

*This essay is considered "great" because it directly responds to the essay prompt, "What are some obstacles that have affected your academic performance?" in a clear and concise way. This recipient shares multiple ways the obstacle has affected their ability to be successful and shares how they plan to move forward and succeed in the future.*

For many people, it is wake-up, eat, get dressed for school, play sports, or participate in outside school activities, but that is not the case for me. I have Cerebral Palsy, which means I could never play sports or do many fun activities. Most, if not all these things are very physically taxing on my body so I would get exhausted faster or my legs and other parts of my body would start hurting. This made it so I could never really keep up in those areas or I would have to work way harder than everyone to do these while still needing help from friends and family to do so. But I still refuse to use that as an excuse, and I am willing to work as hard as I possibly can and do the best I can to achieve my goals including doing well in school.

Cerebral Palsy (CP) affects movement in the body, so motor skills, muscle development, balance, etc. For me I can have trouble walking, standing, and depending on the school work, writing for extended periods of time. Often my legs will ache after long days at school or my wrist will start hurting after a lot of writing. At school I will use the elevator to get around to avoid the added stress that the stairs cause to my knees and hips. Additionally, if or when my wrist starts hurting, I take a break from writing to try and relax my wrist for a few minutes and then get back to writing when the pain stops. I also have trouble keeping up with taking notes on paper and the computer if my teachers move too quickly. However, I still do my best to keep a positive attitude and work hard to keep up with everyday things in school and at home. After long days at school when I get home, I tend to rest for a couple of hours then start on any homework I have for my classes.

My CP has affected many activities my school has held whether it is events for sports or school trips. For example, mission trips I cannot lift heavy things and having to maintain my balance while carrying out physical labor is also difficult after a little bit. This is because of the exhaustion I feel in my joints and muscles that rises quickly when doing anything physical.

Given all these factors, though I may not be able to play sports or do many events and everyday things might take a little longer to do because of CP. I refuse to let these obstacles, roadblocks, and challenges get in my way of achieving my goals and inspiring others to do the same.

