**Submitted by: Omar Campbell-Avila in lieu of Final Exam, ENG 1121**

**Section #: D439**

**Date: 5/20/2019**

**My Journey**

Dear Professor,

Over the course of this semester I found myself really trying to figure out who I was as a student and as a person. I was struggling to adjust to this newfound independence. Since high school was all about having the necessary help and attention whenever I needed it. This class really taught me structure and thinking in many different ways. For instance, some of the lessons taught me to think and conceptualize before starting a topic. I definitely feel i’ll use some of these strategies in my day to day life because it allowed me to really take a step back and pre plan. That honestly helped me find a form to organize my life and to think before going after things. For instance, if i want to get a job, join an extracurricular or complete any goal/task im more together. I'm truly fortunate to have picked your class because I feel like you have helped me shape my path and purpose in life.

My journey is to find a lot of things. I’m going to find enlightenment, financial stability, a group of like minded people that can elevate with me and a place where I can use my talents and creativity to be internally happy. I'm truly on the path to find my happiness because when I was younger I felt stifled wherever I was. I used to think I was the problem. This ball of energy filled with endless possibilities who wasn't afraid of judgement or criticism. That used to be the aquarius in me. But throughout high school that extraversion slowly secluded itself. I lacked so much confidence in my dreams that I never wanna feel like that again. Due to your class and our countless discussions, i’ve come to realize life is hard and you have to have goals, a strong willpower, determination, positivity, structure, and confidence to achieve things. This is honestly my new mantra. It helped me start my own vision board. I feel like it will motivate me to strive for success in anything that I want to do.

Ultimately, this semester I was faced with many obstacles in your class, time management, assignment clarifications, writing constructs etc. But I honestly feel like I learned some life lessons that have helped clarify my journey/path. The hazy road has cleared up a little bit, but for the better. I feel like its ok to break the writing habits from high school and think out the box. I now have the mental capacity to fully embrace my creativity in a way to not only help me on my journey but in my day to day life.

Sincerely, Omar C.

***UNIT 1: Language and Metacognition***

*This unit was very easy to me. I liked most of the assignments because they were so different than what i’ve done before. The constraint writing, the fears and cure writing, the excerpts we read. I feel like this unit was a good introduction to your class and allowed for me to learn what we would be doing in this class and how we would be doing them. I feel like the only challenge was writing in constructs. What I could have done better on was the writing in constraints because I feel I could have applied myself way more. I’ll present to you my freedom essay, my fears and cure and my shelf.*

**Freedom Essay:**

Omar Campbell-Avila

ENG 1121 Sec. D439

Professor Schmerler

Mar 27, 2019

**The Importance Of Freedom**

Finding freedom is one of my main goals in life. Freedom means the right to act, speak, or think as one wants without restraint. I've always wondered, “If I’m really free?” Recently, I realized freedom is much more than having independence. It's about being liberated in all aspects of your life. Since I started college, i've been on a quest for attaining mental, physical, and social freedom because in our society its subjective. In the United States, our country is built on freedom for all and we fight for liberty and justice. But our society has everlasting racism, discrimination and prejudice, which is extremely appalling. Our country uses freedom as a tactic to inspire other nations, when our own people aren’t necessarily free.

Additionally, freedom in the united states exists, but to an extent. If you're black, or a minority, racial inequality runs rampant. According to the Urban Institute,“People of color face structural barriers when it comes to securing quality housing, healthcare, employment, and education. Racial disparities also permeate the criminal justice system in the United States and undermines its effectiveness”. This indicates the lack of freedom for minorities to better their lives and succeed without having preconceived notions hindering their success. And on top of that, the criminal justice system is outrageously flawed. Recent killings of black men and black youth have sparked much outrage about the lack of incentive by high authority figures for justice to be served.

According to the FBI’s Supplementary Homicide Report, 31.8 percent of people shot by the police were black people. Many of the victims were abiding by the rules of law enforcement and were brutally killed based on prejudice. For instance the killing of Eric Garner, was widely publicized by the media for how brutal and violent the police were. He was strangled to death outside of a store and was pleading for his life because he couldn't breathe but the police didn't care. After all the family went through they barely got justice. Another example, is the killing of 12 year old Tamir Rice. He had a toy gun and the police were called to apprehend a violent man. The police shot him within two seconds of their arrival. They barely followed any protocol, before shooting him in the abdomen. These murders showed the lack of respect for black people/minorities as humans, that even kids can’t play on their own without being under surveillance. It's an insane way to stifle people by making them feel confined to oblige rules as if their animals, that have to be tamed.

Moreover, in my life i've never felt real freedom, until recently. I have always been guarded by my mom and it really made me want to find my independence. My first taste of freedom was when I searched for my first job. It was exhilarating because I finally felt capable of doing something on my own. At times, I wonder if my mothers overprotective grasp sheltered me from the real world because of my happy outlook on life. I think she thought that it would drastically change based on society's views on minorities and our freedom. For instance, recently there have been reports around the united states of black girls/boys getting reprimanded, suspended or even expelled due to their hair not being suitable for their schools dress code. It's crazy because these young children were made to feel inferior by their style of hair. These authority figures thought their form of expression was seen as to “urban” for their schools/work environments. It also shows that these children were forced to submit to these peoples wishes to appease them, which I completely disagree with. This only perpetuates the importance of freedom because people should have the right to express themselves.

Similarly to Malcolm X, I have grown to learn to embrace all aspects of myself and find some peace of mind because that's one true way to really find freedom. I have found my freedom through expanding my knowledge and yearning for new surroundings. Even if it wasn't by reading as many books as he did. I understand why he read so many books. To stimulate his mind, while he was in prison. Which in turn caused him to learn about the afflictions that were harming African Americans in white America. His resilience to not stop learning and trying to elevate, mentally, was his saving grace. His story inspires me to continue searching for more freedom in my life and it should inspire society because hs thoughts on many things pertaining to the world were really ahead of their time.

Ultimately, finding freedom is important to society as a whole because everyone deserves to express themselves. Freedom allows free will through mental, social and physical expression. The Malcolm X's biography excerpt inspires me to persevere for the rights of freedom for all especially minorities. He also advocates taking control of your life even through tough circumstances. Society should heed his words because he was educating the masses and helping black people and minorities that were oppressed.

**My Shelf:**

* The Parent Trap(movie)
* Freedom Writers(movie)
* The Color of Friendship(movie)
* Harry Potter(series)
* Michael Jackson’s “This Time Around”
* Janet Jackson “If”
* No Doubt’s Music
* Jon B’s Music

**Fear:**

My biggest fear is intimacy because I don't want to get to close to people I feel might harm me. I don't want to get hurt if I trust someone. I really feel like my feelings have been incontempt. These fears that I try to circumvent always lead to feelings of regret the more I try, the more it hurts I don't wanna feel my stomach turn. Love so icky it makes my head hurt.

**Cure:**

Don’t look back at all the missed opportunities you had. The chance will come again for feelings to trespass. Let your mind open to the possibility of a new thing. Love is not just a feeling. Trust in yourself to let someone into else into the place where you dwell.

**UNIT 2: Genre and Rhetoric**

*In this unit I found it easy at first to write about anything we like in a different genre. For Instance, I used poems, recipe and a ticket as a form of genre I used. I felt it was a little challenging to find a topic to focus on because you said that we would solely focus on this one topic for the other units and the continuation of using the topic made me want to change multiple times. Other than that I liked this unit because it was interesting to use a different topic and see how other interpreted it.*

**Recipe:**

**How To Listen To Music At Home**

* Get your headphones
* Get in a comfortable position
* Raise your volume before listening: adjust it to your accommodations.
* Pick your streaming service.(apple music, pandora, spotify, youtube etc.)
* Choose your artist/album/playlist/radio station.
* Put some comfortable clothes on
* Then Finally blast your music to your liking.

**Recipe 2:**

**How To Maintain A Relationship:**

* You must have trust with the person
* Positive vibes.
* Good understanding of one another.
* Make sure your communicating.
* Try to be there for eachother.

Ticket Genre:

Date: May 22,2019

Time: 7:00 pm

Officer:Julia Roberts

Offender: Omar Campbell-Avila

Offense: Portraying a mentally ill charcter

Ticket Fine: $255

**UNIT 3: Inquiry/Research**

*In this unit it was a little confusing at first because I don't really understand the directions until you handed out examples of what you were asking us to do. I also feel like I was struggling to find something to talk about that was interesting for me to do so much research on. I also was a little confused in how you wanted the paper to be written, since it wasn't going to be in a traditional english essay format. However, I did find the idea interesting of writing an essay completely out of the ordinary, I just feel the class did not want to take that chance.*

**Research Proposal:** *The Danger Of Acting*

Theater might seem like an easy profession, but its not. In the world of acting many actors are devoted to the authentic portrayal of a character. People in this field who care about the layers of acting are the ones who get most accolades. For instance, Matthew Mcconaughey in The Dallas Buyers Club, Heath Ledger in The Dark Knight and Jack Nicholson in The Batman. These actors would be considered method actor because the value the time and effort they would put in to completely embody the character. In an interview for Fox News Jack Nicholson warned Heath Ledger about playing the joker. He stated that the Joker was a tough character and he had to take sleeping pills for it. Ambien is what caused him to almost drive off a cliff due to the fact that playing the joker caused him to become sleep deprived. Method acting can really do harmful things to the psyche.

They are multiple types of acting. The Meisner Technique, The Stanislavski method and Lee Strasberg method. The Meisner Technique allows people to delve into the concept of truthful acting. Sanford Meisner, who pioneered this method encouraged his students to live truthfully under any given imaginary circumstance. The approach to his training is having the actor act on their emotional impulses. Allowing them to lead with their heart as opposed to their brain.

The Stanislavsky method requires that an actor use his emotional memory when approaching the work. This requires an actor to recall past experiences and memories and bring them into any given scene or character they are bringing to life. Actors should ask questions about their life to find something to channel into the character their playing. In the Lee Strasberg method, actors should intensify their connections to the work by imitating their character’s experiences within the context of their real lives. By doing this, one should be able to reach a greater understanding and a richer connection to the emotional states of their characters. Acting in general is based on emotional expression.

To shed a light on the hard work these actor or future actors would want to get into would satisfy me because as an actor myself the craft is very gruelling. To read countless monologues in many different genres is interesting because if you can find a character that you can connect to is a growing process. I learned a lot when reading my first monologue which was Macbeth. Macbeth taught so much strength being a black man ruling over his people with confidence. I can honestly say that character has become a much appreciated piece of literature which being able to share with people that like it is amazing.

Clearly there is more research and things changing through the acting industry and the use of the different types of acting allows for an actor to give a believable performance.

References:

* <https://www.theodysseyonline.com/the-danger-of-emotional-method-acting>
* <https://www.newyorker.com/culture/richard-brody/is-method-acting-destroying-actors>
* <https://www.huffpost.com/entry/the-dangers-of-acting_b_5510301>
* <https://www.backstage.com/magazine/article/important-acting-techniques-gifs-10278/>

UNIT 4: *In this Unit I barely knew we had to do a video presentation and i'm glad that I picked this topic to talk about because I think people interested in the arts would’ve enjoyed it. I also feel like with clarification earlier I could have done better in this section. Below I’ve attached a video of screen rant, a entertainment blog about the dangers of acting.*

<https://www.youtube.com/watch?v=GvJRhCQ-nLI>