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From the Qin Dynasty down to the Ming Dynasty, the Great Wall of China has endured a long history of territorial disputes, and today it embodies the resilient spirit of the Chinese people. Much has been said about the collateral damage it cost to build such a formidable structure, but despite the painful sacrifices that our ancestors made in laying its foundation, we now take pride in this cultural heritage in view of our shared national interest: strength and unity.

As a modern Chinese youth, can I build a new wall for this country? No. As our ancestors played their roles in defending Mother China, I have my own unique way of serving the nation. I am a youth, and I have the vigour, the intellect and the time to do great things, to effect change, and to be a future leader. I am a formidable wall myself, and I will use my talents to be of great service to the Motherland.

Yet, what do young people like me fear? Studies show that 1.2 million Chinese youths aged fifteen to twenty-four have depressive disorders. The one wrecking ball that could potentially crush the wall would be the word — expectation.

We are known as a hardworking race, and young people expected to achieve great heights in arts, academics, and other ventures. However, if the youths do not have the strength of a wall to fulfill these expectations, then these would become the same bricks and stones that would come crashing down on us. We must muster the courage to face these challenges of being loving sons and daughters, responsible students, creative innovators and model vouths. What is a successful youth without the value of resilience? That is a wall with no foundation!