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Integrity Essay

Integrity is usually defined as being honest and having strong moral principles, but it can also mean having a strong structure, such as a bridge that is built well and lasts over time. When I think of integrity in my own life, I think of my Acura MDX. Just like a car needs strong parts working together to function properly, my life depends on different aspects that shape who I am and help me move forward.

The structure of a car is what holds everything together, and in my life, my structure is my family. The frame of a car is the foundation that supports everything else, just like my parents have been the foundation of my life. Even though we don't always agree, they have always worked hard to support my sister and I, making sure we grow up with strong values. I remember times when they pushed me to get my grades up or make better decisions, even though I didn't want to hear it. Looking back, those moments helped shape who I am today. Just like a car cannot function without its frame, I cannot function without my family's support and guidance.

Next is style, which is what makes a car unique and stands out. A car like the Acura MDX has a timeless, clean, and simple look. This is similar to how I dress, I usually wear a lot of plain, black, and white t-shirts.

Cohesion is another important part of both a car and my life. In a car, systems like brake fluid need to work together smoothly to keep everything functioning safely.. In my life, cohesion comes from my friendships. My friends and I stay close and support each other, making sure we don't go down the wrong path. I can think of three times when my friends helped me make better choices or stay focused on my goals, especially when it would have been easy to get distracted. That connection keeps everything in my life balanced. Just like a car needs its systems to work together, I need strong relationships to keep me grounded.

Strength is what allows a car to keep moving forward, and in my life, that strength comes from the people who support me. The engine of a car provides power, just like my friends and family give me motivation. There have been times when I felt tired or unmotivated, but the people around me pushed me to keep going, whether it was in school or working out. Their support helps me stay focused and continue improving. Without that strength, it would be easy to give up, just like a car without an engine can't move.

Durability is what ensures a car can last through rough conditions, and I compare this to my mindset. Life is not always easy, and there are always going to be challenges and setbacks. However, I've learned to stay determined and keep pushing forward no matter what happens. There have been times when things didn't go my way, but instead of quitting, I stayed disciplined and kept working towards my goals. Just like a durable car can handle bumps in the road, my mindset helps me handle challenges and keep pushing forward.

Finally, direction is what guides a car to its destination, and in my life, that comes from the people who guide me. The steering system keeps a car on the right path, and for me, that role is filled by mentors like my counselor. She has helped me think about my future and stay on track with my goals. I remember times when she checked in with me and made sure I was making the right choices for my future. Just like a car needs a direction to reach its destination, I need guidance to help me move forward in life.

Overall, my life is a lot like a car, because it depends on all these parts. Each part plays an important role in helping me grow and stay on the right path. Integrity is not just about making good choices, but also having a strong foundation and the ability to keep pushing forward.

SPEP Integrity Essay: Visual Brainstorming

Cohesion

The hydraulic brake liquid must be cohesive and tightly packed together to ensure proper pressure transfer.

This is similar to how me and my friends have stayed close and reliant on each other, ensuring that we are on the right track and not making bad decisions.

Strength

The 3.7L V6 engine produces great power, and keeps the car moving forward

This is like my friends and family, who have constantly supported me and pushed me forward in all aspects of my life, such as my education and my fitness journey.



Structure

The build and quality of the car is what makes it special. The unibody frame structure of the MDX represents my parents, who despite their disagreements came together as one strong, resilient team to raise my sister and I.

Style

The sleek, simplistic style of the Acura MDX is what attracted many of its buyers, offering luxury without being loud and in your face.

This represents my style as a person. I often wear blank, black or white heavyweight T-shirts. The shirts are nice quality and comfortable, but look like anything special.

Direction

The steering box has never failed me, always ensuring I'm going in the right direction

This is similar to my counselor at Great Oak. She knew my goals and checked in on me frequently to ensure I was on the right path.

Durability

The strong, resilient unibody frame and high quality suspension and shocks make this car extremely durable, ensuring even if you hit a big bump in the road that you can keep moving towards your destination

This is similar to my mindset. Throughout every bump in my road, I have stayed focused, determined, and disciplined towards my goals, no matter the set backs.