

## Contests. The main aspects I am in or out

Over the past years or so, a great variety of contests and competitions have exploded in popularity in our modern world. And a lot of people, young or old, spend their time and effort to participate in a contest or a competition even they are not sure that they will get something for the effort. On the other hand, I know a lot of young people telling their hard “no” to any forms of participation in a contest or a competition. In case, I can agree, tastes can differ for we are so different. But let me introduce you my personal experience why I am in or out from the contests and competitions.

To my experience, contest is an event in which people compete for supremacy in a sport or other activity, or in a quality. Some contests are for attaining more power, while other ones can be about physical, artistic or mental skills. Most contests have prizes. Some of them have money as the prize, some have diplomas or you just get recognition and life experience, others award you with trips or other material objects. School contests can encourage competitiveness between the students. They also make students explore their abilities and skills.

Most people take part in contests because they want to rate their physical, artistic or mental capabilities. Some want fame if they win the contest. But not everyone partakes in contests for the prizes. They want to get new experiences. People take part in contests not only to check how good they are at a particular skill but to improve them as well. Furthermore, contests can bring a lot of stress to the partakers if the contest or competition is very important to the participant or to the other people or organisations that the participant is representing. Some contests or competitions can also take a lot of time.

I usually choose to participate in school contests or competitions because I like to test myself and see how good I am at a particular skill. I prefer to participate in a contest or a competition when I know that I have a chance in that field. What is more, I always enjoy the satisfaction of winning something in a contest or a competition. On the other hand, it happens that participation in some school competitions or contests takes students' time that could be spent on studying instead. It means there is always a possibility to perform

worse in school tests later because of participating in contests and competitions. That's why I am not so fast to decide to participate in them.

Another aspect, why I am often in, is my wish to do better than my friends or other people. It's said that when chased by a bear, you don't need to outrun the bear; you just need to outrun your friend. In everyday life, we constantly measure ourselves against our peers, that's no wonder that when we compete we don't see a competitor as a friend. And so it goes: contests or competitions are almost always win-lose situations. To add to, the idea of being competitive has gotten a bad reputation and some people associate it with ruthlessness. I think we're all fairly competitive in our own right. I mean, that's how the human race has kept itself alive for so long, isn't it?

To sum up, I've never been asked to speak about my motives why I am in or out from a contest or a competition. This is the first time I've made such an inventory and I am happy to find out something very important for me: even participating in contests and competitions can be stressful and "swallows" time, even it's something that you don't particularly like about yourself (compete my friends), participating in contests or competitions is a worthwhile activity for me – I can learn much and can gain valuable experience for my future.

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