[Author’s Name]

[Subject]

[Date]

UC Personal Insight Question

A leader is an individual who motivates and facilitates people in attaining a common goal. Anyone with good communication and leadership skills can be a leader.

Since childhood, I really like to play football and always wanted to take part in every football game. In school as well, I was a member of a football team. Although, I was not the captain of the team yet still I used to motivate every team member so that we can attain progress. It is the goal of every team to win the game yet due to several shortcomings, many teams are not able to win the game. While discussing my team, despite practicing day and night,we were constantly loosing. It was our fourth game of the season and we had not won a single game. Due to constant failures, our team captain lost all hope and accepted defeat. He was demotivated and therefore, was unable to do anything to retain the top position that we once had. Although we were not skilled and lacked the resources yet still we could win if we try hard enough rather than mourning over failure. I took charge and motivated every member while listening to their concerns individually.

After the session, my team again started to practice and we went into every game with full confidence. Due to this new energy, we were able to win the fifth match of the season. This win brought a wave of happiness and confidence among my team members and we practiced harder to attain success. I truly believe that in vulnerable moments, we tend to feel sad and become negative yet we can alter the moment of weakness as our strength and can achieve our goals. My optimistic thinking and supportive leadership style helped our team to win the game.

At the UC as well, I plan to lead a student organization that will focus on fortifying the morale of students struggling with mental illness. I also want to be an advocate for these students struggling from depression so that I can lift them up from pessimism.