

Profile

Name: Bethany

Age: 22 years old (8 February 1990)

Gender: Female

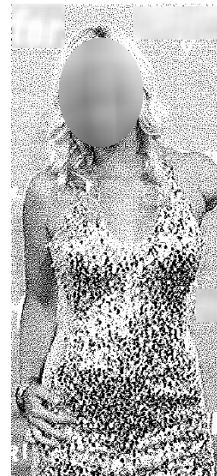
Background: Bethany is a young female who was born into an Australian surfing family in Hawaii. All of Bethany's family including her two older brothers, Noah aged 31 and Tim aged 26, loved surfing. Bethany learnt to surf at a young age and her mother Cherilyn home schooled Bethany along with her best friend Alana, because the local school was 2 hours away and Alana and Bethany missed the prime surfing hours if they travelled to school. Alana and Bethany did everything together from the age of 2 and still today are close. At the age of 13, Bethany was surfing at her local beach with Alana and was attacked by a shark, losing over 60% of her blood and losing her left arm. Lucky to survive the attack, Bethany began to surf again after only a month out of the water.

A detailed and extensive profile of Bethany's background and characteristics

Description: Bethany is a blonde hair, lean figured female that stands at 5 foot 11 inches. Born in 1990 in February, Bethany's star sign is Aquarius and is currently 22. She was a young and determined girl who wanted to surf and dreamed of one day becoming a professional surfer. Been faithful to her local church and regularly attending weekly ceremonies, Bethany began her faithful journey with god at the young age of 4. Bethany strived to fulfill her dream of becoming a surfer and along the way she encountered and overcame a large adversity, which made her stronger, and an inspiration to many people.



Young Bethany with her best friend Alana



Bethany at 22

Analysis

Role and impact of adversity on health -

At the age of 13, Bethany was out with her best friend, Alana for her daily surf. They were surfing in their regular spot on the north shore of which is known as the safest surfing spot on the north shore of Hawaii when a fourteen-foot tiger shark attacked her. As a result of this attack Bethany lost her left arm at the shoulder and over 60% of her body's blood. This had a vast impact on Bethany and her health. These impacts affected her mental physical and social health. The major Impact the attack had on Bethany was the fact that she lost her left arm and with that had an immediate impact of losing over 60% of her blood. This created an extensive range of impacts on all three aspects of her health. Physically, Bethany had to adapt and learn how to live her life again with one arm. Aspects of daily life became an issue for Bethany to do on her own such as doing her hair, cutting up food, doing up buttons and many others that most people take for granted and see as a basic skill that everyone can do. Losing her arm became a social challenge to her in many

In-depth analysis of Bethany's adversities and challenges

forms. Mainly in the form of her peers accepting her for what had happened to her and how that has changed her and in her personal form of accepting what has happened and gaining the self-esteem to be confident living a way of life that best suited her predicament. Socially, an impact that had a large affect directly on Bethany and how others looked at her was her ability to surf been affected. This became a mental issue for Bethany and questioning if she was able to do what she devoted her life to doing ever again In the form of the impact that others had on the issue, Bethany felt that people didn't respect her as a highly talented surfer any more because her ability to surf was affected. People began to lose faith in her ability to surf. Furthering the impacts, Bethany's self image was an increasing problem of the attack. Self-image in relation to how people look is a growing issue in the teenage girl population, let along Bethany's ordeal of losing an arm. This factor affects not only those around her but her to by having to become accustom to her having only one arm and the way that looks on top of regular self image matters among young teenage girls. Once again this can relate to Bethany having an issue with confidence in all aspects of her day-to-day life. With all of the impacts that have been stated above, Bethany had a substantial mental impact from the attack. Mentally, the impacts such as her self image changing creates mental blocks on looking nice and the fact that something is different to everyone else around can be demoralising and affect her self confidence. One of Bethany's biggest impacts of her ordeal was losing her confidence in herself and the way she lived her day-to-day life. She was no longer able to live her life the way she had known for the past 13 years and suddenly she was dependent on those around her. This created a sense of helplessness for her and she started to question everything in her life including her passion of surfing. Surfing was another of the biggest mental impacts. She was unable to surf the way she was before and was continuously falling off and not been able to compete. This put Bethany in a negative headspace about surfing and she almost gave it up. This was a big challenge for as she devoted her life to surfing. It took a bit of support and some building of her confidence but Bethany believed she would be able to surf and overcome this mental impact. The impact of losing her arm became a mental aspect as well. Bethany was a 13-year-old girl who though the world was her oyster until she was attacked and all of the sudden was force to rely on her family for support and help with her everyday life. Obviously Bethany's attack had a large impact on her life and took its toll everyone around her.

A highly developed understanding of the obstacles and their effects on Bethany and how she has overcome them

Access to and use of support people, services and strategies to manage health-

After Bethany's attack there was a large recovery ahead of her and she needed support from the people around her and the services available to her. Bethany had access to a large range of support. Her biggest support team of people was her family and her best friend Alana. Whenever Bethany need someone to talk her incident over or what was to come next or how she was going to tackle something her mum and Alana were there. When it came to her wanting to surf again her dad was there to help her through and find a way to make it possible for her. Together they worked to develop the idea of a handle on her surfboard to help she out in the surf and ultimately this helped her to become a professional surfer and fulfill her dream. Bethany's brothers were a large support with her surfing and they helped her during her rehabilitation. Her two brothers joined in the program and worked with Bethany to build her strength be able to surf again at a high level and to have the ability to have a sense of independence in her life. Bethany and her family had to resort to some services that were provided for support at times. As a result of the attack, the family incurred a lot of medical bills and the costs relating to the attack were significant. In order to pay for all the costs the family had to seek some financial support from 'the benefit employment and support services department from the government of the state of Hawaii. They provided the family with some funding to help cover the costs. Bethany also used a counseling support service. This was provided for her at the hospital to help her come to terms with what had happened to her and what to expect as a result of it. This also assisted her in the way she was going to live her life in the years to come and to gain her confidence back slowly. As a part of this counseling service, strategies were suggested to help

Demonstrates an extensive knowledge and understanding of the issues and obstacles.

her manage her feelings and the frustration of learning how to live her life again. These forms of support were helpful for Bethany and her dealings of the attack. While all of these services that Bethany used were successful, the support of her family and Alana was most successful. As a result of her family helping her to overcome the ordeal, Bethany began to view issues on a different level and gained an understanding of how tough life can be. An example of this is in the movie 'Soul Surfer' when she struggles with her surfing after her attack and decides to go overseas and help a community in that was hit by a tsunami a couple of weeks earlier. In this scene in the movie Bethany says 'They say the lord works in mysterious ways, I say that's an understatement. Who would have thought that teaching a kid to surf would teach me that surfing isn't the most important thing in the world and that something else is. Love. Bigger than any tidal wave. More powerful than any fear'. Evidently, the support not only helped Bethany but helped Bethany to help other who were in greater need than her.

Social and cultural influence on the way the person approaches life challenges

For Bethany, she had developed a relationship within the local church from a young age and regularly attended. A source states that's "Bethany's parents instilled their faith in Jesus Christ and at the age of 5, she made the decision to have a personal relationship with him. Bethany's foundation of faith has been her backbone, her source of truth, hope and strength". Bethany uses this relationship to approach challenges in her life and believes that what is meant to happen happens according to the way that Jesus would want it to happen for her. She relies on this to support her through her life. Along with her best friend, Alana, Bethany was able to face many of the challenges her life presented her and conquer them to the best possible result. Bethany always had a support network around her to help approach life challenges.

Reflection

The story of Bethany is a moving and Inspirational story that teaches people if you want something you have to go get it. In completing this case study I have gained a knowledgeable understanding of what Bethany experienced and how she overcame it. In closely analyzing the impact that the attack had on her health, I became aware of how easy it was to see the bad in a situation when at difficult times it is really important to remain positive and look for what is good. Though my research I found that there is a wide range of support network available to all types of people for all types of reasons and it is easy to access them. Many people see seeking help as a downfall but in this study I came to the understanding that it is only natural to seek help and advice at times of difficulty. As a result of this, I have been able to identify ideas and strategies that I am able to implement in my day-to-day life that live. For example the issue that I raised regarding young females and self image, I am able to gain the point that it is important to have confidence in what you look like and it is a good thing to be different to those around you as it creates a sense of individuality for myself and there isn't a way that is the right way to look in life. It is important for me to take pride in what I look like and the fact that I should be proud to be who I am. This is clearly demonstrated by Bethany throughout the entire movie of 'xxx xxx' when she exposes herself in public and around her friends after the attack and losing her arm. Another factor that I came to recognise is that the support of the people around you is extremely important. Not only seeking the support at times when it is needed but also providing support for those close people around us that need the support. In doing this case study, I have come to agree that family is one of the most if not the most important support team in my life and that it is actually ok to use them to help me face challenges in life. The strategies and supports that were available for Bethany are available for everyone in different form that will best suit our needs and the ability to use them is even more available. To me, Bethany is a great example of adversity and I as a person look up to her and hope to be able to implement some of the strategies that she did

Detailed self reflection of the adversities that Bethany encountered and how this affects Dom's own life

in my life and I would like to strive to be an inspiration to someone just like she is to me. She has shown me that support is all around us and it is easy to use and as she says in the movie "life is a lot like surfing, when u get caught in the impact zone, you need to get right back up because you never know what is over the next wave and if you have faith anything is possible. Anything at all, you can't wait for it, you have to just go get it".

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Grade Commentary

Dom demonstrates an extensive knowledge of the adversities and challenges faced by Bethany. This response provides a comprehensive understanding of the hardships Bethany has faced with in-depth analysis throughout and quotes used to support ideas. A comprehensive self reflection that has been presented and supported by a detailed justification of conclusions, this work sample demonstrates characteristics of work typically produced by a student working at a grade A