

# [Ad scholarship essay](https://assignbuster.com/ad-scholarship-essay/)

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I had this mindset that I would never be able to survive off of my medicine, and I came to see them as a necessity to function properly in this world. I succeeded in community college by getting into the Honors Program, and was able to graduate as an Honors Scholar. It wasn't until I got into a university that myacademicabilities and character as a pre-alliedhealthmajor was tested. I made the ingenious decision to handle my ADD without any pharmaceutical help, whatsoever.

Exercise and dietary choices are my main method f treatment, along with sheer willpower and self-discipline. Not only was I able to lose about twenty-five pounds of fat, I got physically, and mentally stronger as well. I developed a better mindset, which lead to a stronger body. I started to learn a lot about myself, and how the brain actually works on its own. I learned that Is It Indeed possible to channel my " hyper-focusing" abilities when I need to, and It Is especially easy to hyper-focus when I want to! As a Sinology major, my classes arescience- heavy.

I learned that when I'm In a class that I am passionate about, the ability to focus seems to get easier. I started reading a lot of books about ADD living, and I started to make my life more ADD friendly, which meant simplifying my life. Working with my ADD, rather than against It, seems to work out better In my favor. I started studying in ways that would make my ADD symptoms seem to go away. I utilized color, mnemonics, and videos to understand concepts that most students would understand through a lecture.

Honestly, I wish It were easier living with ADD, and I sis I didn't have the difficulties that come with It, specifically the Inability to naturally filter out extrasensory Information. However, the gifts that come from a hyper-creative brain often outweigh the more annoying aspects of living with the disorder. People with ADD aren't stupid; we Just process things differently. In many careers, that can be a massive asset! Eventually, I want to go to graduate school to pursue acareeras a Physical Therapist. I figure that this would be a good career that utilizes the creative and hyperactive ADD brain.

I decided I would never succeed In a monotonous desk Job, and as a physical therapist, my workplace would be a gym-- which Is something that I would absolutely love! ADDscholarshipessay By Shelby-Piper about myself, and how the brain actually works on its own. I learned that is it indeed possible to channel my " hyper-focusing" abilities when I need to, and it is especially heavy. I learned that when I'm in a class that I am passionate about, the ability to with my ADD, rather than against it, seems to work out better in my favor.

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