

Ad scholarship essay

[Profession](#), [Writer](#)



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 my academic abilities and character as a pre-allied health major was tested. I made the ingenious decision to handle my ADD without any pharmaceutical help, whatsoever.

Exercise and dietary choices are my main method of 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 led to a stronger body. I started to learn a lot about myself, and how the brain actually works on its own. I learned that it is 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 are science-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 wish 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 a career as 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 it is 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 work with my ADD, rather than against it, seems to work out better in my favor.

I started to understand through a lecture. Honestly, I wish it were easier living with ADD, and I wish 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 pursuing a career as 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!