

There one way or
another first.from my
research



**ASSIGN
BUSTER**

There are lots of changes which can occur in an individual's life. Several changes are extremely minor and wouldn't impact your life a lot.

Nevertheless, some other events might be extremely important and may alter a person's entire life, like giving birth, graduating from college, or perhaps losing someone very special. The key event which took place in my life was actually moving and beginning to pursue my college degree in the United States. When i initially arrived in this nation, I recognized that a huge transformation would occur in this life of mine both mentally and physically. After spending more than three weeks within the United States, I firmly thought to myself that moving to the United States is actually an advantageous change for me.

This shift offers me an opportunity to live and direct a new healthy lifestyle and a completely new method of thinking that is important for me. It was necessary for me to have the change as it provided me a much healthier way of life. Before moving to the United States, I would once remain up late during the night to try " study" and wake up pretty early in the morning for school or work. The frequency of this was becoming somewhat a hazard to my health which could have led to me easily falling sick. When I decided to further my studies in the United States, I also decided to completely change my current mindset at the time and motivate myself to maintain a healthy lifestyle. For instance, eating fresh salads for breakfast was not a thought i could even fathom before moving to America.

If i were to have any meal that involved a salad, the salad had to be cooked in one way or another first. From my research fresh salad does provide more vitamins and nutrients than cooked salad, so i am appreciative of the

introduction. Furthermore, this significant change allowed me to experience, study and learn more about diversification and different cultures. This having been my first time to America, I did go into a bit of cultural shock.

The way people dressed, behaved, talked, walked and just their every day to day activities was very different in comparison to my home country, Uganda. Grand rapids being a decently multicultural society, it has helped expand my horizon and knowledge in many aspects such as eating habits, lifestyles and even respectful greeting manners." If you currently travel abroad or plan to in the future, make sure you understand the cultural convention of the country that you are visiting. Particularly with regard to greetings. If someone gives you a weak hand-shake, don't grimace.

If anyone takes your arm, don't wince. If you are in the Middle East and a person wants to hold your hand, hold it. If you are a man visiting Russia, don't be surprised when your male host kisses your cheek, rather than hand. All of these greetings are as natural as way to express genuine sentiments as an American handshake. I am honored when an Arab or Asian man offers to take my hand because I know that it is a sign of high respect and trust.

Accepting these cultural differences is the first step to better understanding and embracing diversity." -Joe NavarroBy knowing more about different cultures not only has it helped me live a healthier life but, I have become more considerate and understanding of various habits as well as behaviors from different races. Consequently, I have changed into someone who has a new way of seeing distinct issues happening around me and for this i am grateful and take it to heart.