

(INTRO 1)

As a kid I struggled with many obstacles, I had trouble with writing and reading. And as you can see I was not your typical normal average kid who can subtract and multiply numbers correctly. The worst of all in my elementary years I would never pay any attention in class, I'd always zone out into another world all the time!. My mom, a school principal who runs a school, did everything she could to enhance my academic skills. She placed me in summer schools, summer camps. She would buy me books, mathematical workbooks, she even placed me in IXL (an academic website for grades K-12) but nothing worked. Until I reached high school and learned how to study and take notes. Having friends who helped me through my academics in high school created a huge impact on me which has led me to become an honor student. I was a very determined student, even though I still had weaknesses here and there especially in my math and science courses I did anything to achieve my goal. I'd stay up all night until I would fully understand a simple physics question for my exam till the next day, and the funniest part on any examination day I had was that I would still study my butt off until it was math or physics class. Meaning I would study in my lunch break, in my gym class until we had physics.

Literacy narrative

There are 4 different types of learners, the visual learner

who loves to absorb information best when they can visualize relationships and ideas.

Maps, charts, diagrams. The auditory learners who are all ears, they tend to prefer

listening to information rather than reading it or seeing it visually displayed. The

kinesthetic learner; they do best when they participate in activities or solve problems in

a hands-on manner. And lastly the reading and writing learners; they prefer to consume

information by reading texts and can further absorb information by condensing and

rephrasing.

Speaking in terms of my learning experiences, I'm all of the above except the auditory learner. Throughout my elementary years, I struggled as a kid, I had late speech skills; I did not know how to speak properly. During class

sessions, I would always zone off to another world of my own and never paid attention to the lessons. My math and English skills were also very weak. Every summer my mom would register me into summer programs hoping that it would enhance my reading/writing, math skills, but unfortunately, nothing worked. In my school, each class had an ESL group; students who were put into those groups were usually people with learning disabilities and mostly for immigrant students who were not from the U.S and were struggling to speak English as their first language. Ironically I was put into that group, not because I was an immigrant, but because I had late speech skills and had difficulty to generally learn which includes my reading skills too, I was that normal kid that was always left behind in each grade, because it was so odd to see a second grader, that can perfectly speak and understand English and not to mention who was also born in the U.S to be placed in ESL? I was the only student that could speak and understand English fluently in my ESL class, everyone else were immigrant children. Whenever I was taken out for ELS my whole class would stare at me in an uncanny way because I was simply “one of them”, which later on caused me to be left out in everything a normal second-grader would do.

But again nothing worked at all! Until I was entering the third grade; my English teacher would go around the class testing our reading skills with a type of device that would track your reading speed. The device would go depending on your reading speed, if you read slowly and paused on a word you couldn't pronounce then the device

would go slowly and stop, but if you read perfectly fast without pausing then the device would go fast. With my teacher doing that, only two girls out of the class knew how to read perfectly at a fast pace. My teacher would tease the rest of the class just because we did not know how to read properly, you would think that was pretty mean of her, but ironically that pushed and motivated us to read better. She would say “ the best one who knows how to read properly at a fast pace will get an enormous gift from me” and As little kids, we love and enjoy gifts all the time. In time we all got better by practice and competing with each other, the teasing we received from our teacher aided us in our reading skills. In terms of speaking about my writing skills and how I learned over the many years how to write, till this day I do not believe that I’m a great writer nor do I recall a moment in my childhood on “ how I learned how to write”, my private school mainly focused on our reading rather than our writing skills. Private schools don’t follow the public school systems, meaning we have our own rules we abide by if a student’s parent wanted to report the school to the “ department of education” just because the teacher struck him for misbehaving or not doing the homework they are not able to because our private school is not funded by the DOE and government which allows us to do whatever we want.

As I began the second grade we had a class called “Arabic”, it was required to take each year even until high school, and there were certain levels 1-6. level 6 was the highest level, that’s where the all Arab girls were

usually placed in. My Arabic teacher told us to memorize our Arabic vocabulary words she gave us in class, but as little tiny second graders, we tend to forget things even our my own homework. My Arabic teacher was so furious because none of us did the homework so she grabbed her enormous ruler and it was not just any kind of ruler you'd see at a school, it was a massive huge ruler that reached the floor. She had all the girls lined up, one by one she took our hands and smacked it with the ruler to teach us a lesson and yes it was horrifying for us, some of us were sobbing and were even frightened. But it taught us to become better learners in general. Whenever we would read or even write a poem in "Arabic" wrong she would she smack her enormous ruler against our hands to read and write properly, this is what shaped us all and made us progress outstandingly in our academics. As you read this, you might be wondering this is pretty unusual for a student to learn how to become a better reader and writer, well Everyone learns differently just like how we are all different types of learners. There's students who get brutally beaten up by their parents just because they don't know how to simply divide 245 over 3 and those who struggle to read an enormous word and those who struggle with how to write properly as well. Some of these students don't learn when you aggressively beat them up and some mainly do and that's how they progress doing excellent in their grades.

(INTRO 2)

The annotated bibliography assignment was by far the worst assignment we did in this English course. I would watch many videos on how to properly do an annotated bibliography, and I said to myself “this is not so hard at all”. It’s always the assignments you get that look very simple to do but very hard when you’re actually trying to get it done. Especially that I had a very complex topic that needed a lot of data and research articles backed up. I struggled to understand what each article was trying to convey, all the complicated huge words I felt like I was reading William Shakespeare instead of a research article. What I found pretty cool was that if you ever get lost in the city techs library, you can always speak to a librarian online from another college 24/7. They were very helpful and polite, I felt like I was annoying them with my questions. And not to mention how organized the writing center was. When I was assigned to a specific instructor she was so helpful and very very patient with me. She made sure that I would understand how to cite and quote correctly and gave me quote examples even though I would get every answer wrong she still managed to help me through it. The downfall of this assignment was when I unintentionally plagiarized, I missed understanding what plagiarizing really meant. Once when I was informed about my plagiarism and rushed to do a whole other annotated bibliography at the same spot and it was not easy. I was so scared that I’d fail the class and you would never talk or look at me the same way. But I got so lucky to have an understanding teacher and would help me through my whole journey. In my 7th grade class, my English once told me that when she was in college, her professor made the dean expel the young man that plagiarized and it would give me goosebumps.

Annotated bibliography

Negativity?

Introduction:

What if being negative can be also beneficial for us? Pessimism has a bad reputation. Here I want to ask: maybe being pessimistic isn’t so bad after all? That being pessimistic isn't always bad after all. People assume that if you have a negative mindset you will not succeed in life and that you’ll also struggle in solving your own personal problems. I believe this is a whole misconception and the majority of us overlook the word negativity itself. People who are negative minded have so myriad skills.

Of course with its advantages also would come with its disadvantages as well. Picture it in this

way that negativity and pessimism is exactly just like the coronavirus when one person is negative or feels pessimistic it can automatically spread to you in other words, the negativity that he or she is possibly feeling is the virus, that virus can automatically go through you causing you to have negative thoughts as well. The bright side of negativity that it can be controlled because everything that we feel is all in our minds. Our minds tend to play games on us making us feel doubtful about anything positive, Practice is the only way to stop pessimism and negativity, because remember we are the only ones who can control how we feel and no one else.

→ Source 1

Hashem Al-Ghali, Hashem. "Where Does Negativity Come From The Negativity

Gene." YouTube, Hashem Al-Ghali, 3 Nov. 2018

www.youtube.com/watch?v=SIJsling Pzt 4.

Summary:

In this video the creators of the video talk about how negativity can also be inherited in some people, it's a certain type of genetic variation that causes people to perceive negativity in anything more than others do. With this gene variant, people are often much more pessimistic than others. Furthermore, the video revealed a scientific study with several participants that were presented with positive, negative, and neutral words.

Participants with the gene variant called “ADRA2b” regarded more negative words than other participants did. This certain type of gene variant plays a role in the information of emotional memories, but it’s not just a certain gene variant that can automatically make us feel more negative all of a sudden but it’s also the environment around us that can play a major role as well. In the video, the main speaker states our negativity tends to tell us that something is wrong which makes us spend so much time and energy processing these types of feelings and emotions. Research was found in the video that our own negativity can also help us in our survival mechanism. For example, if you were ever camping outside in a forest and hear a crackling sound in the bushes, your pessimistic view would alarm you whereas having an optimistic view would lead you to danger!

Reflection:

This video was very helpful because it tells us how negativity can be inherited through our genes even though not everyone is born with this type of gene variation. Surprisingly, not only that a gene can explain why we are always negative all time but the environment itself can serve as a major factor in our negativity. The majority of us have a misconception about being negative all the time, shockingly our own negativity can help us in our survival instinct as well. For example, I wanted to take a stroll next to a lake and suddenly I heard odd noises in the bushes. My pessimistic view will tell me it’s an alligator and would also tell me to run, whereas my optimistic view would tell me otherwise and I would eventually die.

Rhetorical analysis:

The name of the video is called “Where Does Negativity Come From The Negativity Gene” created by Hashem Al-Ghaili. By looking at his website page he enjoys spreading general knowledge about science. His audience seems to be people who are very fascinated in the scientific field. I personally believe that the reason why he published this video is to educate his followers and to destroy all the stereotypes that many people had on negativity. Hisham Al-Ghaili chose visual genera in order to bring his point to his audiences which created a huge impact because in the video he used several examples and backed it up with science and psychology which is very appealing.

Quotes:

- “Being negative can lead to specific flight or fight responses for immediate survival.”
- “We spend more of our time thinking negative thoughts just the genetics that will make you focus on genetic thoughts, environmental factors also play a role.”

→ Source 2

Sirois, Fuschia. "The Surprising Benefits of Being a Pessimist." *The Conversation,*

23 feb.2018

theconversation.com/the-surprising-benefits-of-being-a-pessimist-91851

Summary:

This article is explaining how being pessimistic isn't always bad for you but in fact, being pessimistic has its own benefits. In the article Fuschia Sirois states that research was shown that pessimistic people often focus on the outcomes where what you usually expect in the future will most likely happen whereas positive people expect positive outcomes in their future. A specific term called "defensive pessimist" where people take their pessimistic thinking to a whole other level research claims that people who are defensive pessimists are more likely to succeed in life. According to the article, it states "that people who are anxious use it to help them manage their anxiety, which might otherwise make them want to run in the opposite direction of their goal rather than pursue it." For example, you have entered the spelling bee competition and you're imagining all the worst possible outcome that can happen when you are being tested, by using the defensive pessimist strategy it will ensure you that nothing terrible will happen to you during the event such as practicing on being confident that nothing terrible can possibly happen to you. According to Mark D Seery's study, she states "this has everything to do with negative mood. When prompted to be in a good mood, defensive pessimists performed poorly on a series of word puzzles. However, when they were put in a bad mood, by being instructed to imagine how a scenario might have negative outcomes, they performed significantly better. This suggests that they harness their negative mood to motivate themselves to perform better".

Reflection:

This source was so fascinating because I never knew there was such a thing called a “defensive pessimist”. It’s an absolutely wonderful strategy to use when you’re negative or put in a bad mood about any situation. This strategy was also scientifically proven to show that people will perform better, it strikes all stereotypes that people often have towards negativity and being pessimistic. After all, being pessimistic is also helpful when it comes to the real world.

Rhetorical analysis:

The name of the article is called “The Surprising Benefits of being a pessimist” The author’s name is called Fuschia Sirois., her main field is psychology based on research main field is psychology based on research. She also targets psychological factors and qualities that confer risk or resilience for physical health and well-being related outcomes as said on her profile page. It was her own curiosity and self-interest that had driven her to publish this research article, by just looking at her profile page she explains how she’s very interested in “how procrastination, perfectionism, loneliness, and traits linked to negative mood create vulnerabilities for poor health” which is why she published this article regarding negativity.

Quotes:

- “The benefits of defensive pessimism also extends to actual performance.”
- “This type of pessimism can even help boost confidence.”

→ “The defensive pessimist’s strategy of being prepared to prevent negative outcomes can also have some very real health benefits.”

→ “This suggests that they harness their negative mood to motivate themselves to perform better.”

→ **Source 3**

Klosowski Thorin, Thorin. "The Benefits of Pessimism." *Lifehacker*, 12 Aug. 2014, lifehacker.com/the-benefits-of-pessimism-1620150406

Summary:

This article was explicitly explaining how being optimistic all the time is not always beneficial for you. In the article, it states “A 2011 study involving 250 couples in the *Journal of Personality and Social Psychology* found that overly optimistic people coped worse with stress”. Furthermore, the article explains how there’s more than one type of pessimist and optimistic. In the article it stated “Explanatory optimism: This style of optimism links negative events to external causes that will get better over time.

Explanatory pessimism: Links bad things to their own faults or external causes that won't ever change.

Strategic optimism: This style of optimism doesn't worry about a potentially stressful event and assumes things will just work out. If it doesn't, it wasn't their fault.

Strategic pessimism: This style of pessimism uses strategies to lower expectations and

decrease anxiety by thinking through all the negative outcomes and planning for them.

Optimism bias: We've talked about the optimism bias before. It's essentially the tendency to think that you're better at something than everyone else and that good things are more likely to happen to you.

Pessimistic bias: This is the tendency to think that you're worse at things that other people and you tend to expect few good things to happen to you.” Being optimistic isn't so good after all.

Reflection:

This article was very impressive because it showed me that there are 3 different types of pessimism and optimism which I can bet that 99% of us were unaware of. The author then claims that people who are optimistic are less capable to deal with stress whereas people who constantly pessimistic are highly capable of dealing with stress which I totally agree with. In my past experiences, I have seen optimistic people in my private school who were struggling and did not know how to cope with their own stress whereas negative minded people like me for instances were very good at dealing with stress when it comes to family problems or even school work (even tho I'm still working on it).

Rhetorical analysis:

The name of the article is called “benefits of pessimism” the author’s name is Thorin Klosowski, by looking at his profile page and Twitter feed and he's an editor for the New

York Times. All of his general articles are very interesting which makes me feel that the information he wrote is valid and is coming from his point of view with backed up evidence from many scientific studies. I personally think he has a general audience. There's no such thing as a specific audience because all of his previous articles were generally about anything! He published articles in DIY and articles in elections, psychology, etc.

Quotes:

- ““Those who are defensively pessimistic about their future may be more likely to invest in preparatory or precautionary measures, whereas we expect that optimists will not be thinking about those things,’ said Dr. Lang, who noted the study controlled for factors such as health and finances, but didn't prove causality.”
- “Optimism can be a disadvantage in stressful conditions. A 2011 study involving 250 couples in the Journal of Personality and Social Psychology found that overly optimistic people coped worse with stress.”
- “A study, published last year in the Journal of Neuropsychiatry & Clinical Neurosciences, evaluated the brain response of 16 older adults when processing fearful faces. People with greater optimism had reduced activity in the parts of the brain that process emotional stimuli. "Being less bothered by stress can help in coping," said Dr. Jeste, who led the study. "On the other hand, a nonchalant attitude to dangers can leave

the person poorly prepared to deal with a risky situation when it arises”

→ “Most of the above-linked studies show correlation rather than causation, but the point is less about the stats and more about how the line between pessimism and optimism isn't as simple as we'd like to think. It's good to strike a balance between the two, but being pessimistic now and again certainly isn't as bad a thing as people make it out to be”

→ **Source 4**

"Why A Little Pessimism Is a Good Thing." *MIT Sloan Management Review*, 29 Apr. 2012, sloanreview.mit.edu/article/why-a-little-pessimism-is-a-good-thing/

Summary:

The article explains how research now is looking at the values and the uses of strategic optimism and pessimism. People are now struggling with how to speak in an optimistic way. Furthermore in the article, it states how people tend to either put themselves in two sections: the optimists who would rather view the world from a beautiful perspective and the pessimists would rather see everything grey. The MIT slogan research article explains how research is now trying to find new ways to overlook their views ‘by using strategic optimism and pessimism. In the article, it

also explains how pessimism is very useful and has its own advantages.

Reflection:

This source shows me that I'm not the only one that struggles with talking in an optimistic way. I agree with this article because in the article it states "Many people put themselves into one of two camps: optimists or pessimists, people who tend to approach the world in either a consistently upbeat or a mostly skeptical manner. But researchers are now looking at the ways people mix and match their approaches, calling this 'strategic optimism and pessimism.'" it furthermore tries to convey to the reader a strategic way to mix and match pessimism and optimism.

Rhetorical analysis:

The article's name is called "Why a little pessimism is a good thing" In the article, it did not specify the author although this website is a research-based magazine targeting business executives that were published in Massachusetts. By reading the article, I felt like the tone and the attitude of the article itself was trying to destroy all the possible stereotypes that most people have on pessimism, it was also trying to surprise the reader with an unexpected point of view.

Quotes:

- "It's gotten to the point where people really feel pressure to think and talk in an optimistic way," said B. Cade Massey, an assistant professor of organizational behavior at the Yale School of Management in an article last fall in Psychology Today."

- "Many people put themselves into one of two camps: optimists or pessimists, people

who tend to approach the world in either a consistently upbeat or a mostly skeptical manner. But researchers are now looking at the ways people mix and match their approaches, calling this “strategic optimism and pessimism.”

→ “Pessimism is useful on several fronts. For one thing, it’s a good defensive tactic. “Surprisingly, it can be most helpful at the moments when we might seem to have the least to feel pessimistic about,” says *Psychology Today*. “When we’ve been successful before and have a realistic expectation of being successful again, we may be lulled into laziness and overconfidence. Pessimism can give us the push that we need to try our best.”

Conclusion:

To further conclude in my annotated bibliography, I have learned so much fascinating information that I have been curious about for decades. As I would read the research articles with backed up scientific evidence it clearly conveys to me that the majority of us have this misunderstanding when it comes to the negativity and pessimism of the word. Many people assume that negativity and pessimism are entirely terrible for you but all these articles and research has proven me otherwise. It was proven that being pessimistic had many benefits and its advantages but of course carried on with its disadvantages as well. After all, what impressed me the most was finding out that negativity can be inherited in our genes although not all people are born with it.

(INTRO 3)

Believe it or not, I actually enjoyed doing this assignment. Because the fundamental structure of this unit was plain and simple. Especially that I had something that would guide me through. I explicitly asked for an example of someone else’s work and got lucky that I was able to access it. But of course, I was told to never wait for anyone or anything which is 100% true. Looking at someone else’s work has helped me tremendously in creating mines. This assignment had two parts; creating your own genre, and creating your artist statement. I never knew genres can literally be anything; an Instagram post, website, book, blog. I grew thinking that genres were

only based on horrors and comedy, thrillers, etc. I was told that creating a website would be a bad choice for my topic and mostly would cause my intensive labor work. But I took it as a challenge and successfully created the website. Especially that my topic needed a website because it was so interrelated with data and research articles.

Artist's statement

<https://5fc55bfead061.site123.me/>

★ Before I started:

So many of us overlook the word negativity and pessimism and entirely assume that if you're a negative minded person, you will never succeed in life. In my project, I will be targeting a special audience called the "Stereotypes". And in my project, I'm going to discuss how pessimism and negative all the time isn't harmful towards our own health. The best part of All I will be discussing is the significant disadvantages of being an optimist. I had to make a big The decision on creating my own genre, I was advised not to create a website because it would be hard that needs a lot of work and stick to making a short video. I decided to take it to a challenge and create a website because I personally believe it's the best choice to convey my point across to the readers, especially that I had many research articles.

★ Getting it done:

Shockingly, creating my website was pretty easy, I was told that it would be extremely hard and it would take so much of my time. I used wix.com to create my own website and decided to explore around and to see things conduct, and the best part about this website

that there was a live chat 24/7 that assisted me whenever I needed help.!

The only part where I found less fortunate and annoying was there were many features to make my website look more appealing in terms of the font design and the color scheme, you'd have to pay more money for that. I gathered all the articles and brainstormed all of my ideas and how I should convince my audience that pessimism has it's many benefits.

I decided to get very creative, I explored the internet to find bubble thought like stickers where I can insert texts inside, and inside these bubbles thought like stickers I would choose the best quotes that the authors would state and type them in there, the annoying part about these thoughts like stickers that when I would insert a quote with quotation marks the generator would turn these quotation marks into question marks, making the text look like a question rather than a quotation from the author.

When I was done with a page and sorted out the information I wanted to apply I would add in cute images regarding its title question on each page, like for example one of my pages were talking about genes being possibly inherited, for this page, I would insert images of DNA and chromosomes. And lastly, I gathered all of the articles that I used as a source and I would underline them making it thick with the attached link to its website making it easy for the reader to access.

★ ***Now it's done:***

The best part about this website was that it was very easy to navigate and explore. The website that I have created is very simple and gets to the point right away regarding its title question. Unlike other websites, it would take me at least 4 paragraphs to find the main idea of what the author is trying to convey, so I made it very convenient to read for all ages!. This website is the best choice to debunk all of the stereotypes that are out there. I made my website more catchy and interesting to grab the reader's attention by making interesting title questions. In terms of my expectations over all the website did exactly turn out the way I imagined it would be, even though I wish I was accessed to more colors to make my website more colorful.

(MY JOURNEY)

This has been a really outstretched ride for me, especially that I'm a highschooler fresh off the boat and recently just graduated. I would like to give a special big thanks to you, you have been by far one of the best teachers I ever encountered. I'm the type of student that is curious and will not leave your class until I understand the lesson itself. In my other class, my classmates would get scared to ask a question because our professor would literally yell at the screen making it seem like we asked her an einstein question. The fact that you allow us to share our thoughts during class has helped and shaped my journey throughout this course and I'm very thankful for that. I have learned many things with the help of the assignments. Unit 1 taught me that we are all different learners, unit 2 taught me to never plagiarize and whenever I'm in doubt, always cite because citing and giving credit is key. And lastly, unit 3 taught me that genres can come in all forms!