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ESSAY

In terms of physical engagement, teamwork and personal challenges in my life as a student these can significantly contribute to my personal, and academic growth, and also a responsible member of the society.

Physical engagement can mean a lot of things whether in sports, projects, and etc. In physical engagement it offers opportunities to push people beyond their safe zone, and build connection with other people, and discipline within one self.

A memorable moment from a physical engagement is when we did the activity because it teaches us to think well and continue to contribute despite having difficulty. It is also needed in my academic and personal life because it teaches me to persevere and have great social skills with other people.

Teamwork is also a big part of our academic life and society. Everything we do academically that involves teamwork requires us to learn something just within ourselves, but also with our teammates being able to respect each others opinion and perspective is one. It's also about building trust, being adaptive and about to communicate better. Teamwork made me realize how it's an important skill that help us do good work with good outcome, by having different opinions, backgrounds to achieve common goal.

Personal challenges, are things we experience that are inevitable. An experience would be maybe in school or like having an activity that involves socializing it gives a lot of pressure and it takes a lot of courage to do so. But despite having this as a challenge I did still overcome it by having how to learn to meet my challenge as risk that I would likely to learn and nurture.

Every one of these encounters has helped me developed as a learner by showing me how to confront challenges directly, work well with others and persist through tough situations. As part of the community, these teachings hold the same importance as they promote understanding, guidance and accountability towards others.

Overall, when individuals participate in physical activities, work together in teams, and face personal challenges they not only improve their own abilities but also feel more accountable and connected in their community. The experience I gained in these situations still influence me to improved more as a student and become a good citizen in my community.