Your Name

Instructor Name

Course Number

Date

Title: Learning Can Be Scary

Learning new things is always an exciting experience for most of the people, but can be scary sometimes, though such experiences boost one’s confidence. One of the toughest experiences of my life was the day I began to learn how to swim. I was always scared of water but decided to deal with my fear and had a firm belief that I would learn the sport and overcome my fears. Some of my friends who could swim always consider it a cheerful activity and a healthy sport. Prior to my first experience of swimming I was aware of the benefits of swimming concerning strength and vigor.

 The first thing I was advised to wear swimming costume. Following that, I stood nervously in the corner by the side of the pool, waiting for the instructor to arrive and commence the class. A couple of minutes following, a group of friends was moving towards the swimming pool, extremely confident and excited and I felt like an idiot among them because of my nervousness. After some time, the instructor arrived; with a smile on her face and introduced himself. Later he asked us to introduce ourselves, I found my voice very shaky when my turn arrived, covering my uneasiness and putting a fake smile on my face I introduced myself in a very brief manner.

 Everyone seemed very confident and nobody appeared to be embarrassed of being inexperienced in swimming. I tried to make myself comfortable and relaxed. After that, our swimming teacher started giving us instructions. I had to learn a few movement techniques and floating in the baby pool followed by a transfer to a bigger pool. The basic thing was to put the head inside the water and count 10. I was not capable to count 3, as I closed my eyes underwater, I thought I will drown and I took my head out swiftly. I thought that I would spend the whole week practicing counting 10. Somehow, in my nervousness, I forgot all the instructions. I looked at other students who were able to count 10 with head in water, this made me more uncomfortable and I lost my confidence.

I was acting as if pool water would sweep me away. I felt that I am not in my conscious; I stood up to take a break and could maintain a balanced. I fell in the bigger pool at my backside, I got scared and my body became stiff. I drowned myself in a pool 3.5ft deep. Our teacher who noticed pulled me out from my swimming suit; I could not get back to my senses. I caught everyone looking at me as I ran away. It took me a week to come out of that fear and later I decided to go to a different swimming school after gathering the courage again to learn swimming. I learned that the first experience can be scary but it is always better to come out of the comfort zone to learn new things.