Vex teaches me effort, accomplishment, and learning from my mistakes. According to Winston Churchill, “Continuous effort - not strength or intelligence - is the key to unlocking our potential.” It does not matter if one is smart or strong because if they do not put in the effort to unlock their potential they might as well be ignorant and weak. Effort and success go hand and hand in Vex robotics. I learned the value of effort when I programed my team’s vex robot. I spent many weekends trying to get my robot to do the right thing but it was slow going. I had a dozen sensors on my robot that I was using simultaneously to navigate through the game field. Sometimes I wanted to give up but with a ton of effort and patience I eventually made it work. This hard work and achieved success filled me with a great sense of accomplishment. In addition to learning the value of effort and achievement VEX gave me a great opportunity to learn from my mistakes. At an earl y completion last year, I forgot to plug in the battery for my robot. We lost an important match and it was all my fault. However, it was a valuable learning experience because my team developed a useful competition check list and I never made that mistake again. Vex provides me with the opportunity to learn valuable lessons that cannot be learned in a traditional classroom.