



**O' Level  
Foundation  
Week 1**

# **PERSONAL RECOUNT**



**20. Write about a time when you performed an act of courage. Why is being courageous important?**

Being courageous is no easy feat. It requires a strong personal will and guts to act beyond one's comfort zone for a greater purpose. Often in our lives, we lack the courage to do something for others or ourselves as most of us would prefer to maintain the **status quo** and not disturb the existing peace we may be enjoying. However, I constantly wonder if we all had a little more courage in us, would we be achieving greater things in life? There was a terrifying incident that made me realise the importance of being courageous in times of need.

It was a usual day at school. The moment the school bell signalled the end of the school day, my friend, Ian, caught up with me along the corridor. We had our track and field training that afternoon and we were discussing our training roadmap towards the national sports day that would be taking place in a few weeks' time. It was an important event for both of us as the selection trials would be occurring at the same event to qualify us for an **impending** competition. The field was abuzz with activity, dotted with track and field athletes, who were deeply focussed on their training.

Usually, the field training would not take place at the same time as the track training for safety reasons. However, an exception was made as it was nearing the national sports day. Precautionary briefings were conducted to instruct all students to abide by the rules and prevent accidents from happening. In spite of that, an unfortunate accident happened to Ian.

Ian was preparing for his warmup routine as usual and he was preparing to step onto the track towards the designated warmup zone. At that ill-fated moment when he stepped onto the track, a 5kg shot put flew across the field and struck him squarely on his head. He immediately collapsed on the ground in a heap. Coach Sen and I bolted over to him but he was unconscious, lying in a big **crimson pool** of blood. What happened next was a series of **emergency sprints** to the ambulance and down the hospital halls at lightning speed.

After prompt examination, the doctor said that blood transfusion was immediately needed. The situation was grim due to Ian's unique blood type. There was an acute shortage of blood at the hospital as the current supply had just been depleted due to unusually high demand for that particular blood type only that morning. The blood bank was in the process of transferring the blood packets over from other blood banks and hospitals,

but unfortunately it would take another hour or two before the supply would reach the hospital. The fastest way was if the present individuals could volunteer...

The doctor looked at Coach Sen and me hopefully. I was terrified of needles and had almost fainted at the sight of the blood pool earlier. Somehow, the **nudging voice** in me had given me the strength to be with Ian till that stage. That voice was now urging me to save a friend.

It turned out that I was the only candidate who could save Ian that moment. It was an **overwhelming dilemma** to ponder and a swift decision was needed at the same time. Somehow, in my heart, courage **took the lead** to save Ian from a gruesome fate.

Till today, I am **heartened by** the courageous act I did. Sometimes, we need to let fear take second place. To be courageous may have been extremely **daunting** in such a situation, but I was glad that I made a brave choice and gained a lifelong friendship in return.

**Write about a time when you performed an act of courage. Why is being courageous important?**

### **WRITING ORGANIZER - Recount**

**Orientation:** - *Introduction – Setting the scene.*

**Events:** - *What happened – in chronological order.*

**Conclusion:** - *Personal Comment (Optional)*



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