

國立武陵高中 106 學年度英文作文比賽

題目：Do you agree or disagree with the following statement? Most experiences in our lives that seemed difficult at the time became valuable lessons for the future. Use reasons and specific examples to support your answer.

注意事項：1. 請勿用鉛筆作答 2. 請勿用草寫體

When interviewed, most achievers of monumental accomplishments can cite a period of extreme struggle. However, what often follows the reminiscence is a statement that they have learnt a lot from the toiling, and that the experience is the turning point of their lives. Sheryl Sandberg dragged herself through her husband's death to emerge as an icon of female empowerment. Mark Zuckerberg went through years of all-nighters to become the owner of the biggest social media website in the world. The director of the movie "Scedic Bale" lived on debts, powered only by his grit, and eventually produced the widely acclaimed film about the conflict between the Japanese and the Taiwanese aborigines. It is universally acknowledged that behind the splendour of success, there are always failures, big and small, that acted as stepping stones.

My belief in this truth is reinforced by my past experiences. As a junior high school student, I was happy and carefree, thriving in a competition-less environment in which everyone revolved around me. Effortlessly, I was the top of the pile in any field, excelling in academics, art, music, and even P.E. I bathed in attention, and I enjoyed the spotlight. It was no surprise to anybody when I got into Wu-Ling senior high school with a near-perfect grade.

But that was the turning point. Upon entering the classroom and seeing the carefully guarded expressions of my classmates, I could sense the drastic change. It seemed to me that everyone was a threat, an enemy who possessed tremendous power to destroy me. For the first time, working hard did not translate into certain success. Under the heavy pressure, I developed more than a parbed shell of hostility that kept everyone out. I became chronically depressed, and I was possessed by an eating disorder.

That was a dark point of my life. My first few months of anorexia reduced my weight by a quarter,

Suffering from malnutrition, I was always cold, my hair fell in clumps, my nails were brittle, and my temper was unpredictable. My menstruation, the feminine side of me, had all but stopped, buried by the obsession of thinness. Any extra morsel of food threw me into an exercise frenzy, and I found morbid satisfaction in my emaciated limbs and protruding ribs. When the evitable rebound came, I was thrown unprepared into an entirely different problem: binge-eating disorder. I would gorge myself regardless of the taste or my fullness level in a trance until it caused me physical pain. Even then I tried to munch on snacks. What then followed was extreme guilt, dejection and a sense of uselessness. For what human being could not even get something as instinctual as the consumption of food right? As a result, I went on strict diets and exercise plans to lose the extra weight, but the suppression of my desires only led to episodes even more violent. All while secretly warring against myself, I had to keep a strong facade and keep my grades at a high level. It was more than I could take. I was depressed and my confidence was nonexistent. I was worthless.

A few months ago, I started to get help. It was a path out of the bottomless pit. I learned that food was not the issue, that my behaviors were mechanics my body and mind utilized to suppress and bury the unpleasant emotions that are painful to deal with. I learned that it is not something that I caused. It happened to me. Most importantly, I learned that I was not useless, that the disordered behaviors functioned as metal detectors, signs that there was some kind of underlying emotion I should address. Moreover, I learned that just like any skill, recovery can be achieved through practice. By means of meditation and soul-searching, I discovered a distinct correlation between the stress from school and my binge-eating. The first time in years, I saw a light in the end of a tunnel.

It was a period of hardships for me, but I received so much. Now, with acute experiences of mental difficulties, I have much more compassion for those who are suffering. I am much more willing to listen. I understood myself better than ever, and I have more confidence in my worth. ~~So difficult experiences~~ ~~became valuable lessons?~~ I believe so. With all my heart. Moreover, when faced with challenges, I am more motivated to tackle them. After all, if I could pick myself up after so many times of failure,

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2. ① 奮鬥 (後) - 細心, 耐心 → 結果  
② 奮鬥第一, 困難越多, 越要奮鬥 → 成功  
但更多是樂, 放棄  
③ 愚昧 - 人話  
3. 結論

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In my opinion, I absolutely agree with <sup>the statement,</sup> "most experiences in our lives that seemed difficult at the time became valuable lessons for the future." Sometimes when we are doing something like performing experiments or chasing our dreams, there will be many frustrating challenges and formidable obstacles in the process. We may feel down and don't have the courage to go on; however, once we surmount these difficulties, we can learn more and be braver when confronting with larger challenges and even the previous depressing experiences can help us in the future.

Several hundred years ago, a renowned Italian music master, named Veivarty, wasn't actually a musician at first. Despite Veivarty's talents in music and his fondness of playing the violin, his father still strongly opposed to his music career and forced him to be a priest, which was considered a divine and prestigious occupation at that time. Not wanting to disobey his father, Veivarty then chose the priest as his career. Nonetheless, to Veivarty's surprise, it was in a church that many sorts of musics are communicated by the people. In consequence, he could still compose his music and even had an access to a large scopes of music as a priest in the church. Eventually, he finished infinite classical music compositions, which would last for eternity. Therefore, in spite of Veivarty's unwillingness to be a priest at first, he learned more about music and hence became a master. It reminded us that difficult experiences may help us be better' in the future.

Additionally, apart from Veivarty, there is a well-known modern cello master, named Yo-yo Ma. Although he also has great enthusiasm toward the music, he

majoring in archaeology in college. Facing with lots of study, he still squeezed out a little time to practice playing the cello. However, it is the archaeology and other knowledge relating to human, art, and nature that distinguish him from other musicians. Yo-yo Ma's performances aren't just music but contain more feelings due to his knowledgeable background. They are real arts! Accordingly, the difficult study and practice processes made Yo-yo Ma an admirable musician.

Furthermore, when I was performing experiments in National Academic Institute, I really learned a lot. Asked to do a seemingly simple experiment, I didn't pay full attention to it. I considered it very silly just like the quite easy chemical experiments done in the high school. Nevertheless, I failed all the time. Feeling upset and a little bit irritated, I turned to my instructor for help. Not

until the instructor told me how careless and impatient I was when performing experiments did I realize that I was too arrogant toward the experiments. The instructor then demonstrated the experiment again for me, and I knew that I had to slow down, be careful and be patient. Since then, I've endeavored to pay full attention toward every experiment however complicated or simple it might be. In addition, I also notice my behavior when being around my family or friends. I try to do my utmost to be careful and patient in my life, or I will miss out something valuable or cherish otherwise. As far as I am concerned, the experience in National Academic Institute really has a great impact on me.

In conclusion, maybe we will be compelled to do something we don't want to do like Veivarty or go through an exhausting process in the pursuit of our dreams like Yo-yo Ma, these difficult experience may ultimately contribute to our colorful lives, and the paramount significance is that adding more patience and carefulness to our lives to avoid ignoring any marvelous time with friends and family. So I definitely agree that "most experiences in our lives that seemed 難訂區 切勿作答 at the time became valuable lessons for the future."

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Life is full of ups and downs. Adversity may come out of nowhere and drag people down. Caught in the undertow, some just give up the hopes of their lives and never stand up again, while there are some inspiring people overcoming the challenges and achieving amazing goals.

Chan sisters, Taiwanese tennis players, are the exact role models for people to look up to. A devastating earthquake hit Taiwan in 1999, leaving thousands of people losing their houses, including Chans'. So severe the earthquake was, the house and tennis court they were once familiar with got totally destroyed. Aged only 9, Latisha, the elder sister, had to make a tough decision, staying in her hometown and giving up tennis, or moving to Taipei and devoting herself into tennis. She chose to move to Taipei for her love and passion for tennis, which was a way more difficult road to step on. Because of the damage of the earthquake and the expensive fee for their tennis training, the Chan family often struggle with the financial problems. However, the Chan sisters took that as a momentum and worked really hard. Even though playing as professional players, their careers aren't always smooth. Sometimes, they do have the thought of giving up, but they will remind themselves of the young sisters who were determined and fearless. They don't complain about the hard times they once had; instead, they are grateful for the adversity which made them stick to tennis.

Simone Biles is another example. Multiple-times Olympic medalist, she has already been a legend in gymnastic history. Her outstanding performance never fails to astonish the audience. Nevertheless, behind the glory of her triumph lies a moving story.

When she was still a baby, she had no father and her mother was a drug addict. When her mother got arrested for several crimes, she literally became an orphan. Fortunately, as soon as her grandparents got the news, they decided to raise her. Although not being rich, her grandparents still tried their best to provide her with the best education and created a warm and loving family. Once they found that she got the talent in gymnastics, they did everything they could to support her dream no matter how much it would cost. Simone once wondered why she had no parents' caring and love, and felt confused about that. But, with the love of her grandparents, she came to realize that she had parents, who were actually her grandparents. Not wanting to waste their money and disappoint them, she dedicates herself into gymnastics. She attributes her unprecedented achievement to her grandparents. Just like Chan sisters, she sees all the hard times as driving forces to push her forward.

There is no way to avoid the downtimes in life. However, instead of mourning for your loss, try to find the little things you can improve. Gradually, you will find yourself out of the difficulty and become a better and stronger person. Just like the Chan sisters and Simone Biles, the setbacks may turn into good chances in life, which will build you a powerful mind as long as you can think optimistically.

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→ What can't I do? I am still.

I am still not fully recovered. I still struggle with compulsive eating, but I have changed my mindset. I am grateful for having this difficulty in my life, because it led me to so many discoveries, even my future aspirations. So, do difficulties become valuable lessons? I believe so. With all my heart.

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請翻面繼續作答

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Death. Death is in the air. Rotten corpse and broken limbs with filthy creatures crawling all over them scattered around the gutters. A smell of disgust constantly evaporates from still water, humid and warm. The valley of failure is the darkest place on earth, intimidating every unfortunate person who takes a wrong step and falls right into this earthly hell. There is no escaping unless the underdog bears with the torture from his own regrets, fears, and pains and survives the hardship to climb up the towering mountain wall. Repentance as it may sound, if the determined looks up to the night sky, he could see the blinking stars giving him directions as he moves on. That glimpse of sky will be the picture that one never forgets.

Yes, I agree with the statement that the difficulties we experience are eventually the precious life lessons we would not otherwise learn.

To begin with, experiencing obstacles, whether anticipated or not, mostly forces us to take on surprising turns in our approach to our goals. It surely makes us wince in pain since no one would prefer anything else other than "a piece of cake." However, the obstacles are often a hint to us that our previous perfect plan is not at all feasible. Moreover, in brainstorming on a new means of tackling the difficulties, we set ourselves on a path out of our predilection. It is this "unexpected" path that gives us "unexpected" knowledge. For instance, Steve Jobs never imagined him being sacked from his own company, a hobby he helped bring to this world. Achingly, he didn't howl in the valley of failure for too long. Instead, he built a ladder from scratch, carefully establishing his new start-ups brick by brick. He learned entrepreneurship along the way, listened to the demand of the market as he climbed. He acquired a special taste for the aesthetic appearance of a cellphone as he

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instructed his animation-producers at Pixar Studio. He even came up with more sophisticated and elaborate design for the user panel of the cellphone's software. Ironically, an engineer Steve Jobs would never know how to make his newly-designed smartphone a hit the way a sacked Steve Jobs would. The experiences we have in our daily life resemble the meals we consume every day; nevertheless, the out-of-the-<sup>palate</sup> ordinary experiences that hardship enforces on us are the exotic spices that stimulate our palate to a new taste of foreign delicacies.

Furthermore, not only do hardships expose us to alternate learning opportunities, but they also carve the lessons learned deep on our hearts. We owe ought to take lessons from our mundane everyday events. However, it is those that accompany with fury, bitterness, sorrow, and heartbreaks that leave the strongest and most everlasting impact on us. Events inclusive of difficulties are one of those that stand. Su-shi (蘇詩), though earned the title of laureate of literature, went through painstaking hardships during the late of his years. Battled politically, he was outcasted, abandoned by the emperor. In his poems and essays, we sensed a bleeding man whispering his unspeakable depression and nostalgic sentiments for the past, but most importantly, an imperious man striving to kick out of the demons in his mind, to combat the unfairness and live out the rest of his life in colors. Su-shi's life philosophy suffered from drastic changes, which enabled Su-shi to have an overhaul on his view of the world, moving from Confucianism to Daoism, and ultimately elevating his thinking to a more advanced level, gathering himself numens awakens from scholar centuries after he deceased. The initial defeat turned him into a better man, leaving fingerprints on the literature development of the entire Chinese culture.

Hope. Hope is above our head. In the valley of failure, we are challenged severely on our perseverance, audacity, and intelligence. We often think about reaching the peak, but a wrong step sets us on a dangerous path. But in the end, we learn that all these defeats don't break us. If we make good use of the ladders, follow the instructions of the stars, and allow the

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→ pain to grow on our hearts, we, for better or worse, find ourselves out of valley eventually. We have to remember though we're further away from the sky, we're closer to the ground in the valleys. And ground is where we can build anything.

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Use big words well.  
Pain to grow on our hearts  
but spell wrong

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I highly agree that most difficult experiences in life will turn out to be valuable lessons in the future. Hardship can cause pain, but it can also change a person thoroughly. First of all, while faced with problems, one may come up with different approaches to get through, and this leads to innovation. Second, challenges make a person tougher and more persevering. These are essential elements of success. Plus, people who have encountered difficulty can put themselves in others' shoes more easily, for they have also been the ones in need. All of the above are priceless treasures in our lifelong journey.

As far as myself is concerned, this is very true. As an A+ student in junior high school, I seldom had any difficulty in learning. However, as soon as I was in senior high school, math became a huge nightmare. I studied every math question in the textbook, expecting that I would get good grades; however, things just went the opposite way. Thus, I burned the midnight oil and put even more efforts in it, but the test results were still far from satisfaction. At that time, I was extremely discouraged.

Nevertheless, I refused to give up. I found myself feeling stressed during math tests, which leads to lots of mistakes. Hence, I tried taking deep breath before a test and telling myself that I would do a great job. I also changed my studying methods. Instead of only doing a large amount of practice, I took times to understand every concept thoroughly and correct my mistakes. Eventually, my math grades showed a big improvement, and I even developed interests in mathematics!

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Besides the improvement in my math grades, I think it was the process that taught me the most. I've learned how to deal with disappointment, especially when facing failure after working hard. I've also learned to persevere through difficult moments. Most importantly, I realized that no one "deserved" success or failure. Some people don't even spare any efforts in pursuing their goals, but bad things still come to them. The truth is that if you succeed after hard work, you're very lucky; however, if you see someone falls, don't forget that they have also been working hard, and always give them a hand.

As a girl who wants to be a teacher in the future, I consider this experience valuable. It urges me to think from others' perspective. Now, while helping my classmates studying, I always try to explain in ways that they can understand. I believe that with this experience in mind, I will surely be a good teacher!

conclusion  
a bit  
weak!

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seemed to be written in alien's words. I wasn't familiar with any <sup>instrument</sup> ~~instruments~~ or ~~chemicals~~ <sup>chemical</sup>. I saw, I doubted if I could really conduct a research. It was <sup>truly</sup> a nightmare for me.

Nevertheless, I decided to try my best to conquer this challenge and it became the turning point in my life. Before it, there's always some procedure or standards to follow. This time, we (my teammate and I) had to devise our own experiments. We browsed through a wide range of articles in order to get inspired. During this process, we were forced to grasp the fundamental mechanisms of chemistry and come to our own conclusion. Gradually, I discovered the art of chemistry and realised that the purpose <sup>of learning is to apply the knowledge we acquired.</sup> of learning is to apply the knowledge we acquired. The other thing I learned is the importance of cooperation. I had never faced such a huge challenge as doing research before, and I had never regarded cooperation as necessary. But this time, we had to work together. I found that our expertise

made up for each other — I was more comfortable reading papers and <sup>designing</sup> ~~design~~ experiments while my teammate was good at operating experiments. With our cooperation, we were able to finish series after series of experiments and complete our project. I learned that without combining individuals' forces, nothing significant would be achieved.

Lastly, I learned to believe myself. Throughout the project, we did hundreds of experiments in order to find the correlation between different factors and results. This was not an easy task. In the beginning, we enjoyed seeing the various cool phenomena occurred in the reactions. Yet, however interesting one thing is, it becomes dull after the first 3 or 4 times. We <sup>soon</sup> felt bored and unmotivated, but we still had to stay in the lab after school <sup>and</sup> ~~and~~ work hard. In this experience, I realised the deciding factor in every kind of achievement is not talent, but ~~it's~~ perseverance. Without performing the same experiments <sup>days</sup> after days, data points wouldn't connect together and no trend would be seen, and no findings could be made.

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→ Though I had always been taught to keep going and never give up, this is the first time I experienced how far one could achieve with perseverance. And, I think, without the faith I had in myself, I would not have went through the hard time and finally enjoy the pleasant outcome.

This experience really changed my perspectives. Now, I am more willing to accept challenges and more open to cooperations. I also realized that behind every knowledge, there is always some one working hard to unlock the mysteries of our world. The difficulties challenges really taught me a priceless lesson — and, I believe, they will teach you too!

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