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Adversity is hard times, struggles, misfortune, and difficulty. The key about adversity is not what you go through, but how you deal with it. How bad adversity is depends on how you see it. Your attitude can make a huge impact on how you view and handle adversity. If you look at adversity in a negative manner, it can lead to stress and depression. But, if you handle adversity with a positive and steady attitude, your struggles and difficulties will melt away and make you a better person.

I had to deal with adversity when I was in the 6th grade. My teacher was cantankerous and despicable and it was a true struggle to deal with her on a daily basis. She often snapped at my classmates and I and we would very rarely see her smile. It was very difficult getting work done with a disturbing teacher watching your every move waiting to yell at you. I often felt that I was going to have a hard year in her class. Her attitude toward us made it difficult to want to succeed in her class. Some students said that she would grade them unfairly whenever she felt like it. It was so tough watching her yell at us one minute and give phony smiles to adults who entered the room. She did this because she wanted the adults to think everything was fine when it really wasn't. In addition to the unfair treatment of students, she also often taught her lessons in very confusing and unclear ways. This was difficult because it created pressure on me. She expected us to get everything correct which was difficult based on how she taught it. Sometimes I would have to seek help from others like my parents, siblings, and friends. This was a great experience for me because it taught me to be strong and keep a positive attitude by focusing on my dreams and goals. I never gave up. Winners never quit and quitters never win. That is what my dad tells me.

Throughout the whole year I focused on my dreams and forgot about the struggles in the classroom. I chose to put my energy into my education instead of wasting my time on the nonsense my teacher brought to my life. My mind needed to be targeted on one thing, my education. Nothing was able to stop me, nothing. By having this attitude I was on the honor roll for the entire year. At the end of that year I realized that I had her as a teacher for a reason. I had this teacher to learn a lesson that showed me, that in life we will be faced with challenges that will either hinder us or make us better people. I chose to become a better person by focusing on achieving my dreams instead of being overtaken by adversity.

This life lesson was important because it taught me to stay focused on the things that are important in life instead of wasting time worrying about nonsense that had nothing to do with my future. It taught me that happiness is a great thing, but the only way to obtain that happiness is to work towards it and not let anything block you from dreams. That's what true happiness is. Adversity is a minor test figuring out if

you are a dream chaser or dream wisher. Dream wishers just sit and wish for their dreams to come to them. Dream chasers chase their dreams with all their heart and will.

In the end, I've learned adversity is nothing to worry about if you have the right patience, faith, mindset, and passion for what you do. Adversity can be a serious problem if you handle it the wrong way. The most important thing about adversity is how it shapes you as a person. It can shape you in a positive or negative way. So, next time you are faced with adversity, stay positive because it will make a life-altering difference in the long run.