

To all my fellow Year 6s,

I cannot believe it. We are finally there. We have all arrived at the point in time when we all step out of school and can officially call ourselves high schoolers.

Are you lot proud? I sure am! You may be thinking back to the events of this year... perhaps it didn't go the way you wanted it to go or perhaps it did. But, none of that matters now.

I am not standing up on this stage speaking to all of you right now because I was Music Captain, or because I was the top in our grade, or because I was a leader of the Student Body Council. I am standing here because I want to share with you all my journey throughout this year and all my previous years in the Junior School.

I didn't start off as a perfect student. I was loud and irrational most of the time when I was in Kindergarten and Year 1, I was constantly messing up the cards, hiding from the teacher whenever they looked for me, yelling at other children just because I wanted my own toy.

Yes, I know, big difference. I soon grew more mature as I went to Year 1, 2 and 3. My attitude changed and I started to try in school - not that I didn't try before, but I wanted to try harder.

However, when the time came for me to move up to Year 4, all the pressure started to get to me. Nobody was forcing me to do well. Nobody was being strict towards me. Well... I say nobody, but do I count as somebody?

Mainly from Year 4 and 5, I would be... "torturing" myself in a sense. I would be telling myself I wasn't trying hard enough, that I was useless, that I had to get full marks in a specific test or else something horrible would happen to either me or my family.

In this generation, a lot of people would think, "Oh wow. This girl is using her mental disorder as an excuse for everything!" or "Gosh! She is so lucky. I wish I had her mental disabilities. Then I could be quirky!" or some bizarre crap like that.

I'm not trying to make fun of them, but if you have been on social media lately, a lot of the trends have things to do with this. And luckily, most of the people who record those videos are "making fun" of such people who make fun of those with mental disorders. However, these things actually happen in real life too. It's not just through a camera and a screen.

Throughout my years from Years 4 to 6, I would be suffering severely from social anxiety, anxiety in general, depression, OCD, and ADHD. I'm not normally open about my mental disorders due to my fear of encountering past experiences again, but I decided to go ahead for today.

To those who may be in a similar spot as me, I would like to send some words of encouragement to you to share with others and open up a bit to those who are close to you. To those who may be in the position where you're the supporter for someone, please, I am begging you to respect their privacy. We are telling you because we think you can be trusted with our secrets. Please don't go around sharing what we tell you with others.

Back to my point! I have grown so much, not just physically but also mentally. Yes, I have encountered some problems which may stick with me forever, or at least for a long period of time, but I am improving every time I try to improve. It only works if you set your mind to it. Otherwise, there would be no use in trying.

As a comparison of me over the years, let's quickly recap.

Kindergarten to Grade 2 - I was chaotic and extremely loud.

Grade 3 - I had an awakening to try and do well in school.

Grade 4 to Early Grade 6 - I have fallen down this pit of depression and other mental disorders.

Now - I have recovered a lot from my mental obstacles and am now improving quite quickly.

Here's a tip you constantly hear from people: Don't ever give up.

Here's a tip you hear from me: Past performance does not define future performance.

Do not let your past define who you are now or in the future. You can only improve if you set your mind to it! Therefore, I'd like to encourage you to try your best. Even though at first it may not get you to full marks in a test or a High Distinction in a music exam, it will gradually get better and better the more you try and are determined to overcome it.

Thank you! Thank you for coming to my Ted Talk... and I hope you're all able to bring at least a small piece of advice home to think about.