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English C1000

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How can we be happy when making decisions and how to be more mindful about life?!

My name is Osher Amira-Marks, I'm a student at CCSF, and this essay is about my journey during this past semester.

During this semester I took an English class called "Academic Reading and Writing" with Athena Kayshap, when I first started this course I thought it's going to be an easy course, with easy ~~assignments~~ assignments - but I was wrong. During this course I learned many things, but the most important one is that our happiness is directly connected to both our choices and our circumstances. In other words I learned how to be happy when ~~make~~ making important decisions.

While our circumstances affect on ~~our~~ the starting point of our ~~life~~ lives, if we ~~make~~ ^{create} meaningful relationships and positive outlook on life we will be able to improve our lives and feel true happiness. Like Seligman said "happiness is not just a feeling... it's a mix of positive emotions, meaningful relationships and living purpose". I strongly believe that no-matter where you're from and what your circumstances are you can be ~~truly~~ truly happy - if you make the effort.

During classes we learned how to evaluate other's ~~people~~ work and that helped me evaluate my own work better, every peer review and every revision I thought "how can I improve my own skills? ~~to make sound~~ how can I be a better writer and a better critical reader?" and with that in mind I looked at everything as a challenge.

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My biggest dream is to become a lawyer. I believe that lawyers have to have an ability to think critically, but during this class I also learned how important it is to read critically, to annotate and ~~summarize~~ summarize. Those are great skills to have as a lawyer but also in life itself. We consume a lot of information during each day, and we must know the difference between ~~what~~ what is true and what's fake, specially with AI nowadays. With that in mind I read everything as critically as I could, questioning everything and ~~the~~ dug deeper to ~~a~~ research on each subject so I'll know more. Then I realized that I ~~forgot~~ was focusing only on reading things in a critical way and I completely ignored writing in the same way, and I've decided to practice my writing skills more and more. In this process of reading and writing critically I also started to revise everything critically, ~~and I have been able to~~.

385 • Irving, in her article ~~the~~ "Changing Your Mindset About Revision" said "... through revision, we discover ways to get what we mean closer to what we say and what we say closer to what we mean" - I felt ~~the~~ that for each revision and peer review I did I had that in mind - "Am I being clear enough? Did I convey my point?"

Other than those skills I mentioned above, I ~~also~~ connected the most with Carol Dweck "Not Yet" way. I found her research extremely refreshing and interesting, ~~the~~ ~~way~~ this way to look on life - I loved it! I "adopted" her growth mindset ways, and am trying to practice it every second of my day to day life. Every essay I wrote, I tried new skills we learned in class to explore and check what works for me the best, my favorite skills are writing using PIE and revision. "new strategies and seek input from others when they're [students] stuck", Dweck described it

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perfectly.

During this class we had some ~~group~~ group assignments that were challenging for me, I work well in teams, but I still prefer to work alone, mostly for scheduling purposes. For those parts of the course I tried to come to as open minded as ~~possible~~ possible to allow work flow to be optimal but also to allow myself to practice what we learned.

As part of these group assignments we had to present our work - another skill I was excited about. I think that the presentation is the important part - while presenting you show the work that you've done but you show it in the most clear way possible, to make sure everyone understand everything, this would be your "Final Draft"

To conclude my experience during this class I will say - it was the most life changing class I've had. It taught me a lot of important skills, not just for an academic purposes, but also to my personal life and career. I enjoyed taking ~~the~~ the positions of writer, reader and reviewer. I can now say I am a mindful, happy, skilled person. As the eldest child of 5 siblings I hope to transfer the knowledge I now have to them and hopefully to my peers as well.