their life is meant to be spent. Many feel pressured to act like someone other than themselves; they are just act differently to please those that they believe is important to them. However, as the years go by and your influences, either good or bad, start to fade away and you have to learn and discover who the person inside of you really is. In the movie, The Giver, Jonas had been emulating the image of what the society thought how an ideal person should have been. However, Jonas began to have an epiphany that everything he has done were unethical and unideal. Inevitably people could never hide their true personality and they choose how they want to be presented in the future.

 Who we become, our identities, is not something that can be swayed. We have the capability to choose who we would want to be; even if others push us towards a certain trait. If some are persuaded, the identity that is misplaced from their body will slowly creep up back into their life and become part of them. No matter how hard you try to be someone else your true colors will come out and you should embrace the real you and not run away from it.

Prompt #17 – (Straightforward response, Missing Counterclaim, Effective use of Transitional Expressions)

 Does the use of technology have a positive or negative effect in our lives? Technology plays a critical role in our daily lives and we have become dependent on it. Technology is a positive influence in people’s lives because it increases communication, it increases productivity, and it gives people quick entertainment.

 To start with, technology is essential in our lives today because we rely on it so much for communication. Cell phones, computers, and more allow people to quickly send messages to other devices which speeds communication so much. Back then, people could only talk to each other in person or send letters to each other so now that we have advanced technology communication is lightning fast. Communication is so important for everything in the world and now with technology getting better and better every day it is essential now to have it especially for kids driving in case they get in an accident, or for military parents to communicate to their kids at home while they are overseas.

 Secondly, another positive effect technology has in people’s lives is increased productivity. Computers and cell phones allow many people to do jobs at home and do things faster like homework. For example, one day I forgot my textbook at home for class and I was able to pull up the textbook up on my phone and was able to do my work still. So many things are being done faster with technology that it’s blowing right past me. Without the use of cell phones and mobile technology things would take longer to do. One can accomplish their work rapidly now. How amazing!

 Finally, technology gives us the use of entertainment anywhere at any time. So many people now a days use their phones and computers to watch TV, play games, or even listen to music. For example, on long car rides my sister occupies her time by playing games on the I-Pad while I occupy my time by listening to music. Technology is beneficial for everyone and is capable of allowing anyone to play any game or listen to any type of music or show. Who wouldn’t want to have technology so they can entertain themselves?

 To summarize, the use of technology in our lives has positively changed our world. We all depend on technology for most things we do. Technology has changed over the years allowing us to have increased communication, increased productivity, and better entertainment.

Prompt #11 – Clear position and organization

 A goal can be defined as something a person would like to achieve or conquer in the future. Whether it’s a long term goal or a short term goal, it can be thought of as something that keeps you captivated and inspired. When attempting to accomplish a goal, one must truly believe that their capabilities are boundless. Maintaining a positive attitude, along with other important attributes and characteristics, will allow any goal to be attainable. Having qualities such as dedication, persistence, and time management, will enable any person to achieve any goal.

 Dedication is being committed and diligent towards a goal. It is important to be dedicated to goals because it is what keeps a person driven to carry out their aspirations. For example, if someone were interested in becoming a musician, he or she would have to have a passion for the art of music. That person would need to commit to putting forth the effort it takes to become a successful musician. When there is competition one must remember that when they are slacking, someone else is putting in hours of practice towards perfecting the sound of their music. In order to stay on top of completing their goal, he or she must be willing to work hard and stay focused. The amount of dedication and commitment put forth towards a goal is what sets a person apart from failing or achieving their goal. Along with commitment and dedication, persistence is also key to reaching a goal.

 Persistence is continuing to put forth an effort despite of how difficult or arduous a task may be. Someone who is persistent is not afraid to fail because they will try again and again until they obtain what they want. To have this attribute is very beneficial when it comes to accomplishing goals. For example, if a student athlete had a competition or a game approaching, he or she most likely would spend their time practicing and preparing beforehand. Many of us know that athlete’s practices consist of strenuous exercises and workouts. Outside of practice many of the athletes maintain healthy diets in order to keep their body lean. This rigorous routine is purposeful and must be consistent in order for them to do well in their upcoming competition. Even though they may get restless when doing their tenacious workouts, they must continue to persevere and work hard. Athletes may also find themselves fighting temptation when it comes to following there meticulous diets; however, they must continue to put forth the effort and stay persistent in order to achieve their goal of prospering in their competitions. Along with persistence, being able to manage your time is also very important when it comes to accomplishing your goals.

 Time management is having the ability to distribute one’s time accordingly and manage it productively. It is important for a person to make time during their busy schedule to work towards what they want in the long run. This could mean giving up the chance to hang out with friends on the weekend in order to spend an extra hour or so practicing or working towards one’s goal. Prioritizing goes hand and hand when it comes to making time for things that are important and doing so can ensure success in reaching a goal. Having self-control is not only beneficial but it is also rewarding. It may seem as if a person is giving up quality time with their friends; however, they are really managing their time wisely.

 As mentioned earlier, whether it’s a long term goal or a short term goal, a goal can be thought of as something that keeps a person captivated and inspired. Many people feel that some goals are impracticable; however, any goal can be accomplished with dedication, persistence, and time. Keeping these characteristics in mind while staying positive, is a definite way to success. Someone who works hard, stays consistent, and stays focused can achieve any goal they choose. A person is capable of anything they put their mind to and are only limited by the boundaries they set up for themselves.

Writing Prompt #35

          Teenagers in the world want to have fun in a world that is full of restrictions. Teens enjoy partying, having fun with their friends, and socializing outside of their living space. Many of these social activities are fun in the eyes of teens, but sometimes they may result in a bad outcome. Teens revolve around the idea of keeping a social life and having friends. In many states, curfews are used to prevent the unthinkable consequences from occurring in the lives of the teens. Although many of the youth feel that they are responsible enough to be aware of what many happen, the curfews help eliminate the worst from happening. The curfew on the weekend and weekday is not early and it gives teens the opportunity to socialize and go home before it gets dark. The curfews are not used to strictly discriminate against teens; yet, they are used to protect them. Therefore, the adoption of a 10 P.M. weekday curfew and a midnight weekend curfew should be highly recommended.
          While many other teens oppose the adoption, the parents will be at ease. The curfews assist the teens in better decision-making while trying to have fun. Based on many observations, the parents believe that the homes are the safest places to be at night. For example, in many neighborhoods in Chicago, the teens have a strict curfew to ensure their safety due to the likelihood of the shootings that occur late at night. The curfew helps save innocent lives of teens in the city. There are many unscrupulous criminals that commit crimes late at night. An unknown person once said, “All it takes is to be at the wrong place, at the wrong time.” Curfews eliminate a possible grief of a parent losing their child because of the disappearance of these restrictions.

           Also, curfews help adolescents gain responsibility as they enter adulthood. The assigned curfews encourage teens habitually follow a daily routine when trying to balance time between personal relationships, work, and school. According to Debate.org, almost 60-percent say that teenage curfews should be enforced. Many believe that curfews are beneficial because it allows the adolescents to have extra time to do their homework and to spend time with their loved ones. Consequently, the curfews seem to be favored by the much older generation. The curfew gives teens the ability to stay focused on the most important aspect of life which is education. It is agreeable to say curfews are not the best, but it helps teens become responsible and better when making decisions that will affect them later in life.

          In addition, curfews may also improve the relationship between the children and the parents. With the new adoption of curfews, parents will no longer have to worry about their child getting in a situation that they were not ready to be in. Curfews may not always keep the teens honest; however, it may persuade the kids to do the right thing by obeying the law. If there were no laws in life, the world would be in chaos. So, the curfews are used to not have teens in bad situations occur outside their home. The adolescents will not disobey the curfew if they are aware of the consequences. Also, the curfews will help them become their own person by making the right choice. The teens’ lives are not affected by curfews it's the simply provides consciousness to teens.

         Furthermore, the teenage curfew is protecting the lives and future of the youth. Curfews don't interfere with the social lives of teens because it prevents them from making a mistake. The curfews instill awareness and responsibility for teens who do not know what may happen after hours while being unsupervised with other adolescents. There is some truth to the argument that curfews do interfere with the daily lives of adolescents; however it shows what the risks are when breaking the law. Teens may not ever understand why laws are established, but by these curfews they will remained protected and responsible.

Prompt # 1

 Is the journey really better than the destination? The satisfaction you get from working towards something is greater than the goal itself but others argue that working towards a goal is meaningless without an achievement or in other words the destination gives meaning to the journey. The whole point of the “journey” is to learn from it and become better as a person. Despite the fact you don’t reach you goal does not make it completely meaningless if you can still take something from the journey towards the goal. Working toward the goal means you have the dedication to make your way towards it and shows if you really need the achievement you so desperately want.

 The journey is very important. Working towards a goal or something you want can completely change you. In the process of going towards that goal you have opportunities to find your true self and understand what you are like when it comes to barriers in life. Failing to achieve a goal does not just make the journey useless and for nothing because in the long run you get more out of it that you would just getting pushed towards the goal. Who knows the goal you really want to achieve may not be as significant as you thought it was in the first place. “Success is a journey, not a destination. The doing is often more important than the outcome.” Says Arthur Ashe. Life can be very unpredictable and never goes according to plan and you make your life mean something and thus giving it purpose.

 Others think that the goal is more important than the journey and the journey has no real significance to the outcome, but without it how would you find yourself and go on after you have attained what you wanted. During the journey you traverse many roads attempting to find success and achieving your goal, this shapes the future you and you may not even notice it. It can have such a big impact on you but it has not fully shown yet. You may think that the journey means nothing now but down the line everyone realizes that their whole life has been a journey and whether you succeed or not you still had a journey that you learned from and that shaped who you are today.

 The journey is very important, but it also can take a long time depending on what you really want to get out of it, depending if it is a short term goal or a long term goal. In the end you would feel much more at peace if you were to go through all of it while learning the true you and getting the achievement you desire. Even though the end of what you are trying to accomplish may seem far, think of every step you take to get there as a valuable memory or something else you can take with you as you advance in life. Now I ask you again, Is the journey really better than the destination?

Prompt #13

 Food is an international topic that will never end as long as there are species roaming the earth. Food is what fuels the human body; proper nutrients must be consumed to allow one to function to their full capability. A controversial topic involving nutrient intake stems to school lunches in America. Students, parents, and administration all have strong opinions on whether students receive adequate lunches. Administration might agree that healthier lunches would cost a high expense for the school ,but students would be able to concentrate more in class; have healthier diets which would prevent obesity; and the produce would be bought from and support the local farmers.

 The initial reason it is a government law for minors to attend school is to receive a proper education. But how can students receive and utilize their education if they are unable to focus in class? Studies show that students who feed on low nutrient diets have a tougher time learning than those students who have high nutrient based diets. The brain and body produce energy from the food they are given, so why put them through a difficult process? The easier the brain and body are able to function, the easier it is to learn. Students attend school to absorb as much information as possible; the best way to insure they do so is to insure students have healthy lunches. The more nutrients in the lunch, the more knowledge the student will gain and prosper.

 America is one of the leading nations in obesity. One might consider questioning how obesity can be stopped. It can be stopped in the younger generations with one simple concept, healthier lunches. Sure, students may love the ice cream sandwiches and french fries they receive from the school’s lunch, but healthy food can taste just as delightful. A survey conducted for students by students, proved that they would much rather eat an apple than a donut. They gave feedback noting how they felt more vivacious and enjoyed the delicious juices the apple gives off compared to the sugar-drenched donut. One would imagine that students would prefer to eat the unhealthier foods because of the high sugar content, but no. According to statistics, students are more prone to reach for the produce than the chicken fingers. If schools helped to enforce this by providing more appetizing fruits and vegetables, more students would be able to eat on a healthier diet. With a more intriguing variety of produce and foods for the students, America would be one step closer in eliminating its massive obesity rate.

 Farmers are in a deficit across the nation. However, a popular trend right now is to buy local. So why can’t the schools participate in this movement as well? In reality, they can. The schools could supply the local farmers with a sufficient amount of funds to keep them afloat and from going bankrupt, like many are in this day and age. If the schools bought produce and even meat from the local butchers, money would be invested into the community; rather than immensely large companies. Supporting local farmers would benefit the community and the students who eat the hearty produce and savory meats. The local residents would also feel more at ease knowing that their tax money would be reinvested into their community that they subsist in. Farmers would thrive and so would the community.

 A foremost cause that the schools would not support healthier lunches would be due to the lack of funds. Healthier food means higher expenses, which the school systems might not have. To take out extra money would cause an uproar, but if people knew why there might be some support over the expense. Many wouldn’t mind taking money out of school funds in areas such as bonuses. The schools have more money than what they allow the public to know. If they reinvested that money into the students lunches then they would gain a greater return with the education the students are able to obtain. By spending a little bit of extra money on healthier meals, students would gain greater knowledge to take on after their schools years and into the work force. The more prominent careers students withhold within the area, the more the community will benefit in public works. Healthy lunches are just one small key step to a remarkable chain reaction to stimulate the communities and nation, as a whole.

 Providing students with healthier lunches allows them to flourish in their classrooms and after school, in their career fields. They are able to obtain more knowledge after enjoying a healthy lunch which they are able to carry with them through the rest of their lives. By taking one small step, students will be set up to endless success for their futures. Let’s provide these students with the nutrients they deserve. Let’s end the high obesity rate in America and support the local farmers and communities. America is great because its citizens make it great, so let’s continue to help the citizens be great.

Prompt #4

 Character traits are the parts of a person’s personality that can either be considered good or bad. People all around the world have different upbringings and, not everyone is raised with the same ideals. The character traits a person possesses are not determined by their personal experiences, influences, or environment. John Lubbock’s quote, “Your character will be what you yourself choose to make it.” supports the idea that people choose who they wish to be. Wither that is good or bad is up to that person.

 People will be exposed to multiple ordeals throughout their life. Some situations may lead to good outcomes and, others might lead to a worse state of being. However, these experiences do not affect a person’s character. For example, someone may have been severely injured in a car accident. Because the accident was extremely threatening the person had to get their arm amputated. Although, said person is without an arm and, will not have the ability to participate in the same activities prior to the accident; they still can remain mentally strong. That person can choose to not let the alteration define them. This proves that character is not determined by personal experiences. This person’s experience may have changed their exterior view but, it has not affected the way they are portrayed on the inside. Furthermore, a person may emotionally be dispirited temporarily but their overall personality is not affected. Unless, they choose for the accident to do so. People have the power to either, vanquish or surrender to the means that have hindered or uplifted them.

 Influences transpire in people’s lives from the time they are born, until the time that they die. Those influences can be a parent\guardian, sibling, grandparents, friends, people in the media, etc. Even though these people can have a huge impact on someone, they do not directly cause a person to change their character. For example, celebrities are always in the media telling people what to buy, where to go, how to look, and how to act. And yes, the way they present this is persuading it does not and is not always followed. People choose wither to buy those clothes or act in a certain way. That does not mean that is how that person actually is, he\she might like other products but, would prefer to seem appealing to others instead of themselves. Another example of an influence is parents. Parents tell their kids what is right and wrong and give them morals but, they also raise kids to believe certain things and act in a fixed manor. However, this may only influence a person’s character for a short amount of time. As people grow up, they develop their own opinions and ideas. Over time a person may realize that their parent’s ideals are not the same as their own, individual beliefs. In addition, individuals have their own set of beliefs and some are similar to other people’s but, just because a person is raised or told to change their character does not mean that they will. The influences people have do not dictate what their character traits will be, it is that person’s decision to either accept or reject the influences provided in their lives.

 Society creates stereotypes for people based on the place or area that they live in. People live in different areas for different reasons. For example, people who tend to make a good deal of money live in higher end areas. While people who make little money live in smaller run down areas. Using society’s stereotype one would say that the people who make a lot of money are more sophisticated and more superior compared to the unpolished, lowlifes that are the people who make little money. Despite the fact that this can be considered true for some people it is not true for all. Some “rich” people may have a lot of money but they are giving and use the money they earn for the better of other people. Their environment does not affect the way their character is because they choose wither they want to give their money or keep it for themselves. Another example is that some rich people may not be classy. They might be foul and unappealing to others. Meanwhile, the lower class people may be parallel to their stereotype but this does not go for all. Some lower class people may take pride in what they have and where they live. Their environment may not be the best but they manage and provide themselves with the best standard of living they can create. Therefore, for both examples their environment does not affect what their character traits are. This is because each side has a choice on their character. Everyone is different and where they come from should not shape the way their character is.

 The character traits a person acquires can be manipulated by what someone has been through, who has been in their life, and where they live but; those points will only affect a person if he\she allows them to. No one can be forced to change the way their personality is built. People have the choice to be a distinct way. Therefore, character traits are not determined by life’s endeavors, influences, and settings. Character traits are determined by the people who wish to possess them. Good or bad, character traits are what make people individuals. If the extra details that lie outside defined who they are then everyone would end up being the same and greatness does not emerge from normality.

Prompt #15

 In today’s society where would we be without the arts? School is supposed to prepare students for the real world and if that’s true than why would school not help students cultivate their creativity with electives such as art, music, and drama? The real world needs creative thinkers, people who think “outside-of-the-box,” therefore isn’t it the schools job to make students take a class in the arts?

 Art classes are fundamental in developing students’ creativity. Requiring art classes would definitely increase students’ ways of expressing their creativity, class projects are too limited because the project must stay within the bounds of the subject, but art projects give students free reign on whatever topic or subject they wish to showcase. Without that freedom to produce art for any topic a students’ creativity becomes very restricted and can slowly diminish. Art is a very important class for one’s creativity, but it doesn’t showcase how strong a student’s emotions can be like music does in music classes.

 If music classes were to be required in school students would gain an invaluable resource for expressing their feelings. Music classes are not just about learning, singing, or playing music, music classes go deeper than that in helping to develop team skills, leadership, and independence. Music classes can also be a way for a student to vent his or her feelings out without an outburst or argument, being able to play a song that shows that you’re sad, angry, happy, or even scared is amazing for someone who may not be great at expressing their emotions. Music may convey feelings in ways some people can’t, but music isn’t the only class where a students may express themselves.

 If schools were to require drama classes students would have another outlet for their feelings. Drama helps students be something they aren’t, but not necessarily in a bad way, in drama classes’ students can become more sociable and understand what it’s like to be someone else through performing and acting. Being able to see from the perspective of someone else helps students understand people better which will make it easier for them to handle certain situations when they’re older. Drama doesn’t just help students understand each other it helps them bring their thoughts to life in a way that art and music classes cannot through acting students can personify their thoughts on a stage where everyone can understand their feelings and what’s in their head. Some may see other outlets for emotions or developing creativity that are not classes in the arts, but how well do they showcase your emotions without music, your creativity without art, or your thoughts without drama.

 Without creativity in the modern world we would be mentally and emotionally drained. Without a way to vent outwardly in a peaceful way, or showcase creativity on whatever they want, or bring their thoughts to life the students and people will become systematic drones following the schedule day by day in the same boring pattern. That is not the world we live in, the world we live in is full of creative minds just waiting to be freed, so why should schools not require classes in the arts?

Prompt #17

 With the heavy addition of technology in today’s modern society personal contact has experienced a large decrease. The population now finds themselves shopping online instead of venturing into stores, banking online instead of visiting the establishment’s brick and mortar, and playing games with people without actually being in their presence. While technology has made a multitude of things easier and more efficient, humans have lost interaction with others in exchange. The limitation of human contact due to the use of technology is ultimately negative, because social skills are declining, human reliance is deteriorating, and the amount of jobs is decreasing.

 Admittedly, in some ways one could say that as technology has increased so has the amount of interaction between people. While this may be true, the contact society has gained from the use of technology is all impersonal. People may talk to their loved ones more through social media, yes, but the talking is all completed through the internet. The more people interact with their loved ones online, the less responsible they feel for personal contact. The children born in today’s society will be severely lacking in terms of social skills. If a child is raised in a world where technology is the medium for human contact, what need does he or she have for interacting in person? The children of this generation will become so accustomed to interaction through cyber space, that speaking in person will become inane to them. How can the loss of the art of human interaction be viewed in a positive light? There are no positives to the depravation of society’s upcoming generation.

 It is easy to find evidence of the decreasing amount of worth put on human reliance due to the increased use of technology. For example, if a person knows that an automated teller machine (ATM) can do the same job a human can do, only twice as fast, they are likely to choose the ATM. In today’s society, it is all about convenience, and the fact of the matter is that technology is often more efficient. While humans can rely on technology for its efficiency, efficiency is not worth the loss of human contact. Human reliance is a necessary part of everyday life. It is part of human nature to depend on others throughout your life. Whether it be family, friends, or a significant other, reliance is a part of every relationship that is crucial to the wellbeing of everyone. It is impossible to fulfill every need by oneself, and today’s population would do well to remember that.

 Unfortunately, with the limitation of human contact due to technology humanity is losing another essential part of modern life- employment. Millions of jobs are lost annually to machines, and it is estimated that over half of today’s jobs are vulnerable to technology replacement. While online banking is convenient, society is allowing a computer to do the same job millions of bank tellers across the nation depend on. While online shopping is efficient, society is allowing a computer to do the same job millions of retailers across the nation depend on. Not only is technology limiting human contact, but due to this limitation, jobs are suffering. The population cannot expect to gain the ease of technology without some downfalls. The limitation of human contact is affecting humans not only socially, but economically as well.

 The limitation of human contact due to the use of technology has presented a negative effect on today’s society. Though technology has created jobs in the past, that hardly makes up for the loss and displacement of the jobs of today. The loss of human contact has made social skills redundant, human reliance a rarity, and severely diminished the amount of available jobs. In order to stop the loss of humanity, it is imperative that personal contact become a necessity once again.

Prompt #

 “Self- reliance is knowing and trusting that you will always be there when you need you most” (Ty Howard). This is true while looking at the definition of it, but what about the times when in despair, sorrow, tragedy, or even confusion? Self –reliance isn’t completely on you all the time. In times seeking help, advice, and/or guidance is a must to go about for the important matters and decisions in life. It is there even for some of the most independent people in days of tragedy, sadness, and everyday life.

 I consider myself a fairly self-reliant person, but even when I had dark times in the past with myself, I knew I couldn’t be there just on my own. Turning to people is what relationships are built around. Friends, family, specialists, authority, or professionals, whoever it is are there for a reason. Friends helped me out of my depression when I was lowest with myself, it was a time when I couldn’t be there for myself and needed something more. I turned to my mother, friends and even activities to move towards something positive and out of the rut I was in.

 Another time when even self-reliance isn’t enough is sudden tragedies that fall upon people. Death in a family or natural disasters are examples of when self –reliance may be impossible to depend on to make the best decisions because you just don’t have the physical or mental abilities. Resources may be taken in a natural disaster and the authorities and higher powers are there for those reasons. There is truth in the fact that self-reliance is a form of persevering and being tough and smart with your life, but sometimes those abilities are shaken and that’s why it’s not an absolute for everyone every day.

 Looking at life and putting it all on your own shoulders all the time is unhealthy. Relationships are built around dependability and trust and just knowing that someone will have your back or be able to give you a boost. Not all important times or decisions should be all your own to dwell upon.

Prompt #36

 Some people say that most teenagers are careless and do not think about their consequences. Although most teenagers are careless, there is a small percentage of teenagers who do think about their actions before they commit to what they’re about to do. In a teenager’s life there’s stress from what’s around them, from thinking of whom they will be in the future, or trying to escape reality. In this case most teenagers just do without thinking.

 July 21st 2015, Little Falls, Minnesota. A young female teenage driver named Carlee Bollig killed a 54-year-old man and his 10-year-old daughter running a red light while texting. Carlee has been sentenced to jail on March 4th 2016, serving a 4 to 5-year penalty. Now with two souls dead, Carlee has now to think about her actions and consequences, while in jail, with someone else’s blood on her hands. In school teenagers are told to put their cellphones away and when driving, but most teenagers just cannot resist it. Instead of waiting and responding to the text later, teens end up texting while driving for the most idiotic reasons.

 In a counter to the argument, a plethora of teens actually do think before their actions. In school many teens work very hard to get where they want to be such as working hard on homework, sports, extra curricular activities, studying, tests, quizzes, projects, etc. Their GPA determines who they are, also the classes they take. Sometimes it’s also to blame for the parent’s upbringing of the child, as in not telling them to pay attention, or pay attention to detail, or using the common phrase “think before you speak”.

 As a former teenager, teenagers believe that they know everything from top to bottom and understand every single situation, also have the mindset to think they’re already adults. Teens come to think that they’re invincible as well and do not have a care in the world. There are many perfect examples such as illicit drug use, consumption of alcohol, use of profanity, talking back to elders, not respecting the law, and sexual intercourse. Life currently as a teenager and witnessing other teenagers, are reckless. Teens are reckless because they’re in the exact spot between children and adults. Teens have yet to figure out whom they’ll be before reality hits them hard with a sucker punch.

 Some people are right when they say that most teenagers are careless, but not all teenagers are careless. It’s not very often that most teens think before the actions come around the corner. Quick and poor judgment is made, and recklessness like automobile collisions with teenage driver’s kill others with harsh consequences that have to be lived with. Teenagers will always be teenagers because they are still kids, immature and actions of ignorance.

Prompt #9

Reach for the sky

   “ I've learned in my life that it's important to be able to step outside of your comfort zone and be challenged with something you're not familiar or accustomed to. That challenge will allow you to see what you can do”. Some people may think that not going out of their comfort zone will help them to grow, because they are wasting their time. This is most likely due to the fact that, they could be improving on things that they're already good at. However, without trying new things people wouldn't be able to find activities they're successful at, it'll be impossible to find new interests, and they won't be able to know themselves well. When one goes out of their comfort zone it is positive and beneficial.

    When people go out of their comfort zone it is beneficial for the reason that, there could be things you're good at without knowing, because you never tried. For example, when I was five I began playing soccer. I played soccer, because my friends and family did. I was a follower for soccer. I was involved in every single soccer season, all year until the winter. In the winter, I couldn't play soccer anymore. This was not easy because I like to stay in shape by exercising. I wanted to join weightlifting, but on the other hand none of my friends or family had ever done it, and I felt extremely uncomfortable because neither had I. Regardless of how awkward I felt going into the weightlifting room, with my body shaking and palms sweating, I decided to overcome my fear. I lifted the 135, and the weight of my worries went away. As a result of going out of my comfort zone, I realized I'm an amazing weightlifter, despite what anyone else thought. Doing weightlifting has not only made me stronger physically, but also mentally. To this day, this is a reason why going out of one’s comfort zone is valuable in finding activities you could possibly succeed at.

   Similarly, without someone going out of their comfort zone they won't find new interests. Sometimes it's hard for people to find things that actually interest them, they tend to emulate others. No one will really be happy if they are always doing what others do, or trying to be in the “in-crowd”. For instance, many of my friends wear the brand Nike. One day, I went shopping a found a really cool, cheap pair of fake Nike. I bought them from the store Forever 21. After I got them, I wore them to my friends party. A boy at the party drew a Nike check with permanent marker on my brand new shoes. They all laughed at me, and cracked jokes. Admittedly it hurt me, but I continue to wear my fake Nike shoes almost every day. I wear them, because it reminds me that I like them. By removing myself from my comfort zone I undoubtedly discovered that, there's more to shoes than just Nike. I don't have to “just do it.”

   Furthermore, getting out of your comfort zone will help you to know yourself. To explain, there could be foods you like, sports you're good at, art you're amazing at creating, and people you would be friends with but, you don't know because you stay in your box called a comfort zone. You let nothing in. Many believe that by experimenting with alternative things, that you aren't used to you may also unravel new traits you have never discovered in yourself. I know that being around two younger siblings can get frustrating at times. I decided to volunteer at their daycare, and found that I enjoy teaching toddlers. To clarify, by stepping out of your comfort zone you can learn new things about yourself.

   Despite what others may believe about stepping out of your comfort zone being negative is false. This is because, although the they already know they're good at something they will just stay in the same place, never growing or moving forward. As mentioned earlier, going out of your comfort zone is positive, because without a doubt it helps people to find activities they're successful at, find new interests , and discover more about themselves.

Prompt #

Most people say that you should not judge a book by its cover. When people meet, their first impressions tells it all to the certain individual they’re meeting. On the other hand, a person will not know a person’s whole life story until they start “reading” the pages. It may be portrayed as bad or it may be good. Although it is said the first impressions are almost impossible to change, most people can get over what they first see in people. First impressions involve first meeting somebody, confidence, and personality.

The first time someone sees you there are numerous questions going through your head such as are the greetings welcoming? Was that a firm handshake? Was there eye contact being made? When a person is first greeted do not use slang words or phrases because that does not look good on the other individual’s part. To illustrate a situation related to this think of when a student meets their teacher for the first time. The student’s character might come off as unacceptable but their really a good student. A person would not know how that student is because the student could be having a bad day and anything triggers their attitude rather keeping their good characteristic in mind.

A first impression is what a person thinks of an individual when they first meet each other. Individuals should be able to give off the right vibe rather than a bad one. Theodore Roosevelt once said “Speak softly and carry a big stick”. He was referring to the impact of foreign policy; a government strategy in dealing with other nations. This

relates to first impressions because it requires people to be able to take action and use unique language throughout their presentation of themselves. For instance, a job interview is a perfect place for memorable first impressions. The person’s presence and professional characteristics should be shown throughout the interview. During this situation it is important to give off a satisfying impression in order to get the certain job you want.

A person’s charisma effects their whole impression in any situation. If a person’s personality isn’t really enthusiastic the individual will not be engaged into what you have to say. Make sure your first impression is something to remember and something the other induvial will remember. For example, at a job interview the interviewer s expecting to see a person who is willing to be devoted and excited about what they will be doing at that job. The employers need an extra hand with their customers and by a person having that one specific characteristic needed they will nail the job. An individual’s personality shows their creativity and differences between other people around them.

As one can see, first impressions are possible to change. It is often thought that first impressions are impossible to change; in reality the truth is that first impressions can be changed through forgiveness and mistakes being made by that certain individual.

First Impressions (Prompt #7)

“Everyone sees what you appear to be but few really know what you are.” First impressions are a way for people to see what you want them to see; however, that does not mean that is who you really are. People who over analyze someone, at first glance, may become bias and think that person will never change but we often forget that people do change.

Teen mom, Farrah Abraham, moved many people emotionally with her tragic story. Her boyfriend passed away in a car accident and to make things worse, she found out she was pregnant with his daughter. Many people enjoyed watching Farrah’s journey through motherhood; however, she took a drastic turn when she premiered in a sex tape. Her attitude began to spiral out of control with her rude remarks to other celebrities and assaulting one of the producers from the television show she’s in. Everyone was shocked that this innocent teenage mom became an adult entertainer. Farrah had a great first impression with a plentiful of people who watched her on television but sadly she changed her behavior and ultimately people’s view of her.

Based on my experiences, first impressions are possible to change because people can change their character, beliefs and perspectives. Everyone can have a good first impression but that may not be their authentic self. Even though you may think you know someone when you first meet, they might be putting on an act so you can see what they want you to see. Nevertheless, we must remember to keep an open mind when meeting know people.

Prompt #

 Setting goals can be difficult especially when trying to stay in touch with reality. Some people believe that any goal can be accomplished with dedication, persistence, and time. It is also said that people are limited in what they can achieve and should set realistic goals. When setting goals there should be no limit to your ability to conquer. Believing in yourself should be your motivation in being realistic.

 When setting a goal, it must be stated with a firm “all-or-nothing” mindset. A soft goal isn’t really a goal– it’s a hope. You can hope to be successful or you can plan to be successful. Setting goals with no alternatives leads to the success you deserve. This ties into the dedication factor of being successful. If you lack dedication then you’ll tend to give up, because you’re not committed.

 “Persistence isn’t using the same tactics over and over. That’s just annoying. Persistence is having the same goal over and over” Said by Seth Godin. This quote simply explains when achieving a goal persistence means to work towards the same goal. Anything worth achieving in life requires constant effort. Just having a meaningful goal is not enough, to make a difference we need to continuously take action. The challenge in reaching any meaningful goal, requires persistence. It’s persistence that keeps us moving forward, meaningful goals are not achieved overnight, they demand persistence, patience and perseverance.

 Last but not least we discuss how time is also an important factor in accomplishing a goal. The first step in setting a goal should be to set a timeframe of accomplishment. Manageability also becomes a factor when discussing time. Learning to manage activities in a timely manner will bring success in the long run. Being that a timeframe is set, it will make the working process much smoother.

 In conclusion, reality shouldn’t interfere with your goals, dreams, and etc. The only thing that truly determines your success is yourself. Even with applying dedication, persistence, and time to your accomplishment regiment, you must still have faith and believe in yourself. Setting goals can be difficult especially when trying to stay in touch with reality. Some people believe that any goal can be accomplished with dedication, persistence, and time. It is also said that people are limited in what they can achieve and should set realistic goals. When setting goals there should be no limit to your ability to conquer. Believing in yourself should be your motivation in being realistic.

Prompt #47

 While getting an education can be expensive, each and every person in the United States should have a right to experience it. Having an education could help you make a difference in society, become a role model to others, and discover more career opportunities.

 Education should be a right because it promotes good governance by giving citizens the skills and confidence they need to become active members of their societies. For example, providing education to poor and marginalized children and young people often means they are more likely to participate in meetings of local political bodies managing resources such as education, health and water. People being involved in different organizations based on their knowledge and what they like could turn society into a better place.

 Another reason why education should be a right is because whoever has one could use it to the advantage of others by encouraging younger children to go out and get an education and become a person somebody looks up to. For example, someone who’s grown up without having anyone to really teach them anything but still managing to get an education would most likely try to help out others. An education is a great thing that should be passed on to anyone and everyone and knowing you helped someone get one could be a great feeling.

 Last but not least, having an education could help you experience different career opportunities. The higher your education is the key to unlocking higher pay based on your career. If you continue to expand in your knowledge of a specific category, you can be offered different job and internships in which can be a start off of a career you’ll enjoy. Without education and the desire to learn, individuals wouldn’t be able to succeed and have the opportunity to do what they want in life.

 In conclusion, United States citizens should have the right to experience an education whenever they feel the need too. It should not have to be a privilege nor be earned. If someone wants to receive an education, they should not be denied the right to do so. With an education, citizens could establish and do so much more in life rather than the bare minimum.

Prompt #9

 “It is through failure that one will find success” (Lily Sung). In order for you to grow as a person you must take the skills you have obtained and expand on them by applied them to real life situations. Emerson statement is highly accurate because without surpassing the skill you claimed to have mastered you won’t grow and therefore suppressing your true potential. For instance any ordinary person can applied to college to gain more knowledge but can’t truly test their newly found knowledge if they do not expand on it.

 Many individuals today have the mindset to learn but do not wish to continue and expand their knowledge. In other words the will obtain the desired skill but afterwards will not apply it and will just have it because they can. What joy can having that skill do if you don’t apply and expand upon it in order to truly master it and achieve lengths you had no idea were there. Large amounts of people have spent precious time and money in order to learn a skill but afterwards have done nothing to surpass it and expand on the idea of it. Therefore the time it took to achieve this goal has no meaning to it and sadly there’s no way to get that time back. For example going to college takes a considerable amount of time and money in order to get an associates or bachelor’s degree on a subject but what would be the point of getting this if you did not go into the corresponding career in that major. Sequentially, obtaining that piece of paper means absolutely nothing unless you expand on that and take yourt knowledge further than it was by having a career. Which would push your newly found knowledge even further which would push you and initially cause you to have grown in not only wisdom but also character.

 Even though others may say that there is no need to get and expand on your education in order to be successful. They may also believe there is no need to do this because anyone can increase their character but they would not have obtained the same intellectual sense of self growth. Therefore they are greatly outnumbered by those who see it as a necessity in order to live a comfortable and complete life. In conclusion Emerson quote “ Unless you try to do something beyond what you have already mastered, you will never grow “ is agreeable because it is true that a person cannot grow as a person if they do not try to exceed your initial skill.

Prompt #41

 Many cities have issues with air pollution and traffic jams because there are too many cars on the roads. These two problems grow more each year and are murdering innocent people but restrictions would create a huge change. Cities should restrict cars on the roads because people will no longer be overweight, people will no longer have high insurance, and less people will no longer have to die from air pollution.

 There are tons of Americans who are obese, and the best way to solve that problem is by walking daily or by riding a bike daily. If people were to adapt to walking as a way of transportation they would be able to go places without using gas and they can stay fit since they are able to walk off any fats that they may have consumed at home; plus when a person doesn’t use a car then they can’t cause traffic jams. Some people just go to work then go home without working out at all, but when a person can’t use a car then they get to walk to get to their destination. This will not only help cut down air pollution, but also prevent people from becoming obese.

 When a person starts driving, they have to provide a variety amount of insurances that will be able to help them pay for their car damages, the other can damages, injuries, and more. Driving would be much easier when there aren’t any more traffic jams since there are less people on the roads, plus there wouldn’t be so much gases in the atmosphere. A benefit of having less drivers would give people an opportunity of having of having cheaper insurances because not as many people would get hurt.

 Air pollution is the leading factor to greenhouse gases because greenhouse gases are trapped on the Earth’s atmosphere, which makes cities blazing hot. When cities become blazing hot then people have to suffer from other sever problems including heat strokes, heat flashes, and more. Air pollution can also affect people’s lungs and cause respiratory problems which could kill someone. There is a way to help prevent this from happening, and that is by restricting cars on the roads because when there are less cars on the road then there are less gases in the atmosphere.

 Many people believe that cities shouldn’t restrict cars because there will still be air pollution and handicapped people wouldn’t be able to get around, but air pollution will be tremendously reduced, and people won’t have to worry about becoming injured when there isn’t much cars on the road. Air pollution is a very serious problem in our society and the only way to lessen the greenhouse effect is by restricting cars on the roads; therefore, restrict cars on the roads because more people would healthy, insurance costs would lower, and no one would have to suffer from contaminated air. If no one acts now, another child will be affected by deadly toxics in air and, as a result will die. The future generation is precious to us, just remember that, that could be your siblings, or your parents.

Prompt #1

 Tales of memorable adventure with friends or the emotional goodbyes at the end of the journey? Now people would say that the destination of whatever trip or goal you set is what’s most important because without a destination to reach; how could you accomplish anything. Well in different situations, people go on random adventures with friends that have completely no meaning. The main reason they go on adventures are for the moments they spend together and memories they forge with one another. Not because they want to get from point A to point B, that would be like driving from your house to school. Therefore when someone says that the destination is most important in the journey. Tell them that’s boring and what should be more cherished are the memories that happen between point A and B and that there are many things that contribute to such a reasoning.

 Now in this anime the main character, Luffy, is a pirate with a dream of achieving the “One Piece” the greatest treasure anyone could have and whoever finds it becomes the Pirate King. So on his journey he encounters a man who once served with the crew that had first acquired this so called “One Piece.” One of Luffy’s crewmates frantically asks if “One Piece” really exists. Immediately Luffy scolds his crewmate for asking something so selfish and arrogant because in luffy’s exact words he says,” USOPP! I don’t want to hear where the treasure is. I don’t even want to hear if there IS a treasure or not! I don’t know anything about it, but everyone sets off to sea to find out for themselves! If pops were to tell us anything here, then I’ll quit on becoming Pirate King! If we’re going to have a boring adventure like that, then I won’t do it!” After that everyone never asked about the “One Piece” and just carried on with their crazy adventures.

 If people still believe that the destination is most important I could see as to why they think that. Without having a destination nothing could have started because there would be no drive to go anywhere. Couldn’t really do anything because there was no goal in the first place. Well everyone has different opinions and things to remember is that even though the destination is essential, the unforgettable memories with others or yourself is what really matters. Cherish those memories even after you reached your goal, maybe set another goal and go out and forge more memories.

Prompt #27

 When you look back at when you were in high school you would probably think about your summer vacation too. Some people believe that student’s summer vacation should be shorten to 3-4 weeks but have a break in fall, winter, and spring. The time of summer vacation should stay the same, if anything summer vacation should be longer. If summer vacation was longer students would have a longer brain brake, more time to make memories.

 Students should at least maintain their summer break so then they can have a brain break from school and classwork. Studies have shown that when students get a long break from school, 87% of the students are ready to learn. The other 13% want a longer break. It is important for the young mind to have time to recuperate there brain so they can get back ready to learn. By looking at a student’s grades, you can see that at the beginning of the year their grades are much better than at the end.

 As a teenager and child memories are vital to make. When you get older you have a chance to look back at your child and teenage hood and enjoy the astonishing memories. If the summer vacation was shortened you would have less time to create those marvelous memories you are always looking back on. As the time would go by you would be deprived of a child hood because you would always be at school. This would not be fair for the student. The students’ summer vacation should not be shortened so they may have time to create astounding memories.

 In conclusion the student’s summer vacation should not be shortened but in fact increased. Students need the time to recuperate from a long year of learning; but to also have time to create amazing memories people are always hearing about. Don’t deprive the students of having a long summer, let them enjoy themselves so they can come back ready to learn.

Prompt #40

 Over the past few years, technology has evolved exponentially throughout our society. One of the biggest impacts of technology was allowing students to be able to use technology in school. Without technology, education would be severely limited due to only supplied with books and paper. Almost every school in the country has some type of technology to help with enhancing education. From classwork to external resources, technology has helped education improve dramatically.

 With technology, education has been intensely improved, and people now view education differently with technology at their disposal. Looking back at when before there were computers, resources, and the internet itself, education was limited to only libraries and paper, as it very time consuming and stressful to find good resources to help with whatever work was required. Now, with laptops and smartphones at our disposal, finding a good resource only requires a few taps and keywords. Teachers do not have to grade each and every paper, as they can create a quiz or test online, and as each student takes one test, it automatically grades it for the teacher, allowing him or her to save time. and reduce stress with grading papers.

 Technology has also helped with learning within classrooms. Promethean and Smart Boards are good examples of how technology has impacted learning within classrooms; instead of having regular chalkboards, students and teachers can view and interact with many resources such as powerpoints and activities. Also, students can connect and interact with the teacher to create many interactive activities, which helps enhance student’s learning.

 While technology is very beneficial to schools and colleges, it has its disadvantages as well. The biggest issue with technology being in schools is that instead of helping students being into education, it has shown that it can actually distract students from learning. Texting during class is one of the biggest examples of this, and it has been proved that it does distract students from learning. Another issue with having technology within schools is money. While a good amount of schools are sufficiently funded, other schools are having trouble even being able to supply students with sufficient education. Buying laptops, tablets, or computers can be very costly, and some schools do not have the money or are not in the position to be able to afford it.

 Regardless, technology has made a huge impact with education within schools, colleges, and special learning centers. Whether it does distract students from learning or is too expensive for some schools, in the long-term, it does show many benefits towards education. Technology should keep evolving in schools, and it is already giving students a better perspective on learning whether it is at home or at school.

Prompt #5

 “You’re sitting on the couch watching TV, and your life is passing you buy…” Now to some that quote might sound very familiar, you might have even been reading that quote with the Everest College spokesman voice in your head. That commercial was to motivate those who were sitting around doing nothing to start being productive with their life. Thomas Jefferson once said, “Determine never to be idle . . . It is wonderful how much may be done if we are always doing”. Jefferson is trying to tell us to never live a day of our lives without a purpose, and how we will be amazed at how much we can accomplish by living life with an interior motive. Now after reading the statement made by Jefferson one may ask, if by staying active do we accomplish more or does inactivity also serve a purpose. In my opinion by staying active a person will always accomplish more, then someone who is inactive.

 My aunt would always tell my cousins and I when we younger that “Tomorrow is never promised”, in others words she was telling us to live each day of our lives to the fullest. I never quite understood what she meant by this until I got older, she knew that each and every one of us had a purpose in life and the potential to be something great. When times had gotten hard and my cousins and I were ready to throw in the towel, she would constantly tell us that “God put you on this earth for a reason”, she was telling us to keep working hard even if it seems like all odds are against us. I guess you can say my aunt was kind of like Dory from Finding Nemo, when she told Nemo’s father to just “Keep swimming”. My aunt saw something in us that none of my cousins nor did I see in ourselves or in one another; in her eyes, she saw future doctors, lawyers, chemist and possibly a future president. When I looked into my aunt’s light brown eyes, I saw a twinkle in her eye, as she looked at us and said “When I see potential, I just have to see it through”. With hard work and dedication she knew that we could be anything we set our minds too. Just like Jefferson, my aunt believed that we could accomplish so much, if we decided to never once live a day in our life without a purpose.

 My aunt was born and raised in a small town in North Carolina, she was the youngest of 8 siblings. Her fate was already determined before she even came out of the womb, just like most people in her family from this small town she was “supposed” to marry and have a child at young age, then become a seamstress just like the past generations. In her town the people kind of lived in a caste system; if your father was a farmer than you were most likely going to become a farmer as well this is because it was all you knew. Most kids in this town didn’t complete school because they had to help bring in income for their family. If a child was to finish school that was extremely rare, and for them to even think about going to college was intangible thought. Now many kids in this town whether they liked this lifestyle or not just accepted it the way it was, but not my aunt she dared to be different. She wanted to prove to this small town in North Carolina that she could go far.

 While most kids were playing outside enjoying their childhood, my aunt was in her room studying. She knew that the only way she could make it out was if she stuck to her books. With hard work and dedication my aunt not only graduated high school but she even went to college. This was a major milestone for her, as she traveled through this newly paved path that she worked very hard to create, she left many amazed at the fact that she was able to get this far in life. Even though she had surpassed many people from her town, my aunt’s journey was nowhere near complete. After many years of being in college, my aunt graduated with a medical degree and became a Pharmaceutical Researcher. No one who knew my aunt would have every expected her to leave her small town and actually become something other than a seamstress.

 Although, some may feel that by being inactive serves a purpose as well, due to the fact that it could be time to relief all stress, rest and to clear your mind. One will never get anything done by living a sedentary lifestyle. My aunt could have accepted the cards she was dealt in life and never tried to do anything to change it, but she knew that her life and time was valuable. My aunt believed that if she always made sure to never live a day in her lifetime without a purpose, she could achieve so many things that seem completely impossible for her to do. My aunt once told me a quote by Oscar Wilde, it said “To live is the rarest thing in the world. Most people just exist.” Through the many wise words and wisdom passed down to me from my aunt, I have come the conclusion that each and every one of us was put on this earth to accomplish as many goals as we possibly can, to become the best that we could be, to live each day with a purpose, and to never take any second that you are given on this earth for granted because as my aunt always said “Tomorrow is never promised”.

Prompt #

 Reckless driver is that what you want ? Should Some States make it illegal to use your cell phone while you are driving ? Yes, I agree People should not use their phone while they are driving. Driving and using a cell phone shows that it is just as bad as having a blood alcohol concentration of more then 0.08. Look at how many people died through car wrecks through using there cell phone talk is unreal.

 Using your mobile phone or devices should be banned and made a law. A text message is not worth your life. Before you even think of using your phone in the car, think and say “ Do I need to text someone right at this instance”. In Utah Studies show that 40 out of the 100 people had trouble driving in traffic while using their phones, 4 of them actually got in accident. For example, the better choice to ticket people, so some of the drivers will understand the consequence and have lower death rates, accident and tickets.

 There are many negative things that could happen while you are on a cell phone while driving. For instance, 40 percent of accident are due to cell phones or mobile devices. Most of all states should follow the California law for strict driving, Don’t be high don’t be drunk and most certainly do not use your phone while driving. In fact, Military law on base, hands on the wheel at all times. It’s a 250 dollar ticket and no driving on the base for a month.

 it is confusing that despite an effective way of communication, using cell phones during driving results in distracting attention of driver provoking road safety concerns. For example, Scientist say some people have the ability to drive and use their cell phones. That doesn’t go for all people so that’s how we have lots of accidents. Studies show that People tend to do it more because once they do it more they keep doing, Unless something really big happens like an accident or a friends or family death. For example, banning cell phone use is a great decision because it will lower death rates and accident rates.

 In conclusion, then again if you are cable of sending a text message or calling while driving then go right ahead do it, just make sure your not in dangering yourself or the people around you. The only positive thing you will get is probably send a text message to your friends, But the negatives things you will get out of this is endangering you or the person you have in your car. Could possibly get a ticket while driving because you are not following the law. All in All, I disagree for self phone use while driving.

Prompt #

 “We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort” said Jesse Owens. Owen’s statement proves that it’s pretty accurate that dedication, persistence, and time, people can accomplish any goal if one uses them right. It’s often proven that when one puts the right amount of dedication into something you put your mind to you can achieve any goal out there. One must also never give on any task he or she starts on. You have to possess at least a little persistence in order to complete you task. The time is also one of the most important parts of being successful.

 It all starts with dedication. If you’re not willing to dedicate yourself to what you’re doing then the goal at the end must not be worth it. Thing that you want to do must be a priority not an option. The meaning of dedication is the quality of being dedicated or committed to a task or purpose. If it’s a purpose that means something to you then that should augment to your reasoning of why you should be dedicated to something. Dedication is also the willingness to give a lot of time and energy to something because it is important.

 Time is the second most important factor in completing task that you wish to be done or goals you wish to be achieved. When you learn to take control of your time, you improve your ability to focus. And with increased focus comes enhanced efficiency, because you don’t lose momentum. You’ll start to breeze through tasks more quickly and it will be shocking to you. It also allows you to take control of your life rather than following the flow of others. Once you’re on your own flow the things tend to come along naturally over time. There is also most likely something positive to come as a result of putting you time into what you believe in consistently over time just being persistence.

 Another thing is also persistence is key even if it might seem like it. The meaning of persistence is a firm or obstinate continuance in a course of action in spite of difficulty or opposition. So therefore no matter how hard the task is you have to keep trying to succeed in what you’re doing. “Permanence, perseverance and persistence in spite of all obstacles, discouragements, and impossibilities: It is this that in all things distinguishes the strong soul from the weak” said Tomas Carlyle. The quote’s meaning symbolizes that whatever stands in your way you have to proceed through with the up most confidence to achieve.

 So three things that are mandatory in order to accomplish any goal are dedication, time, and persistence. It has been proving in many quotes that these tools for success are necessary. Dedication is the heart of it all because, you have to dedicate yourself to what you’re doing. Time is always important because it’s what you have to put forth. Finally Persistence is key because that’s your stability, and your stability is what keeps you going . So Always build yourself around these goals to achieve the upmost success.

Prompt #4

 People have instincts and inner drives that are not matters of good and evil, but of survival. Instincts are not about being good or evil, due to the fact that the issue of being good and evil is undefined. Our character is formed by influences beyond our control in ways such as society and genetics.

 It is the society norms that make humans act in a way that society would see as acceptable. For example, most parents or guardians raise their children to know the difference between what is right and what is wrong. Some social norms most parents teach are dress modestly and expressing empathy to people in difficult situations. To be accepted in society, children learn to follow social norms. Humans have biological instincts such as the fight or flight response. In a situation where a person feels the need to fight may change their mind because of social factors. Society affects the way we identify as individuals and the way we view and interact with others.

 Genetic influences form a role in determining character traits. An example of an inherited trait some people are born with is neuroticism which is the vulnerability to stress. People with neuroticism are generally dissatisfied with themselves due to the fact that they feel anxiety and frustration. Individuals who struggle with neuroticism are proof that character is beyond our control.

 Humans do not choose their character traits because they are out of one’s control. Social norms such as the not fighting in public and having manners are undefined yet most people follow the standards. Genetic influences also determine character traits even if they cause dissatisfaction such as neuroticism. A person’s character traits are determined beyond their control because of the people around them by society norms and genetic influences.

Prompt #13

Dear Principal,

 Imagine being able to eat something that is not half cooked or soggy; not having to feel ill due to ill prepared/bad food. We can avoid this by getting a new lunch plan for the cafeteria. Though it may cost a little more to buy lunch with this plan students will be able to eat healthier selections and enjoy the food they consume. They can also avoid getting ill from ill prepared food.

 The food that students are given is rather bland or disgusting, it’s overcooked, re-heated or undercooked. Only decent food they have is the snacks we buy when we’re paying our lunch and usually they aren’t healthy. Snacks range from Gatorade, fizzy drinks, Cheetos, Rice Crispies, Doritos, Lays, and etc. Which aren’t the healthiest in the world, neither are the bagged soggy waffles they give us for Breakfast. In Elementary School students had a decent selection even though it wasn’t healthy either, it tasted better. Later on they started either replacing food choices for cheaper options or completely removing it from the menu. It was alright in the beginning of my fresh man year then we had the menus change once more. The food has dropped in quality is usually reheated multiple times. I have bitten into hamburgers and chicken patties that had pink centers or nasty re-heated Domino’s pizza that I had to drench in ranch in order to consume. So by getting a new plan we can eliminate all stated above and the chance to get sick due to ill prepared food.

 Though it may cost a bit more with better food options kids will likely get ill. What we are given for fruits kids usually toss it away or leave it, they usually go for the unhealthy option but if we have healthy options that taste good that won’t happen. Not only that eating healthier the students will likely have more energy and not get ill. I personally favor this as I found that when I eat healthy my body feels better and not heavy due to eating something unhealthy and fatty. Also I find that I have more energy to do things. So in general eating something healthy or of better quality usually taste better and will likely make you feel like you had a decent meal.

 By having a new plan added students wouldn’t have to get sick or complain about ill the food they are served. They can avoid eating food that is undercooked, overcooked, or reheated. With healthier options that do taste good they will likely have more energy and feel like that consumed something decent. So by doing this you’ll likely make some kids happy at least, for those who normally buy school lunch.

Prompt #7

We All Know the Phrase…

 Most people can safely say that they know the phrase ‘first impressions matter.’ From simple interactions in public to job interviews many start to be judged the moment they enter one’s view. Despite some thinking that first impressions don’t matter as much as later observations, they can be just as unforgettable in situations such as interviews and simple interaction.

 Although some think that employers would make their decision based on the entire interview, it has been found that many actually make their decision the moment the possible employee enters the room. If a person were to enter the interview room looking as if they were a drifter who just traveled across America without a break in between they probably won’t even consider taking the interview even remotely serious. On the other hand, if a person were to come into the room in nice formal business attire looking clean and nice the interviewer will assume that the person is ready to do business and all interaction from that point on will decide on whether or not they get the job or not. All in all, having a nice appearance during beginning an interview can make or break it.

 Out in the world, the first thing that will be in the minds would again be one’s appearance. While some people won’t mind what a person looks like, some do care if it looks like the only thing a person did was halfheartedly comb their hair to look even look semi-decent. Another thing that could impact first impressions would be one’s attitude. Let’s say that a person comes up to another person and they politely say excuse me to the person to ask for the time.

 They just made a good first impression, because it seems that the person is going out of their way to sound polite to the other person. On the flip side, the person asks rudely. They make it seem to be that the simple act of asking another person for the time is a chore that’s in their way. In the end, having a great attitude while first meeting someone will lay the foundation of a possible relationship with said someone.

 In review, first impressions are almost impossible to change. Their importance in the workplace and in normal life is paramount. Though it must be said that while it is possible that later actions can change the opinions of a person, the first impression is first and the later actions happen later it is self-explanatory. When looking forward in life remember that first impressions matter.