



**O' Level
Foundation
Week 3**

The Write Tribe

PERSONAL RECOUNT



6. Describe an occasion when you overcame a fear and how it has positively changed you.

"Help!" I hollered as I **flailed my arms wildly**, trying to get attention while the water swirled around me, preventing me from breathing properly. Thankfully, a pair of strong arms soon lifted me up and out of the water.

Those were the horrific memories of my first trip to the swimming pool when I was five. Since that fearful incident, I had never dared to set foot into a swimming pool ever again.

Six years later and it was the school holidays. The Olympics swimming finals were being aired on television. My family excitedly gathered to cheer on Joseph Schooling, our national swimmer for the 400m butterfly finals. He was indeed Singapore's pride and joy. For that few intense minutes, our eyes were glued to the screen expectantly as we sat on the sofa. In high spirits, we **cheered jubilantly in unison** as he touched the finishing line!

The next morning, my father winked gleefully at me as I sat down at the breakfast table.

"Since it's the holidays, why don't we go swimming?" my father suggested cheerfully.

I **feigned nonchalance** but my body stiffened.

"I mean, we could try that since we have nothing to do, and I happened to buy you a new swimsuit from my recent shopping trip!" my mother replied interestedly.

Both my parents looked at me with **expectant gazes**. Reluctant to turn down their suggestion, I hesitantly agreed. My parents beamed, and after several few minutes of preparation, we were all set to go.

Upon arriving at the public swimming complex, I uttered a silent prayer to calm my nerves. People were squealing in joy and giggling as they played with their friends. However, shivers ran down my spine as I stumbled past the pool where I had almost drowned years ago. I felt queasy and tense as my feet were just a few centimetres away from the water.

Sitting down on the edge of the pool, I hesitantly put my feet into the cool blue waters. The cold water started to rise up against my body as I slowly went into the pool. **My heart palpitated with fear** as I put both my feet on the floor of the pool. **My face was tight with tension** as I **clenched and unclenched my fists**. Fear was threatening to overwhelm me.

"Let's start with freestyle first, shall we?" my father asked eagerly. I **nodded dutifully** as I **tried to tame my anxiousness**. Composing myself, I took a deep breath as I stared at the **picturesque blue waters** of the swimming pool. Slowly, I lifted my feet off the floor. Taking huge breaths, I tried to keep my head above the water. Suddenly, it dawned on me that I was moving as gracefully as a dolphin!

After a few minutes, I touched the wall on the other end of the swimming pool. Raising my head above the water, I heaved a sigh of relief. **A triumphant smile radiated on my face** as I had overcome my fears. I could finally swim!

"Great job!" my parents exclaimed in pride of my accomplishment, clapping their hands joyfully. **My eyes twinkled in sheer joy as I finally managed to overcome my fear of swimming!**

Over the next few hours, I continued swimming, growing increasingly confident with each lap that I successfully completed. **A surge of confidence swelled inside me**, allowing me to believe in myself and my abilities. **The sky filled with amber-tinted clouds** as the evening sun began to set and we decided to head home.

"Why don't we hire a swimming coach? It would be better for you to train and improve your swimming abilities," my mother suggested kindly.

"Yes!" I agreed instantly, **quivering in excitement**.

The coach whom we hired helped me improve **by leaps and bounds** in just a few short months of rigorous training. I was glad that I had successfully completed a milestone in my life. I had also built my confidence and ambition to do better and became a strong swimmer.

Five years later, as I stood proudly at the edge of the swimming pool looking at my school swimming teammates, I was glad that I had overcome my fear of swimming, even though it was, at that moment, absolutely terrifying. I was also thankful for my parents' unwavering support, as they helped me overcome this particular fear and made me realise that I could do anything I put my mind to. Without their encouragement, I would not have been able to realise my dreams and become who I am today — the captain of the top secondary school swimming team in Singapore.

Describe an occasion when you overcame a fear and how it has positively changed you.

WRITING ORGANIZER - Recount

Orientation: - *Introduction – Setting the scene.*

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

Conclusion: - *Personal Comment (Optional)*

FORMAT YOUR ESSAY PROPERLY!



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