

Random of kidney essay samples

[Profession](#), [Student](#)



Random acts of kindness come spontaneously and with no expectation of anything in return. When one acts kind toward others, they feel the effects themselves and happiness emerges. Opportunities for random acts of kindness can be found everywhere and every day, and can therefore become a part of your daily life. You can hold doors open for someone, help elderly carry something heavy, give homeless people gift cards or something as simple as a pointed smile directed toward a stranger. While I hope to do more acts of kindness, I have recently done some with pleasant results; a happiness that emerges only from helping others. There are many types of different categories of actions, ranging from good, bad, kind or cruel. Although the following actions I examine were different and done in different contexts, toward different people and at different times, they can all be categorized as random acts of kindness.

Every day we all do many actions. Some are planned, such as a certain time we need to be at work, while others can be deemed spontaneous and random. Recently I was given the opportunity to help a family member through a random action. My aunt, who lives in downtown of San Jose, California, was doing some chores in her house. Because I knew her health not good, I decided to help her clean up the house. She did not ask me, but the thought of her and what my help could do for her; I thought it a good opportunity to help her. The thought came to me after having coffee with a friend. On my way home from the coffee and other errands, my aunt entered my mind and I detoured my route home to head toward her home. She lives alone and has nobody to take care her. After finding an open spot to park my car, I walked over to her door and called her. The look of happiness on her

face when she saw me at the door was rewarding in itself. But, my happiness was soon replaced when I saw the state of her house. I looked into her living room and saw the room an absolute mess. The vacuum cleaner was in the middle of the living room floor and dirty clothes piled up in the corner of her room. There were some rags and furniture polish on the table. She did not look well because she was coughing and sneezing. She told to me that she must have a cold, but that she has been trying to clean anyways.

Immediately, I suggested donating my time to clean up her house while she did the laundry. Then, I picked up the dirty clothes and put them into a basket for her. As soon as she put her clothes into a washing machine, I vacuumed around the living room and used some rags to clean all the furniture in the living room. Next, I cleared away the mess on the dining room by putting dishes and cups in the sink and washed them carefully. Finally, the living room and the kitchen were very clean. I love to help my aunt to do something and whenever I have some spare time, I often visit her. However, it is easy to show kindness toward family members and those we love. Some of my proudest random acts of kindness come when helping strangers.

Another example came when I was spontaneously given the opportunity to help someone. It was like the time I helped my aunt in that it was an act of kindness. However, it was different because it was toward a different person, a stranger, and in a different context, a fire in a building. A few years ago I helped an elderly man escape from a fire. While he was too frightened to run out of his room, I took him outside of the apartment. I was not in direct danger, but I knew that because of his age and the circumstances facing,

that he needed my help. I remembered the night very clearly. I was watching television in the evening when I suddenly heard a scream of a woman outside, and I ran out of my room to see what was happening. Then, I saw the black smoke from an apartment that was near my own. I thought the fire would spread easily and quickly because the apartment floor was made from carpet through the exit. After that, I suddenly saw an old man trembling, so I helped him get out of his room and took him to a safe place. Luckily for the apartment building as a whole, the fire department was near my apartment and the burning area. Therefore, in a few minutes I began to hear the sirens of the fire truck loudly. Some fire fighters ran toward the fire and used their hoses to spray the fire with powerful streams of water. At the same time, some of them knocked the doors of tenants in the apartment and asked them to leave their room to avoid the risks. Finally, the firemen blew out the fire and the damage was not much. The fire started from the kitchen of my neighbor because he forgot to turn off the stove burner after cooking. Although the fire was out, the old man was still frightened. That was a bad day for the tenants in the apartment. From this accident I felt happy because I carried out my kindness toward others. The fear of being near the fire and the threat of danger that a fire could pose him was enough to leave the elderly man tremble and by helping him feel safe, it was an act of kindness that made me feel good.

Finally, I want to tell about a stranger I directed how to sign up for college. This too was done randomly and to a stranger, and an act of kindness. However, it was different in how I helped them and it illustrates the many types of actions and how they can be kind in many contexts. Five years ago I

was a sophomore at Evergreen Valley College in San Jose, California. After doing my class assignments, I left the school library and walked around the campus to enjoy the morning's fresh air. While I walked toward the bookstore, I felt someone behind me. Then, I turned around and saw a young man. He said "Hi" to me politely. I also greeted him but did not pay much attention after. Next, he said that he was a newcomer and asked me for help. He didn't know how to sign up for college and wanted me to show him where to get an application. The school campus was large and confusing and therefore, he couldn't find location of student service center. Although my time was not much, I still took time from my day to take him there and get an application for him. I knew that his English skill were not great, so I helped him to fill out the form and read to him the various information he needed. After that, I suggested that he take a placement test for a new student and helped him make an appointment for the test.

I also showed him some places on campus such as the financial aid office, the student health center, the bookstore, and the library. I showed him where he should meet a counselor to get advice about taking classes. He was very grateful to me and wanted to have a coffee with me at the cafeteria in order to thank me. When it was time to go home, I said, "Goodbye" to him. Again, I did a good act for a person I didn't know. You can practice random acts of kindness to anyone and anywhere. Whenever you perform good acts, you will become more aware of values in your life. Giving a birthday gift to your friend shows the value of friendship, and bringing a blanket to a homeless person shows the value of helpfulness. By doing good

acts, you will feel that you have a renewed purpose and that you are being friendly to others.