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Question 1

It had been ten years since I last visited the dentist. My knees shook and while touching the handle for the main entrance, I fought the thought of turning back and disappearing. The restaurant manager in the restaurant where I worked during the school holidays had kicked me out of the restaurant to not miss my appointment with the dentist. He had noticed my attempt to ignore the whole dentist's question by engaging in activities that would make me look busy. My conscience was not willing and ready to go ahead with the appointment. Furthermore, I had made and canceled such appointments in the last year. The pain I felt in my wisdom teeth was unbearable and I felt like tons of stone were piling on my tooth minute by minute, and I needed a permanent solution like yesterday.

Nonetheless, I made it into the premise, but I knew it was my boss's accountability that I would have to deal with. He told me to come back and update him once I was done with the dentist. I did not make it. As soon as I sat on the patient's chair, my fears became apparent. From the dentist's stare, it was apparent that the experience was bound to instill further fear in me. My boss had suggested I swallow my pride and talk to the dentist about my childhood experiences and dentists' fear. Suppose I did not feel this pain, I would never have agreed to see the dentist. However, in my community, as a man, fear is disgraceful and a mark of weakness. When I had that bad experience as a child, the dentist commanded me to shut up, saying I was in no pain and was acting. He taught me how to cover the shame and I also learned to hide my pain.

Pulling his seat close to me, the dentist looked me straight in the eye and assured me that he would do his best. Of course, I did not trust him, but I had no options. Still uneasy, I waited for the results of the x-rays taken. The verdict came out and my teeth were strong, but my wisdom teeth had to go because they were ingrown. I panicked, clenched my fists and my heart

rate increased. How could a teenager like me be afraid of the dentist? He asked. I said I was not afraid, but deep down, I was not too fond of the sound of a drill inside my mouth, and also, the anesthesia wore off quickly even before the dental work was over.

Nonetheless, the wisdom teeth were successfully removed and I adhered to the medications given after the procedure. Furthermore, I also updated my boss about the whole experience. I still had to visit the dentist once every week for a regular checkup. I was so grateful that the dentist had helped me stop grinding my teeth in pain. During my last visit, the dentist took an x-ray of my jaw and I saw the cavity where my wisdom teeth used to be and I was grateful that it was handled in the best way.

Furthermore, I no longer have a fear of entering a dental facility. I have forgotten about the hand-clenching, stomach-turning, among other worries I experienced when visiting the dentist. Nowadays, I see a dentist not because I have a problem but for a regular checkup.

Question 2

My self-advocacy is about speaking up for myself and taking responsibility to ensure that others understand my interests and needs. Furthermore, self-advocacy is a self-empowerment skill that I have learned to embrace. As humans, we are wired to lean on others to advocate for us. For instance, our parents coming to school and talking to the teachers about what is best for their children. At the same time, in talk shows, you will see advocates championing the rights of the disabled and such like groups. It is great to have such entities advocate for you, but the best way is to learn how to self-advocate.

We are not born with self-advocacy skills at an individual level, but we learn them through practice. In my quest to understand how to self-advocate, I have learned to know what to ask for. What this means is that I understand my limitations and I can explain these limitations to

others. In addition to that, understanding my limitations means that I understand my strengths and the areas I need assistance. I have also learned to be ready to self-advocate when faced with a situation requiring self-advocacy. Being prepared involves understanding myself and my environment, together with the people I interact with. Furthermore, the more prepared I feel, the easier it becomes for me to self-advocate. Besides, I am also working to build my confidence by reminding myself what I have already achieved and the potential I have in achieving other objectives.

Question 3

I am guilty of unfairly judging others based on perception. I am a critical person who likes to find faults in others or dare to be different. For instance, there is a time I was at the airport waiting for my flight. While sitting patiently, I saw a woman and a boy who was around four years. The child was unruly and he caused a scene in the terminal. The first thought that crossed my mind was that the lady could not control the toddler. Then my eyes looked at the child's shirt and it was covered in food; his clothes were a bit small and before I knew it, I had picked up more than five different imperfections. This is not the only example but based on this experience, I can confidently say that handicap is part of my life.

In the example, I did not know the woman or her child, but I was quick to judge her and her child base on my perception. In addition to that, I derived different conclusions based on what I saw instead of taking time to understand the stranger and her son. Most people find it easy to judge others unfairly and based on perception without noticing. However, this is human nature to be in sync with our environment.

Question 4

Movies play an essential role in individuals' life, and people watch movies for different reasons. Some watch for enjoyment reasons, to get entertained and laugh hence relieving themselves from stress. Nevertheless, I have watched several movies. The main reason for watching them is for enjoyment because most of them make me laugh, encouraging me to have a positive view of the world that can motivate me to be a better person. My favorite movie is Forrest Gump which I have watched several times in my life. The movie's name is Forrest Gump and was produced by Wendy Finerman, Steve Turkey, and Steve Tisch. The ² main cast was Tom Hanks, Robin Wright, and Gary Sinise. The movie characters include Forrest Gump, Jenny Curran, Lieutenant Dan Tylor, Benjamin Burford, Forrest Gump Jr., Jenny's Father, Mrs. Gump, and Coach Paul. The movie's initial release was on the 23rd of June 1994, and the budget was 55 million United States dollars.

Forrest Gump trails the life of an unpretentious man with a low IQ. Having a low IQ when the movie was produced has different views; therefore, although the man had a low intelligence quotient, he had prudent and moral intentions. Tom Hanks is the main character and shared the name with the title of the movie Forrest Gump. Forrest narrates the story of his life in the movie. Moreover, during this part, the audience realizes the challenges and achievements in Gump's life. Nevertheless, he has faced significant downsides; Gump has never accepted them to bring him down in attaining his happiness and dreams.

Gump was a low Intelligence Quotient person than normal individuals and used to wear braces on his legs but did not consider himself any less than other people. Therefore, Gump recognized his talent immediately when he removed the braces from the feet, and it made him efficiently run away from the enemies. Also, removing the braces had significant impacts on his life, such as winning a football scholarship, serving in the army, which resulted in saving many

lives while in war hence becoming well-known (Hanke & Ibe, 2016). Moreover, the movie focused on how the main character met Jenny Curran, who got married later in life. The different encounters with people made Gump realize his friends, including Benjamin Buford, nicknamed Babbie. Similarly, Gump explains how he rose to be the wealthiest ship operator in America and the Dan Tylor, a lieutenant in the Vietnam war.

The director Robert Zemeckis focused on developing a significant change in moods for their viewers. The movie started by creating a happy mindset because it began as a contented and cheerful movie produced from a positive excursion. However, as the movie continues, it changes the attitudes because of Gump's problems and the creepy violence present in the characters. The director's vision was to present a meaningful understanding of the situation by utilizing a moving and a unique experience using a blend of camera moves and widescreen arrangements. The idea made it practical for the movie to present the full intricacy of life in a society that is conveyed by exquisiteness and offensiveness.

Moreover, the movie vividly portrays the Vietnam war and indicating how Gump was humiliated while in school. Similarly, although Gump was bullied in school, he has presented unconditional love to Jenny and the accord of nonviolent protests. The Forrest Gump movie has depicted eccentric plots categorized under the documentaries (Hanke & Ibe, 2016). Being a biopic is because it concentrates on the life of one main character, Gump, and has a similar name to the movie. Also, all the characters involved in the movie are associated with Forrest Gump. The movie's initial two hours present and explain Forrest's challenges and the preceding 14 minutes focus on the current events.

The actors have performed flawlessly and aligned with the scripts and vision of the director. Forrest Gump is articulated as an exceptional, acquitted, and authentic man. A sheer of

scuffle and nuisance escorts Gump's life; however, he has not listened to the negative words but focused on achieving his goals and dreams. Moreover, the movie had concentrated on Forrest's later life while in Vietnam when Ronald Reagan was the president, which indicates that it was when the Acquired Immuno-deficiency syndrome was prevalent, telling that the life of Gump was full of challenges coming up one after another. All these aspects make the movie both exciting and educating at the same time.

The director's vision is to indicate the inconsistency of the characters in the movie. Therefore, making the viewers recognize the diverse lives in society. For instance, Gump is regarded as an undoubtedly free individual related to his friend Jenny. Jenny is disturbed by the past events in his life, including being controlled by alcohol, drugs, and sex (Hanke & Ibe, 2016). At the same time, Gump realizes his distinct incredible speed talent immediately he removes the braces in the legs. While Jenny is working on identifying her identity in life throughout the movie, Gump moves from life's struggles to working and achieving his dreams. The style used by the director is essential as it makes it hard for the viewers to recognize Jenny because her description only appears during the conversations or in the movie flashes. Moreover, the movie has presented through the main character, Gump, how the United States fought in the Vietnam war.

In summation, the audience is devastated by the overwhelming acting by Forrest Gump. He has impressed many individuals with the extensive story concerning an individual who endures maintaining to everyone who will listen that "Life is like a box of chocolate; you never know what you are going to get." Also, the movie is based on the events that occur in the present through a man that is absences of pessimism and considers things the way they are. Nevertheless, I think the movie has presented the activities and behavior in society, including involving drugs

and other activities that make individuals lose their self-identity to others regarded as weak emerging into being the most prominent in the community.

References

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Question 5

On my first day in college, I vowed to inspire those who are hopeless. Reflecting on this promise has helped me remain focused on becoming the nurse I want to be. Furthermore, I can clearly remember the first day as a student of nursing. In particular, I recall being given a blank piece of paper and an envelope. I was then asked to write down what I hoped to achieve during my college studies. I pondered for what seemed like years with questions in my head. Was this a question used to sieve out those who felt astounded and undeserving of being in nursing school like me? However, after thinking for a while, a response came and I prudently etched my answer to inspire those who are hopeless. I must admit that I wrote a powerful statement with a certain level of naivety. Nonetheless, though the response was written by a naive person, putting it in writing helped stimulate my feelings to study and kept me dedicated to my new goal of assisting individuals whose lives are in pain and seemingly worthless to believe that they will have a bright future.

Before nursing school, I was inspired by Victor Frankl's works who survived the holocaust and was influential in rekindling hope among fellow detainees of war during a period

when hope seemed far-fetched. I was captivated to learn how to revitalize somebody's resolve to live during such desperate situations when death is a form of escape. I'm currently in nursing school and Frankl is still my inspiration as I seek knowledge on how to support patients to recover from different ailments.

In addition to that, I came to realize that we all have a reason to live. Some include family, work, school, children, faith, colleagues, or hobby. My goal is to help unearth these positive sources by enabling others to see them from a different perspective, especially during instances where their vision is troubled by hopelessness and despair. This is what I'm learning and will strive to achieve for the rest of my career as a nursing practitioner. I take note, observe, and evaluate to develop my capacity to assist patients in recovering. Nursing is not only about syringes and drugs, but it includes coming up with creative ways of tapping into a patient's coping resources and establishing what they have previously done to manage their misfortunes. Consequently, what has been successful for them in alleviating their suffering can become a dominant motivation source by empowering these individuals to come up with their solutions.

Understanding that humans can build resilience from overcoming misfortune while being reminded of their worth and value is reassuring, especially when they hold negative thoughts. During my college studies, I hope to gain as much knowledge as possible to connect with patients to motivate them. This knowledge will help me stay focused on giving my best in a career that demands the best out of us. I understand myself, my ideals, and my flaws, and this has helped me forge therapeutic relationships with the patients I have met and will continue meeting in the course of my career.

Question 6

I seriously started thinking about a career towards the final years of high school. Until that time, I was generally not serious about choosing a career, but with the end of high school education looming, I had to ask myself what I wanted to pursue in life. Since my favorite subjects were chemistry, biology, mathematics, and physical education, it first dawned on me that I should research more on the fields that leaned towards the subjects I loved. At the same time, I was academically strong though my performance was not exceptional. I read some books in the school library, went through some websites, went to different medical school open days, and interacted with the staff and medical students. Ten years ago is when my desire to pursue a licensed vocational nurse course began.

Licensed vocational nurse is rooted in science which was my main interest in high school, where I appreciated science's role in improving healthcare. I knew from my previous engagements that I was suited for an ever-evolving career that requires relentless learning. I knew I had the foundation of the interpersonal skills desirable and would relish the variety and broad career preferences in medicine. Additionally, I also considered the disadvantages of pursuing a licensed vocational nurse course, including many exams, long work schedules, and the pressure of dealing with challenging patients. However, I can confidently say that the advantages of pursuing a licensed vocational nurse outweigh the disadvantages after considering different aspects and talking to various medical practitioners. For that reason, I have a compelling feeling that my decisions are right and what I should go for in life.

I also consider licensed vocational nurse unique because it is a degree that sets you up for a lifetime career. At the age of seventeen, I was very young and could not properly comprehend my decision to pursue a career in this field. Looking back, I feel the only way to be sure about my career choice is to gain as much knowledge and understandings of the profession as possible.

Also, I love challenges and I enjoy working in the company of others. Licensed vocational nurse course offers me a chance to incorporate these attributes by applying them in a practical career. From observing patients to suturing and phlebotomy, licensed vocational nurse is not just about memorizing evidence but about using skills to help patients recover from injuries and ailments.

As I conclude as a licensed vocational nurse, it is hugely gratifying to piece together all the information, history, communication skills, understanding of science, especially biology, and the results obtained from examination and investigations to develop a meaningful diagnosis assured it was the correct one. Licensed vocational nurse course was my first choice and I am happy it is promising to pay off. In addition to that, pursuing a registered nursing career is an honor because it is the ultimate career. What other profession allows you to constantly stimulate your mind, continue to learn and progress, offer you a decent working environment and decent remuneration? More importantly, registered nursing enables you help others, earn respect from, and job satisfaction.

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