

One time I had a challenge I had to overcome it when I was a Junior in high school and my parents got divorced. I had to try to focus on my school work even though there was so much drama going on at home. I had to try to keep my grades good while there was so much on my mind. My grades ended up going downhill. By the end of my Junior year my GPA dropped to a 2.0. When I got into my senior year I brought my GPA up to a 2.7 that was my end grade. 2.7 was not what I wanted when I was going into highschool but the situation that I was going through at the time messed me up.

When my parents got divorced it affected me mentally but I had to keep going regardless. I felt as if I was at rock bottom at that time. At this point in my life I used to use sports like basketball and boxing as a way to escape the emotions I was feeling. Sports like Basketball, Football and boxing were my ways to express how I was feeling. When I would play sports I felt like I was using a positive way to let out my emotions. When you are boxing it is a healthy way to let out your anger without ending up with problems with the law.

When I didn't use sports to express myself I used to turn to music. I have been a musician since I was 11 years old. When I play music I play drums, piano and the bass. The piano and the drums are my favorite instruments. The reason I love them so much is because music can tap into your emotions. When you are playing instruments or listening to music you can experience a number of feelings and if you choose the right music you will feel the feeling that you want to feel. Sometimes how you are feeling can determine how you operate and what you do.

In school I was the type of student that would get a lot of B's and C's but after my parents split up I started getting alot more C's and D's because I lost focus on school. I always had issues staying focused since I was a kid due to my ADHD, but when I stopped caring my focus got so much worse. The reason why was because I did not care for school at all because there were too many different emotions in my mind. When I was in middle school I would lose focus a lot from my work but my parents would always steer me back and push me to do my work, but they didn't do that anymore when I reached high school. In High School I also struggled with my time management.

When I got into college I went into this program that helped get me ready for college. The program helped me focus on doing my work as soon as I got it so there would be less time for procrastination. When you have all your friends in college it is difficult to stay focused and stay on task but you need to know how to prioritize your time and activities. The program I went to showed me how to better prioritize my wants and needs.