

Ashley Tapia

FIQWS 10108 Composition

Prof. Janelle Poe

Fall 2018

Finals Week

I remember last week how stressed I was. I'm talking about STRESSED stressed, I had an ART and WCIV final. They sound easy but my professors' aren't. They always want to be extra with the questions and want the one answer they are looking for and want. Back in high school I never studied for tests, but this time I'm in college. I have to study. So I did, and when I walked into my first final, ART, I sat down and wrote my three essays very quickly and with time with spare. The feeling of having some weight off my shoulders was great.

However, I still had one more final to go, then I met up with some friends that I have the class with, study session here we go. Were memorizing key terms and summarizing the many empires all over the world and how the civilizations of people can change anything they want and how powerful they are, we were in the zone. The next day we all wished each other good luck on our finals, and we all finished proudly. I was stressing for no reason, all I had to do was study and be calm and ready for my finals. Being a freshman, is hard, but it's getting easier. Still, I think I will always be scared of finals week.

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Fast food

Isn't it crazy how a little salad can cost more than a whole meal at a fast food restaurant? It's so weird, but if I had to make a choice, I would still choose junk food. Salads taste funny, and I'm probably odd for saying that but I love McDonalds. I can eat there every day and even though people don't believe me, it's true. My regular order is 1 McChicken, ten piece chicken nuggets, medium fries, and a large Sweet Iced Tea. I kind of scared all of that junk food is going to catch up to me, but in my eyes, I'm here for a good time not a long time. Haha. I guess when I get out of college and have a life I'll start eating healthier, but I mean c'mon, I'm in college. We rely on cup noodles, and bacon egg and cheese sandwiches with our Arizona.

Getting back to the point, I heard that there's a statistic out there that 3 out of 5 people in America will be obese in 2050. That scared me. That's 30 years from now, how is that even possible. However, there are so many documentaries and videos that explain why. It did make me stop eating unhealthy for months, but once I get stressed or lazy, I get food at any fast food restaurant. I'm ashamed, yes but I'm still young, and I won't let myself get sick.

I hope people know this is an important topic but then again who am I to talk about it when in fact while I'm writing this I'm eating my chicken nuggets dipped in spicy buffalo sauce....