

END OF TERM REFLECTION

To rhyme with the testimonial requirements, your reflection¹ should cover the five areas below. However, these areas overlap so it is not necessary to use five paragraphs. For example, while covering CAS activities in area # 1, you might also cover area #3 'Challenging yourself'. Your reflection should be about one page long and copied to the College Database under the Term Reflection tab.

The five main areas are:

1. Engagement with College life, for example:
 - Classes and CAS activities
 - Village Meetings and International Affairs
 - Residential life e.g. house activities and duties, interaction with room and house mates; personal responsibility and respect
 - Student job
 - Regional day and One World participation and experiences gained or lost from it
2. Challenging oneself, for example in:
 - Classes and CAS activities
 - Residential experiences
 - Project week experiences, home/summer service projects
 - Student job
 - Regional day and One World participation
 - Keeping my integrity in the decisions I make
 - Keeping physically fit, eating well and having adequate sleep
3. Responsibility and leadership, for example in:
 - Classes and CAS activities
 - Residential life e.g. organizing house/community events
 - Project week, home/summer service projects
 - Student job
 - Regional day and One World participation
 - Special topic/change of pace day events
4. Selflessness and Service, for example in:
 - Classes, CAS activities, project week experiences, student job
 - Residential life
 - Home/summer service
 - Areas where you helped out without being asked or directed
5. Interaction with others, for example in:
 - Class and CAS activities
 - Residential life
 - Regional day and One World participation
 - Special topics/change of pace events

¹ Keep in mind the questions below as you structure your reflection:

(a) What worked well for you this term?

(b) What was difficult for you this term?

(c) What are your plans next term as a result of the difficulty mentioned in (b) above?

HOLISTIC REFLECTION- Term 1 Year 1

1. On the whole, I have enjoyed my first term at the College. My classes are going really well, I am very happy in my house and participating well in different aspects of the community. For example, I really like my activities and particularly enjoy working with the seniors at the Priory. Also, I took part in the Latin American and Afro-Caribbean regional days as a dancer and enjoyed the experience very much. However, the start of the year was tough for me. I missed my friends and family and everything was too much: too many smart students, very few rules (I had come from a very strict day school). Luckily, I have incredibly good room mates, house parents and advisor so I pulled through easily. Now that I am more confident, I plan on facilitating at least one village meeting and chairing a committee on our next special topic day.
2. For project week, I challenged myself by working at a soup kitchen in Victoria. It was the first time for me and the five students with me but we had a great time. Our host family was also amazing: very kind and generous and so we felt at home. In fact, this family is now like my second parents. The main difficulty I faced on the project was how to hide my pre-conceived image of the homeless who came to the kitchen. I had always thought of the homeless as criminals and drug addicts. As it turned out, these people were very nice and so made my experience all the more memorable. Next term, I want to challenge myself by going on a kayaking expedition for the first time during project week.
3. I enjoyed the challenge of organizing the soup kitchen project above. Uninvited, I successfully launched the campaign of returning all the dishes and cups from the kitchen which other students forget anywhere. I have also helped to plan house events, like the Saturday night activities, and I am one of the chief planners for the forthcoming house dinners. The main difficulty has been to find time for all that I want to do but I will try and create a better balance for myself next term.
4. By nature, I am a selfless person and so the spirit of giving that is so central to life at the College has been relatively easy for me to observe. For example, I have spared time to help two classmates who have serious problems with English; and whenever possible I offer to babysit our house parents' little baby. For my summer service, I intend to work in an orphanage.
5. Although I am somewhat shy, I like to mix with my fellow students. My main difficulty remains how to interact with my teachers freely. I was brought up in a culture where the teacher is the adult to obey and so the first-name-basis on which we interact is still a problem for me. Similarly, I still find it difficult to approach the teacher or advisor or house parents whenever I have a problem. When I cannot help it, I first look for another student to come with me. Next term, I plan on working hard to overcome this fear since I don't want to lose the opportunity to benefit from the amazing support that bolder students are receiving during unofficial times.

Holistic Reflection, Term 1 Year 2

This term I think I have learned the most, or at least realized the most, about myself and others. It is satisfying to have the opportunity to reflect on my time here.

1. I have started to really enjoy essay writing. When I first arrived at Pearson I was at a loss as to how to approach an essay but now I have learned so much and gained in confidence.

Mathematics is still challenging but I know I made the right choice to stay in math higher and not transition to math standard. I particularly enjoyed dancing, singing, and reciting poetry for the different regional days and have begun practices for the Latin dance I'm leading for One World. I helped out with an international food night we hosted in our house one day as well, which was fun to have food from all over the world. I would like to improve my public speaking: I still have troubles with nerves when expressing my views at village meetings.

2. I think I could be challenging myself more academically. However, when I look back on this term I don't know how this would have been possible. I am an over achiever and my predicted is not as high as I would like but I have tried hard to balance care for others, my schoolwork and time for myself.

3. It is a continuous challenge for me at Pearson to feel like I am being true and responsible to myself. Community living is overwhelming, though fantastic, but I often find it easy to go to bed at night feeling lost to myself. However, I do my best to reconnect by keeping a journal and keeping some time to myself in silence in the spiritual centre. I struggle to know what kind of leader to emulate. Ultimately, I want to lead by example but perhaps this is too passive. I am starting to sound like Hamlet.

4. This term has been a steep learning curve for me, particularly with regards to compassion. A lot of my floor struggled this term with the pressures of November and I wanted to listen and be there for them but I had my own struggles to contend with. Finding that middle point, that balance, between self and others is elusive. I will continue to strive for this harmony.

5. I tried hard this year to be conscious of my house and other people. Team work in activities, regional days, and special events have been a big part of this term for me as well as continuing to live as a community of 40 in my house. As a house and particularly as a floor I think this term has taught us to know that we are a caring community.

I think I have been a personal example of some very practical things at Pearson. It's easy to get overwhelmed but I try to do the small things right. I go to bed at 10:30/11:00 almost every night, try to exercise every day, keep track of my assignments and deadlines, and set aside time for myself. I can't say I'm exactly making world peace by these examples but doing these things makes me feel more awake and prepared for every day, able to communicate better, be a better friend and generally make more out of my time.