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What Doesn’t Kill You Makes You Stronger

Throughout life, everyone including you experiences a force that pushes you down so hard it almost breaks you. A power that seams immovable it thrusts you to the point where you’ve almost given up. But through this process you become stronger than you were before. Trials and hardships are necessary for our growth and vital for strengthening us. Many wish and are grateful for times of peace and prosperity in their lives, but it is in fact the times of trial and struggle that we should be grateful for, for these are the times which strengthen us into the people we are. Wilma Rudolph is a perfect example of becoming stronger through trials.

[Wilma Rudolph](https://www.notablebiographies.com/Ro-Sc/Rudolph-Wilma.html) began her many hardships at a young age as she was diagnosed with polio as a four-year-old. She survived the attack on her central nervous system, but soon was no longer able to use her left leg or walk at all. Through this trial Wilma learned to persist as she remained determined with treatments and after five adverse years proved her doctors wrong by walking on her own. But Wilma didn’t stop at walking; she started running. In high school she ran sprints for her track team where she caught the eye of the Tennessee State University women’s track coach. She began training with college students over the summer and by the time she was 16 she qualified for the Olympics in Melbourne, Australia where she finished with a bronze medal. For the following four years she trained endlessly despite detrimental illness and injury. She remained just as committed and hammered on as she had when she was younger. In 1960 Wilma Rudolph went to Rome, Italy where she received a gold medal in all her races. She tied a world record along with setting her own in the 200-meter dash. She continued to help and inspire others even after her victory at the Olympics. Through all her success, Wilma concluded, “The triumph can’t be had without the struggle.”

Can we experience the triumph without the struggle contrary to Wilma’s understanding, or are hardships truly necessary to our survival? There are some who say that we would still grow and progress without the difficulties of trials. They argue that trials and hardships do not lead to success but hinder us and lead to our destruction before they lead to our triumph. They believe that it is in the safety of our comfort zone that the most progress can be made. This is not true for trials are vital for our learning process which leads to greater growth. Trials can strengthen us and build us into greater people than we are now as explained in [“Trials Should Make us Better, Not Bitter.”](https://www.forbes.com/sites/amyanderson/2013/04/10/why-me/#5a1b02496876) While trials are challenging and difficult to go through, they do not compare to the growth that they lead to in the future. Without trials to push us out of our comfort zones, we would remain where we are not challenged and able to grow into the strong and capable beings we have the potential of becoming. This example of how trials are necessary in our lives can be related to an experiment that tried to create the perfect environment.

 A biodome was created to mimic the natural environment of the earth. It included plants, animals, and even humans along with the perfect living conditions of a controlled environment all placed inside a huge glass dome. Everything was very prosperous except for one component. The trees would simply fall over after reaching a small specific height because they were not strong enough to support their own weight. The scientists had remembered everything in their mock-environment except the opposing force of wind. When wind blows, it forces the trees to grow stronger and deeper roots allowing it to better support itself for when it grows taller. Without the wind, the tree’s roots would not be strong enough to hold its own weight when it grows to its full height, as demonstrated in the biodome. When you look outside and see the wind blowing against the trees and reason that it is nearly pushing it over, remember that it is the wind that is keeping the tree up. The article [“Strong Winds Strong Roots”](https://www.naturalawakeningsmag.com/Natural-Awakenings/April-2015/Strong-Winds-Strong-Roots/) relates the findings of the biodome to our lives. We would not be durable individuals who are able to complete daily task and challenges without the hardships we go through during our lifetime. Just how wind is vital for the trees, trials are vital for our learning process and for us to grow into stronger beings.

When we are faced with trials or challenges that we are not able to overcome, we go through a process called active learning to solve our problems and overcome our obstacles. This is a higher level of thinking that is required for critical thinking and problem solving. When we go through active learning it stimulates the orbitofrontal cortex in the cerebrum within the front of our brain. This region of the brain is extremely important when it comes to the learning process especially for higher level thinking. [“How Does Your Brain Learn Through Trial and Error?”](https://www.psychologytoday.com/us/blog/the-athletes-way/201603/how-does-your-brain-learn-through-trial-and-error) elaborates on this topic and further explains that going through trials and challenges are the best way to obtain a higher level of these skills. Without trials and challenges, we would not be able to think as critically. Trials strengthen our brains and allow us to have a higher level of thinking. Since we gain so much from trials we should learn to accept them and even be grateful for them.

 As we move throughout our lives, the times that bring us joy and that we desire for the most are the times which we live within our comfort zones and life moves smoothly around us. However, these times don’t drive profit from our lives and are in fact quite sparse. We should long for times in our lives that we achieve the most and that build us into greater people than we are now. Trials are the times in our lives which we are pushed beyond our own capacity and are required to grow stronger to face these new difficulties. We leave trials more powerful and as better people than we were previously. For as Wilma Rudolph said, “The triumph can’t be had without the struggle.”

Articles Used for Style

 The editorials that I mimicked for style were [“She Was Addicted and Lost Her Son. She Wants Him Back.”](https://www.nytimes.com/2019/01/13/opinion/mothers-addiction-custody.html?rref=collection%2Fbyline%2Fjeneen-interlandi&action=click&contentCollection=undefined&region=stream&module=stream_unit&version=latest&contentPlacement=1&pgtype=collection) and [“The Brain’s Empathy Gap”](https://www.nytimes.com/2015/03/22/magazine/the-brains-empathy-gap.html) by Jeneen Interlandi. The style that she used included a story at the beginning of both of her editorials which I included as I told a story about Wilma Rudolph. She used pathos to grab her readers attention and make them care about what she was writing about. Interlandi used specific terms that she would repeat throughout her writing. I did the same as I repeated words like trials and strength. She also used strong words and good transitions throughout her writings. She primarily used research and definition when she used logos. I did the same particularly when I explain research done in the biodome and on the brain. I also defined words like active learning. She was very strong in proving her side of the argument, she treated the other side as an opinion, and treated her own side as facts or truths. I did this in my counterargument as I used phrases like the other side believes, and then proved why the other side is wrong. She ended both editorials with a strong quote that drew back to the story that she told at the beginning of the editorial. I ended my editorial with a quote by Wilma Rudolph whose story I told at the beginning of the editorial.