

Questioning the truth can be hard in the modern day. It's hard to know what is the truth, what counts as the truth, and how do we know it's the truth. It's even harder to do that as a teenager growing up with social media. You are constantly shown content that pushes you to believe a certain way. As a teen trying to navigate the world it's easy to get caught up in the media, but you gotta remember to ground yourself in reality and think is it the truth. Questioning the truth has taught me to keep growing into the person I want to be.

The abstract question, "Is it the truth?" has shaped how I act in my daily life. My truth is found in building and maintaining relationships. A good relationship can not be had if not truthful to one another. When at school with the uprise in AI being used to complete assignments it can be hard to not use it. You can get the assignment correct and in a quicker amount of time. However, using AI is not being honest to my teachers. I care about building a good relationship with my teachers and not telling them the truth or lying about my assignment would be wrong. When my teachers see my honest mistakes in my work they know that I have tried and have applied my learning. Telling a lie can often be a way to take the easy way out of something but when doing things honestly you become a better person. When choosing honesty I break bad habits and hold myself accountable. In the end, I grew and became a better person because of the truth.

The concept, "is it fair to all concerned" is adjacent to making sure everyone's needs are met around you. Being fair to all is a way of bettering yourself and your internal compass. It makes you focused on what's best for the group. You become a more humble person while doing this. While working as a counselor in training at a summer camp I was in charge of running one of the games. I knew there was going to be an unfair advantage between the older and younger kids. I was faced with an issue: keep the game the same for everyone or adjust it for each kid to

let everyone have a fair chance. I changed the speed I rolled the ball and I made the base path shorter for the younger kids. This made sure that the older and younger kids all had a fair chance and didn't discourage our younger kids from playing. I made it fair off of what participants needed to be successful. Keeping things fair and knowing how to is important to be able to work with people. It has taught me what to do in situations and helps me grow as a person.

Building goodwill and friendships is important to growing as a person. Relationships need to be built on truthfulness, and fairness. When building a relationship you do things out of the kindness in them not trying to get something in return. When volunteering for a youth home I saw that the one kid's stuffed animal was in really bad condition. I offered my time to come in on a Friday I had off to come in and sew the bear up. When sewing up the bear the kid said "the bear hasn't looked this good in a while". This built a relationship with the kid that positively impacted him. I realized that sewing up the bear for the kid was more important than sleeping in or scrolling on my phone. I did it out of goodwill and wanting to give a good relationship to the kid. I got to be a role model for a kid who might not have had one. I know he felt good after it and felt good for helping him. These selfless acts are what make relationships strong. Building these relationships is important to growing as a person

Is it beneficial to all concerned and helps all involved. When everything you do is beneficial to others it makes it beneficial to you. It creates a safe environment for everyone to be successful. When I help someone I make sure it benefits all of us and not just me. I tutored less fortunate kids at a youth home and realized there was a huge learning gap of where he should've been. I started having him read to me and doing his homework with him. I would often feel frustrated while tutoring but remembered that me getting frustrated isn't good for anyone. I kept giving him practice problems and rewarded him for the correct ones. In a few weeks of tutoring

him I got him to read any book to me. This made him do better in school and made him happier. I was happy because he felt accomplished. Making sure something is beneficial to others is important to growing as a person.

Questioning the truth has taught me to grow and keep growing as an individual. I've learned to always question what seems to be the truth so I don't be led astray from what is real. I stay grounded in reality and stick to my morals because I push myself to find the truth. While questioning the truth can be hard to do in the modern day, pushing yourself to do it will create the person you want to be.