

Overcoming Epilepsy

By Connor Skiff

Having epilepsy has been one of the biggest challenges of my life. It has had a huge impact on my life. Despite the challenges, epilepsy has also taught me an important lesson: how to overcome a challenge. This has been a very valuable lesson, especially in academics. My academic goal has always been to go to college to become a meteorologist. When I was first diagnosed with epilepsy was a difficult time in my life. The diagnosis was very hard on my family, and at that point the future was uncertain. I did not know how much of an impact the disorder would have on my life. I was fortunate enough to find a medication that controls my epilepsy. Overcoming the diagnosis and the challenges of epilepsy taught me that even though that life is tough sometimes, you can always overcome a difficult situation. This can also be true in academics. You might do bad on a test or a quiz and your grades might be low but, if you keep trying and keep pursuing your goal you will eventually see the right results.

One way I would advocate for other people with epilepsy is by offering them more support. Throughout the last few years my friends have been extremely supportive of me which has been extremely helpful. It helped me and I feel that it could help other people a lot too. One way my friends offered support was by asking me what they could do if I had a seizure. This could also be extremely helpful and potentially life saving to other people. Many people often confuse drug overdoses with epileptic seizures. One way to reduce the confusion could be if bystanders such as friends that know a person has epilepsy.