

Tell us about 2 activities that is important to you, and why (1 page per activity...



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[Activity Intellectual Pursuit: Perusing News Articles In daily existence, an individual can get caught in a variety of interesting things, which may range from physically exerting activities to riveting scenes in media outputs. These are all part of the intricate network that people are engaged in, largely played within societal boundaries. In line with this notion, the writer wishes to examine the reason behind the intellectual struggle of handling news articles and scrutinizing its contents for possible leads on how life must proceed. In order to be updated with what is going on in the surrounding, most people prefer to pore on a number of newspaper articles; this way, an important thing is being accomplished--be informed on the movement in society (Hartley 38). In similar terms, societal predicaments seem to fascinate a number of people, challenging them to ethically reflect on past transgressions before moving forward towards promising prospects (Katz 70). In a way, reading news articles can make people recall things that had already happened, but still have a way of influencing the habits of the present. All these are important points that are deemed logical to the reason behind the practice of reading daily newspapers. On the part of the writer, all these partly account for the reasons why news articles are important. Most importantly, the act of reading relevant news can stimulate the mind of an academic individual. Although not all people claim this as such, there is a cognitive development happening when new pieces of information are assimilated. Old beliefs are replaced, while blank slates in the mind are rejuvenated. All in all, the act of reading news articles fulfills not only the natural instinct of every person to learn, at best, it promotes the learned response exhibited by a well-read individual. The more one learns, the more open-minded the behavior is towards self and environment in general.

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[Activity 2] Physiologic Pursuit: Basketball Playoffs Peering at the world through professional perspective of journalists is no longer enough. In firsthand experience, several people opt to go outside and experience the gravity of changing climates. One way to do this is to be involved in a motivating sport--namely, the popular game of basketball. Several things account for the importance of this sport, but for the writer, this encompasses more than the physical benefit of the game. While some people hesitate to play because of bodily danger, others take the risk--for pure fun. Other than the physical stimulation it brings, including basketball in the daily activity is a healthy habit. It is a form of exercise that keeps the body fit and well-trimmed (Roquemore 132). Like other active sports, basketball requires the bodily rigor that keeps one in good physical shape. Aside from the better well being it serves, it brings out the good values on what true sportsmanship really means. One can learn what it feels to belong in a team, where everyone works together in order to win a game (Bibey 1). It brings out the competitive nature that is inherent in man. At this point, playing basketball enhances one's attitude and behavior in life. On the part of the writer, engaging in this type of sport not only improves the physical side of a person, it also generates positive psychological vibes--moods are greatly improved during the heights and blows of the game. Therefore, both the physiologic and psychological dimensions are being incited by playing basketball. With its multidimensional advantages, it is no wonder why the writer and other several groups are into this sport. Works Cited Bibey, Christopher. *Open Your Heart with Basketball: Mastering Life Through Love of the Game*. United States of America: DreamTime Publishing, 2007. Print. Hartley, John. *Understanding News*. New York, NY: Routledge, 2005. Print. <https://assignbuster.com/tell-us-about-2-activities-that-is-important-to-you-and-why-1-page-per-activity/>

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