

### Chantel's Experiences

Purpose: To show and express to others that if you work hard, you can do hard things and create the life you want for yourself, and to motivate others.

Audience: Students in ENG 131 and others who may need some motivation to make a change in their life.

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10/10/2025

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My sister's full name is Chantelarese Arnold, but she likes to go by Chantel. I call her Telly, Channy, and Chantel of course. Now that we're older and we've had more life experiences, which helped us grow and helped us realize how important it is to have each other's backs. More importantly Chantel went through some hard times, but she didn't give up. She is my best friend now, but we weren't always close. We didn't get along very well as kids. We used to fight and argue quite often until I turned sixteen, then we started getting closer and building a better relationship. My sister and I are five and a half years apart. She kept going even when she was tired and things got hard, she kept pushing and created a beautiful life for herself.

Chantel is a beautiful woman. She is roughly 5ft.5in. She has beautiful caramel skin with a shallow dimple on her right cheek when she smiles. She has beautiful brown eyes that are milk chocolate in the sunlight, along with a lovely pearly white smile. She has perfectly straight teeth. She has dark brown hair that looks light brown in the sunlight, with gorgeous tight curls that are shoulder length that smell like a room full of fresh flowers, and she wears a sweet-smelling vanilla perfume.

She is kind to all people; she has a warm heart and likes to help people. She is very respectful, to everyone she encounters even if they're not always kind to her. For example, she holds the door for people and listens to their concerns. She believes everyone deserves a fresh

start when it's a new day, especially if the day before was rough. She is well mannered and listens to how others feel and takes the time to make sure they know they're heard, and she enjoys helping others. Chantel is the kind of person that feels like everyone deserves to feel and be respected, seen, and heard. For example, she loves and respects every one of the students that come in and out of the classrooms and school. At the beginning of the day, she stands up front in the lobby to greet each student every morning and check in with them to ensure they are doing okay. Another good example is when Chantel said "I saw the poor lad with his leg tangled up in his bike; upon further inspection I saw that he was bleeding. I got my first-aid kit out of trunk and bandaged him up."

She had a pretty good childhood. In fact throughout her childhood she experienced a lot of love and laughter. She spent a lot of time playing outside with friends, creating core memories, and being a leader. She always enjoyed playing school with the kids in the neighborhood. For example, she would draw a school setup in the driveway with chalk, and the neighborhood kids would come over and play. However, she didn't often like listening much in school herself. As she continued to grow up, she started to struggle a bit with some hardships after our father's passing, and she did get into some trouble in school and had to transfer schools. After transferring schools during ninth grade, she built new friendships and began to find herself.

She had a good set of parents. Her mom is a middle-aged white woman who has twelve siblings and grew up in a fourteen-bedroom farmhouse; Dad was a tall, (roughly 6ft) African American man who worked in a shop called Brembo where he used to run machinery. She has an older sister named Samantha who is in her late 30's and is a pediatrician in North Carolina. She's married and lives with her husband named Josh who is a pediatricist. They have 2 beautiful kids;

Her niece Ruby James , and her nephew Fletcher. She also has a younger sister named Alexandra (Alex). Chantel is the middle child.

Chantel has had a lot of schooling experiences throughout her life. Starting with her younger years at Michigan Center schools. She attended Arnold elementary as a child which is kind of funny since our last name is Arnold. She attended Michigan center all the way up until 9th grade when she started to experience a lot of struggles and ended up being expelled and transferred to DaVinci schools where she then graduated. After graduating from DaVinci, she started her college career immediately at Jackson College, where she attended for approximately 4 years and received her associate's in general studies. After receiving her associates, she quickly enrolled at Spring Arbor University and started working on her bachelor's in social work. After completing the 2-year program for her bachelor's, she enrolled in a one year accelerated master's program to receive her MSW (master's in social work). After graduating from her master's program, after that she decided that she's done with school officially. Though some may say she is never really done with school since she's decided to work in one. Now she works as a school Social Worker for DaVinci schools, the school that she graduated high school from.

As a master's level social worker Chantel has been trained in multiple different things. One of her training courses was in trauma informed practice. She's also trained in CBT (Cognitive Behavioral Therapy). She had CPI training which is crisis prevention intervention which allows her to de-escalate students and provide restraints, if necessary, within the school settings. She also has training on how to conduct a threat assessment which helps keep her school and students as safe as possible.

Over the years life has trained her to be a comedian, and she always finds a way to put a smile on someone's face. Chantel is always putting a smile on people's faces and making them

laugh. She's often known for making people smile or chuckle a little by saying silly things and even making goofy gestures and facial expressions. She has struggled a lot with the fact that her face will say what she's thinking before she will. Even when dealing with kids or adults, she has a hard time controlling her facial expressions. There have been times when she might be the one to say something that causes someone to have a facial reaction like a major laugh or even just a smirk. Like when she's at the dinner table with her mom and sister and start singing or acting goofy and winding up for her famous "molly whop" (She makes a fist and winds up like on a cartoon and pounds her fist down while saying "mm" and tucking in her lips). Another example is when she does a screaming cannon ball into her oversized beanbag chair that's the size of a twin-size bed.

In Conclusion do things that make you happy but also remember to be productive in your life. "Find things that fill your bucket (things that make you happy or make you smile) when you're having a hard day, and don't forget to spread kindness and laughter in a world full of darkness and hate." - (Chantel Arnold) Cherish your family and loved ones while you can and remember there is always going to be someone looking up to you. Even when it's hard and tiring, keep going, you too can make a beautiful life for yourself. Then you can keep paving the way for future generations. Remember there is always someone looking up to you, so be sure to set an example of what a good person is and help guide the way for them.

## Works Cited

Profile Interview with Chantelarese Arnold. - Profile Essay Interview.m4a



Profile Essay  
Interview.m4a

(Double tap the play button to start listening to recorded interview)