이승지

When people confront things that are unfamiliar or challenging, **they feel uncomfortable, sometimes, nervous**. Since **they feel those of negative emotions**, some of them tend to avoid experiencing challenging tasks and simply look for familiar ones. However, I strongly believe that people should prefer **challenging works** to easy ones.

Firstly, trying to handle challenging tasks in school or their **work places** helps people to grow psychologically. This is because the progress of handling **difficult situation includes progresses of facing one's fallacies, struggling to resolve them and attaining new abilities, which are hard to experienced by easy and familiar tasks**. For example, let's think of a high school student who is learning foreign language in **shcool**. If he or she is always taught same lessons and given an easy and simple **taks**, then the student's foreign language skill would **linger on a certain level forever**. However, if he or she learns new contents every course and faces **unfamilar** words, which are challenging to the student, he or she might practice and review lessons to resolve that situation and gradually **make his or her mental grow**.

Secondly, **mindset prefering whether challenging or easy tasks is higly relevant to one's fundamental mindset in all areas in life, which means that prefering only easy tasks cannot make people to live productive or meanigful**. If a man who has a typical job always is given simple and low level tasks, he could feel bored and become lazy in the office because he can complete the tasks in a short time without effort. In addition, since he spends **fruitless time in office**, he could be used to live like that and could lose sight of **method of spending time productive**.

Pursuing only overly complicated tasks that one cannot handle is not a wise way to enhance one's capacity, but choosing to face appropriately challenging tasks would help people to procure various abilities and learn how to spend time efficiently.

When people confront things that are unfamiliar or challenging, **they feel uncomfortable, sometimes, nervous** (→ they sometimes feel uncomfortable or nervous). Since **they feel those of negative emotions** (→ they feel these negative emotions), some of them tend to avoid experiencing challenging tasks and simply look for familiar ones. However, I strongly believe that people should prefer **challenging works** (→ challenging work or challenging tasks) to easy ones.

Firstly, trying to handle challenging tasks in school or their **work places** (→ workplaces) helps people to grow psychologically. This is because the progress of handling **difficult situation includes progresses of facing one's fallacies, struggling to resolve them and attaining new abilities, which are hard to experienced by easy and familiar tasks** (→ difficult situations includes facing one's mistakes, struggling to resolve them, and attaining new abilities, which are hard to experience through easy and familiar tasks). For example, let's think of a high school student who is learning **foreign language in shcool** (→ a foreign language in school). If he or she is always taught **same lessons and given an easy and simple taks** (→ the same lessons and given only easy and simple tasks), then the student's foreign language skill would **linger on a certain level forever** (→ remain at the same level). However, if he or she learns new contents every course and faces **unfamilar** (→ unfamiliar) words, which are challenging to the student, he or she might practice and review lessons to resolve that situation and gradually **make his or her mental grow** (→ achieve mental growth).

Secondly, **mindset prefering whether challenging or easy tasks is higly relevant to one's fundamental mindset in all areas in life, which means that prefering only easy tasks cannot make people to live productive or meanigful** (→ whether one prefers challenging or easy tasks is highly relevant to one’s fundamental mindset in all areas of life, which means that preferring only easy tasks cannot make people live productive or meaningful lives). If a man who has a typical job always is given simple and low level tasks, he could feel bored and become lazy in the office because he can complete the tasks in a short time without effort. In addition, since he spends **fruitless time in office** (→ unproductive time at the office), he could be used to live like that and could lose sight of **method of spending time productive** (→ how to spend time productively).

Pursuing only overly complicated tasks that one cannot handle is not a wise way to enhance one's capacity, but choosing to face appropriately challenging tasks would help people to procure various abilities and learn how to spend time efficiently.