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### **Sadie T.M. Alexander Social Justice Essay Contest**

Sadie Tanner Mossell Alexander led a life of service, prestigious educational accomplishments, and leadership. Sadie T.M. Alexander committed her professional career to the causes of civil and human rights and advocated against civil rights violations, Jim Crow, and employment inequality. Then there is me, the byproduct of my environment wanting to grow and be more than what the world knows. No there is no cause I actively support but there is a mindset I actively support: HAVING AN OPEN MIND. It is important to have an open mind because it shows true causes, actions, and impacts. You can be in a bad situation and see different points of view to change your position in life. Whether it is mass-incarceration, poverty, or employment, open minded thinking opens options based in oneself to put them in a better position.

To have an open mind is known by most to mean willing to consider new ideas, but that barely scratches the surface. To have an open mind you should be able to accept new ideas and express new ideas. Those with an open mind touch different perspectives and do a lot of thinking. I support having an open mind because open minded people accept their flaws and learn to grow to self perfection. Most people with open minded make decisions based on effect and handle things differently.

Sadie T.M. Alexander can be said to have had an open mind through her persistence, eagerness to grow through education, and her vision of justice. Most black historic leaders can be said to have open minds. An example of a black historical figure with an open mind is Rev. Dr. Martin Luther King Jr. MLK committed to civil rights and protested peacefully opposed to the likes of one say Malcolm X. MLK's stance was involved in peaceful protest like marches and speeches. MLK never sought to be

violent. As to where Malcolm X sometimes sought to be violent, but this is not to say that Malcolm X didn't have an open mind. Or Tupac Shakur who committed to spreading a message through music and gave different views about the ghetto and overall life. Tupac shows his open sense of thinking in his interviews, and shows different points of view in his songs to show who he is and to explain his reality.

No one can tell where an open or close mind can go because no one can tell the future. It's better to have an open mind as to a closed mind because a closed mind limits a person's growth mentally, spiritually, and sometimes physically. An example of narrow minds on legislative decisions is addiction. Addiction can be led by mental health and addiction starts with you being limited to that decision based on narrow thinking or having a closed mind. Having an open mind gives you more choices in moving forward physically and mentally through life.

I actively support having an open mind because of the effect it has had on my lifestyle and mindset. Having an open mind opened many doors of thinking and decision making for me. This trait gives me my eagerness and ideas to prosper through my influence. My influence is shown through creativity and logical intelligence. I am able to tap into a world of my own and learn things about myself. Having an open mind helps me deal with mental and spiritual pain. The pain I feel is a result of my mental state and sometimes my environment. The difference from my pain and Alexander's experience is that it is more mental and sometimes is brought on by myself. My open mind helped me come to the conclusion that, I believe the American Dream promises freedom to all but cultured people.

This is an idea that came about through my knowledge of historical events showing discrimination, prejudice, and racism. Having an open mind can get you through obstacles and out of problems. I've also been able to be a more genuine person to avoid the traits mean or nice to be known through my honesty. Most importantly, actively supporting and opening mind benefits new realities, ideas, and relations. Supporting and mindset is like supporting any cause. It's just a cause for oneself and

it can't be taught its grown in to. In essence, I suggest others to develop an open mind because if done the right way it is better for the world. It is also better for a person's mental health.