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ENG1101

Unit 1: Education Narrative Essay

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I never thought anything was wrong with life. No one ever thinks that at first but eventually the mind wanders off slowly it gets there, even if it is by accident or a series of events, we are all human. For me what started this sequence was both an accident and done on Purpose. I mean it was bound to happen eventually but for me it happened later than I would have wanted to, and it all started with just one \*tick.... \* tick" ... \* tick

Getting lost in my head is a thing that I never really intended on, but still being a kid, it was normal for me often I enjoyed it, it is fun. However, it is not good in serious situations like a state exam or even as I am writing this. I was stuck just staring at the paper. I knew how to do the work, I needed to do the work, but just could not. Something was just telling me to look and listen. In a room full of 7th graders, (just like myself at the time) Just writing essay upon essay, I was the only one not doing anything. Telling myself I need to work I just could not. I listened instead, something was distracting me, and it was the clock in the front of the room. I can hear it is \* tick... tick..., tick! Becoming just an annoyance to me, I start getting extremely... bored. For some unknown reason I am not infuriated Frustrated I am just bored. Tired of listening to the sound I lose myself in my head. It was not till the teacher announced "30 minutes left" that I realized what was going on. I am 30 minutes behind, and I do not know what I am doing. I am lost... I am not going to finish... I am scared. After the exam everyone is asking" what did you get for this' "oh you got that me too; but for me my answer's fit not match what they were saying I felt ashamed.

Coming home I felt embarrassed and ashamed. "I failed" was a sentence I repeated over and over in my head. I thought about the exam the entire day. I genuinely did not know why I could not focus and do my work. Curious I now start paying closer attention to the things I do after this exam as I know this is not normal and this should not have happened. After a while, this incident leaves my head and I forget about it for a while. Eventually other stuff starts happening. I started realizing I was not able to read properly. On reading exams, I would flop because I could not understand it for some unknown reason. I would get way too distracted easily however I brushed it off as I do not like reading. This continued in other classes though, math, social studies, and even my homework I would get way too distracted in the classes and this would cost me but not as much as English would. I did not know why at the time, but I was not good at this subject. However, growing up and going to high school I started to realize why.

It was my last period of the day; it was my English class, and we had an exam on a text. I was nervous about the test; I knew that I was not the best in English. When the time came to do the exam, I froze not because I did not know what to do but because I could not keep my eyes focused on the words I was reading. I would read the first few words then my eyes would lose focus and I would end up 4 sentences down without having any clue what I passed what I had already read, and the words would get jumbled

around. This happened for a long time I was terrified however this happened a lot to me and I would always feel the same way. Just for this time and this time it brought me back to how I felt when I was taking my state exam and so I started panicking. Eventually all I could hear was the noise from the clock in the room again. All I could hear was \*tick...tick...tick\*. As the minutes went by, I knew I was not doing anything. I knew I was screwed from the moment I lost focus I just had no clue what was going on.

After this incident I immediately started thinking *what was wrong with me why would I do this, this is not normal is it*. I knew I did not do this on purpose so after this I began to pay attention to everything I started to do and everything I did. I had other moments where I have done this, but I never bat an eye because these were not major events. Suddenly, I just remember all these times in my life where I have either lost my attention, stared at an assignment, or just was unable to read and I had an epiphany. Something was wrong with me, and I did not know what it was, I needed help. That was my first step to solving this whole mess. "Why was I struggling so much in class" was something I asked myself for my whole life and me acknowledging this was an issue to me meant there is something I can do. I waited an entire year before admitting to someone I felt like something was wrong with me. It was the worst thing I could have done as I wasted a full year with my issue and not getting help. However, quarantine happened, and this was not good for me as this just meant I had to wait longer.

Finally, once everything started going back to normal in terms of lockdown. Things were opening back up and I went to a doctor and when I told them they gave me a referral to a psychiatrist to see what was going on and what was wrong. After 3 weeks they said I had ADHD which was the big reason I had to work 3 times harder than most people. I was in awe at first after hearing this, I did not want to believe this. However, it started hitting me how unaware I was of my ADHD. I struggled in class because I was not able to read, I could not focus or pay attention. I thought back on the first two times I became suspicious of anything being wrong with me. This was a tough pill to swallow as I was a big reality changer for me and the way I saw the world was changed. I struggled in school and did not get the help I could have gotten, and I was struggling badly at times, but I made it through most of the time beginning top in the class. Even with my ADHD I still pulled myself through. I wanted to learn and even though it was a challenge I still did it. Once I accepted who I was and what I had I was proud of myself. I over came my obstacles when I did not know I had any and I made it through everything. That is something I chose and that is something I wanted to accomplish, and I am proud of the work I have done, and I am proud of everything I have done.