

# Describe a piece of advice you recently received

## **You should say:**

What was the situation?

Who gave you the advice?

Why do you think this person is very open?

What the advice was and explain how useful you think the advice was?

## Describe a piece of advice you recently received Model answer 1

### **Introduction**

Few months back I was struggling studying for my final year examination and a lot of people around me gave me advice to study hard and take extra classes for passing.

### **What was the situation?**

After recovering from COVID-19 it was difficult for me to cope up with studies and was left with a lot of homework, journal completion and performing practicals along with final examination studies.

### **Who gave you the advice?**

Initially, my father used to advise me how to manage time and complete loads of work. In addition to this, I took help from certain friends and my burden was reduced a little. Moreover, a teacher of mine namely, Aruna Joshi who was also our head of department brought the best out of me. She said to me 'Do not pray for an easy life, pray for the strength to endure a difficult one'.

### **Why do you think this person is very open?**

To be honest she was very open to me because she already knew me since the first year and she knew my potential as a result of which she gave me such advice which not only surged my confidence but I was also filled with a positive radiation and it totally changed my perspective towards the leftover studies and suddenly I felt prompted.

### **What the advice was and explain how useful you think the advice was?**

As mentioned before, she advised me to pray for strength in difficult times and not for easy life. It changed everything in those fraction of seconds. I was so motivated that even though I had a lot of work left I woke up early everyday and started completing my journal and studies hard and scored first class. Therefore, it holds true that we should pray for strength rather than praying for easy situations and work fearlessly.

## **Conclusion**

Lastly, in my perception it would be great to seek advice from people around you but it is better to follow the best advice and learn a new lesson.

## **Describe a piece of advice you recently received Model answer 2**

### **Introduction**

After my 12th grade I was confused whether to opt for medicine or non-medical subjects. Later on, I decided to go for either biotechnology or microbiology as the scope of both will be surged in future as all the modifications in living organisms and microbes will be done with the help of biotechnology research and observation to be done through microbiology.

### **What was the situation?**

I was confused which of the courses to choose and which course had greater job prospects in future.

### **Who gave you the advice?**

My father has always been my role model and supporter in my difficult times. Therefore, this time also he told me to see the course options and subjects for a particular course and choose the one which I desired rather than choosing a course without interest. He encouraged me to study that I am actually interested in and this made it a lot easier for me to choose a desired subject.

### **Why do you think this person is very open?**

My father has always been open to me and has treated me as a best friend where it becomes easier for me to approach him whenever I am in trouble and he's always there to support me and motivate me.

### **What the advice was and explain how useful you think the advice was?**

He told me to choose the subject of my own choice and interest and the one in which I can have expertise and become successful in the same field of interest. Nowadays, parents force children to go for medicine and engineering which are out of interest for children and as a result of this they lack professional skills.

## **Conclusion**

I am glad that I have the best father as he is always my back up option, some on which I rely on the most and the best advisor and motivator.

## Describe a piece of advice you recently received Model answer 3

### Introduction

When the topic of advice is discussed it is easy to enlighten people continuously but in reality to accept it and take it positively is equally difficult.

### What was the situation?

I have always been a chubby kid and till date I find it difficult to eat healthy and avoid junk because I am fond of calorie based foods rather than greens. Therefore, I was always advised by the elders to reduce weight in order to avoid being an obese.

### Who gave you the advice?

My grandfather has always been fit all his life and so he wanted me to be the same. Unfortunately, I never heard his advice of me reducing weight. However, one day when I was bullied by my peer group I was worried about the lack of fitness I had and from that point I took the scolding of my grandfather into consideration and approached him for a healthy regime.

### Why do you think this person is very open?

My parents knowing the fact of me getting obese never told me on face due to me getting hurt or sad. But, my grandfather did not think once about how I would feel and when I asked him that I wanted to be fit he was surprised and elated at the same time. My grandfather has always been cool and open to me as he walks with time and adapts every change.

### What the advice was and explain how useful you think the advice was?

The advice he gave me a few months back was to eat everything but in a balanced form and to avoid sugar and salt. Most importantly, the best advice he gave me apart from an appropriate diet is to perform yoga as it helps to remain physically and mentally fit and it has formed an incredible change in my life with a positive attitude and acceptance.

### Conclusion

Thus, at last I would like to say that performing yoga was the advice given by my grandfather and it has had a great influence on my life.

## Describe a piece of advice you recently received Model answer 4

### Introduction

A month back I started an internship and it was going well. After the completion of a month I got my salary and to be honest it was the first earning of mine and I did not know what to do with it.

**What was the situation?**

As it was my first salary I thought I would bring gifts for my parents and grandparents. Meanwhile, as I was thinking of giving presents my brother advised me to save money for my future spendings or invest in some mutual funds for debt and equity.

**Who gave you the advice?**

My brother has always been a great advisor and has always influenced people for righteous deeds. And therefore when I asked him to give me ideas about what to get for whom he gave me this simple truthful advice and it opened my eyes.

**Why do you think this person is very open?**

He has always done deeds that are not only beneficial to him but to others also. This makes him a different and an open minded person and he never fails to guide people in the correct direction.

**What the advice was and explain how useful you think the advice was?**

As I have mentioned before he told me to invest in mutual funds and now I am just grateful for such advice as it has helped me earn more money and now I can say I am financially stable and secure and I no longer have to rely on my parents for my basic necessities to get fulfilled.

**Conclusion**

Lastly, I would like to say that all credit goes to my brother and his openness where he always feels free to guide me through the best and all good I have is because of him.