

Appalachia Service Trip and other Formative CAS Experiences

May 2018

Personal code: gkj056

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### CAS Project Essay

I would say that in my life I have not really appreciated all of the opportunities given to me. However, all the things in my life in the recent years, CAS being one of them, have made me appreciate and want to make use of the opportunities given to me, at my school and beyond.

The project I did hit on all the stands of CAS. Going on the Appalachian service trip would not have involved as much planning and creativity as making a film about it did and going on the trip did. The whole process took nearly a year. We planned out the project, we went and filmed, and then we put it together. This project was creative because it involved making a film. We had to shot and collect footage, diligently edit it together, and then get it published by our moderator. I am not a film student, so it was certainly a new experience for me. This project involved action because it required us to travel down to the Appalachian region of the country and then work long and hard on building a home for a week. This project involved service because it was done in response to a family's genuine need for a new home, and we did not receive anything in return except the gratification of good, helpful work. My group from my school worked with Habitat for Humanity volunteers and another school that was there in order get the house from the fondation to the roof. Additionally, Amir and I worked together to complete the video in order to promote the service to the school, which is also a form of service.

This project was challenging due to the physical labor that it took and the amount of time it took and the amount of footage we were required to go through. It was also challenging because I had to work with film equipment and software I was previously unfamiliar with. On the other hand, this project was successful because we were able to make, what I believe, was a good video about an important service opportunity that I missed out on until last summer because I did not know too much about it.

If I were to do it again, I would only change our organization techniques, or fix our lack thereof. We were only organized by day, and that is because the software did that for us. If I could do it again, after each day I would have taken not of the good B-roll and organized the interviews into their useful parts. I believe that this could have saved us from 3 to 5 extra hours of confusing work.

I think I learned about my own ability to learn quick and work with a small team, as well as a big one. I was able to figure the equipment out rather quickly and the same thing goes for the software, and I think so for not having any idea of how to use it beforehand. I also was able to work well with my small and big teams, even when I did not know everyone. I was able to work well with Amir over the course of a year and the Habitat for Humanity group over the course with a week. I learned that I am less individualistic than I previously thought myself to be. I also learned how to ask questions and the importance that questions have in getting a job done right and fast.

## **Experiences:**

### **CAS Project Reflection 1 (May 8, 2017)**

Our plan for the creation of our documentary on the Appalachian service trip stayed the same before and after our meeting. In this semester, we are going to need to meet with Mr. Kuhar for the materials we need and also for any documentary advice he has, and then we will need to meet with Mr. Kubrak to determine what he would like to see out of the video, a schedule for the week, and to determine how the time will be found for shooting. With this information and more outside research we will conduct, Amir and I will create a list of all the shots we are going to need for the trip and how exactly we want to go about doing them.

The next step will be going on the service trip itself in the beginning of the summer and collecting all of our footage then. I am going to need to be taught how to work the equipment and how to shoot so I can equally participate, and Amir will assist me with this before the trip. We will need to keep this footage organized, so work will be required before and after the workday itself. In this week, we are going to be able to set ourselves up for either failure or success, so the planning we do now will be crucial.

When we are back in school, there are two more things we need to do. The first of which is editing the pile of footage we will have at this point into one, cohesive video on the trip. The second of which is working with Mr. Kubrak to figure out how exactly we want to go about showing our video to others. This is next year, so this is currently less ironed out, but right now we need to focus on meeting with Mr. Kuhar and Mr. Kubrak before we can fully plan this stage.

To answer the question "4. How will you work collaboratively with others in your project?" I will say collaboration is key. Amir and I need to work with Mr. Kuhar and Mr. Kubrak to use the knowledge they have to construct this film. If we are unable to do this soon and begin work with that information, our project will not be great. So our ability to work together to begin planning and with advisors to get assistance now is crucial to the rest of our project.

### **CAS Project Reflection 2 (May 10, 2017)**

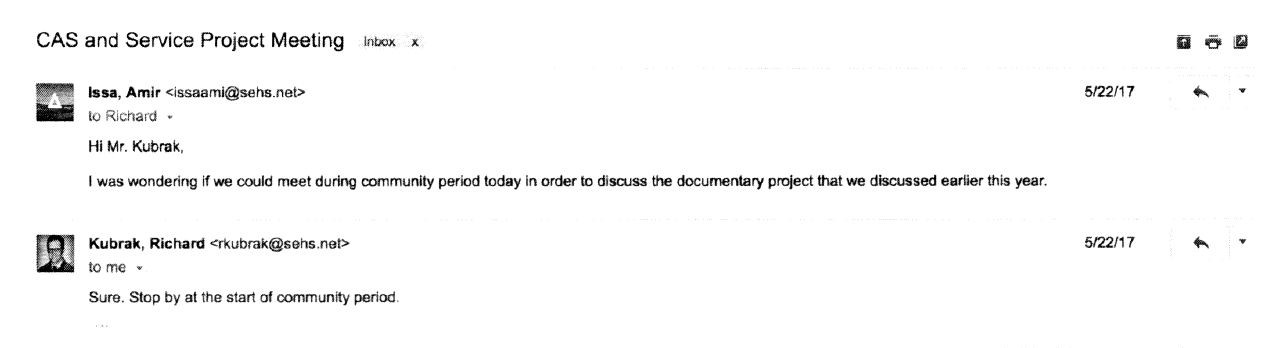
So now that I have done even more planning for the service trip to Appalachia and corresponding documentary, it is important that I do more reflection on where I currently am.

The question to be answered in this reflection is "Explain your leadership role for this project such as planning and initiating activities?". I have realized now that I will need to be the one in our group to step up and initiate the meetings we are going to need to attend. I know that being able to lay out the project before hand is going to be crucial to the video actually being done in the time frame we are being allotted, so I am going to need to step up and send emails. The only issue recently has been homework and preparing for the IB History SL test I had on Tuesday, but now that that is completely over with, Amir and I should have plenty of time to set up the meetings we need to have to be successful in the service trip.

### CAS Project Reflection 3 (May 31, 2017)

Since the last reflection I have had the meeting with Mr. Kubrak and Mr. Kuhar. What has been decided upon is that taking equipment will be fine and my partner who is in film will be the one who mainly deals with that. I, on the other hand, have figured out what needs to be filmed with Mr. Kubrak. We are going to mainly focus on the drive, the amazing scenery, the work day, and the fun that is had. Our plan to promote it will be greatly helped as we are now going to for sure be able to get all the necessary footage to put together the documentary. Also, we have been able to put together questions to ask during interviews so we are ready to ask all the workers what makes them enjoy the trip and why they come back, this is with the hope to inspire others to come for similar reasons.

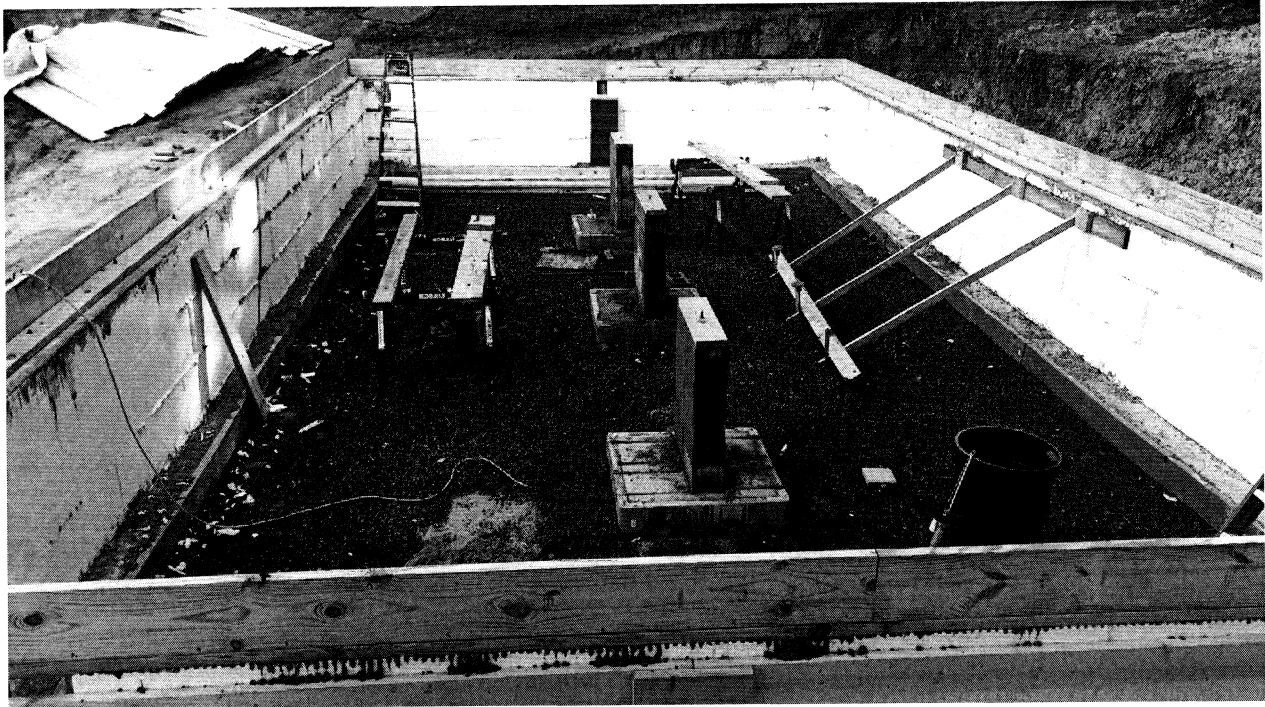
An obstacle that has arisen is that the Habitat for Humanities workers might not enjoy having two people filming while work needs to be done. The way to fix this is to have a discussion with them with our plan to limit the amount of time we are actually going to be filming. 10 minutes a day still will come out to be 50 minutes of film which by itself it too much. Also, it should be possible to have only one person be filming at a single time, which will make sure that work is always being done on the house.



### CAS Project Reflection 4 (June 19, 2017)

During the week I had to learn many new skills. I do not believe that I have ever hammered a single thing in my life until this trip, and it was something that at first took a lot of effort to figure out. Even though at first it was a little embarrassing and extremely frustrating, because it would seem that hitting one thing with another should be really easy, I learned the correct form and my arm was very sore after two days of putting up the joices for the floors. After a lot of misses, I eventually figured it out. I also learned how exactly to use power tools and how to safely use a ladder. On the trip, I mainly used these skills to take down some supports used in the foundation and to put up walls. These are basic skills that I will now be able to use the rest of my life after learning them on this trip.

My plan is to reflect on this trip over the course of the next few days, while it is all still very fresh in my mind.



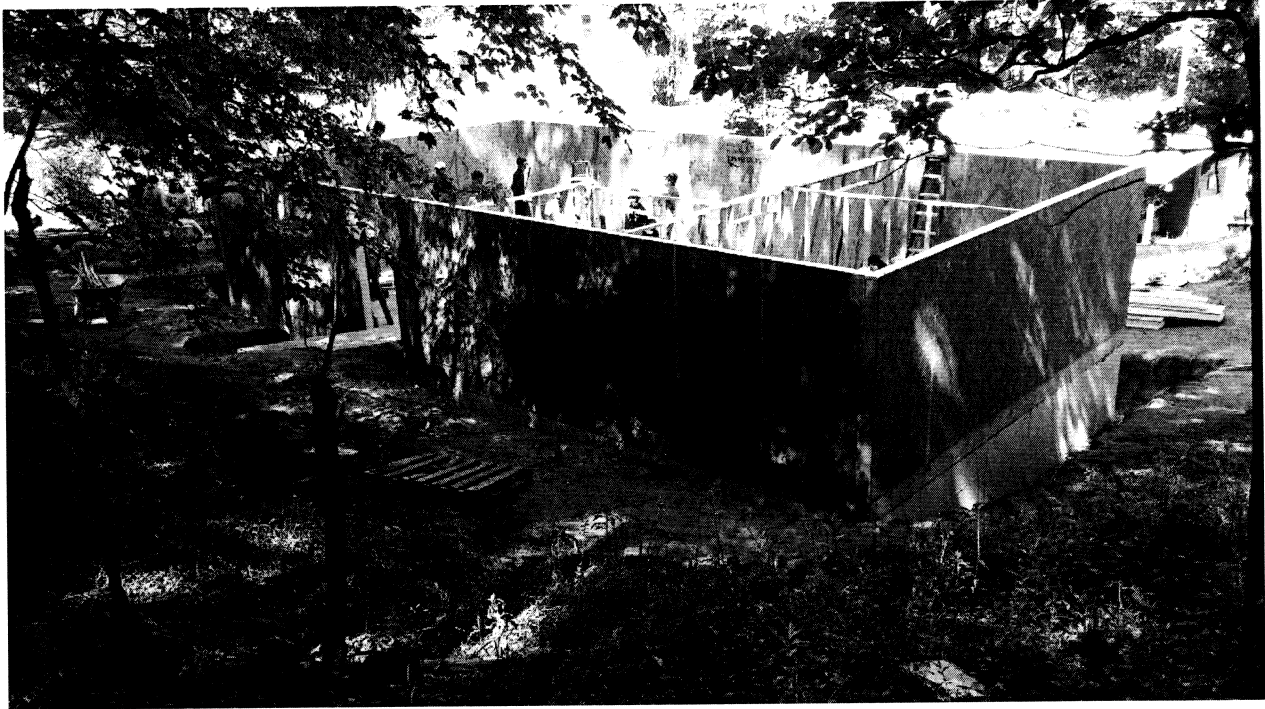
### **CAS Project Reflection 5 (June 20, 2017)**

In this project, working collaboratively was vital to getting the house and footage done. There was at least 5 groups working on 10 different things all at once during this trip. We also had a school come with us that we were unaware of until the last second. Being able to work together was the only thing that kept us going and got the blitz build finished. There was no way that one person could have single handedly dealt with all the tasks and problems that needs to be solved in order to get a massive amount of work done. Despite even having lost a day, we were able to get to where we needed to be by the end of the week. The main issue I had to overcome was being able to trust one another to do the job well. In most cases I will take a large workload upon myself because I do not trust others to do it the way I want it. This week showed me the importance of being able to work together to get the task done and having trust that others want things to get done as much as I do.



### **CAS Project Reflection 6 (June 21, 2017)**

The main obstacles that I faced during the trip were having to wake up really early after getting less than 8 hours of sleep every night and facing long work days. The way I was able to cope with this was taking a nap during lunch and after the work day. Even with these, I was still able to explore the area around where we were sleeping at and have fun with my friends. Even though I had to give up some fun, I saw the importance of giving up some fun for what I have to do. The way I coped with the obstacle of the long work day was by taking these naps and by keeping the goal in mind. The family was either sitting by the work site or helping the entire time, so having the people that we were working for with us was very motivating. There were two days that my friends and I were just nailing nearly the entire day. This was very difficult as it became painful before long. Again seeing the work we got done and the joices as they were getting done along with my friends who relieved me, worked with me, and helped me to overcome this difficult and painful obstacle.

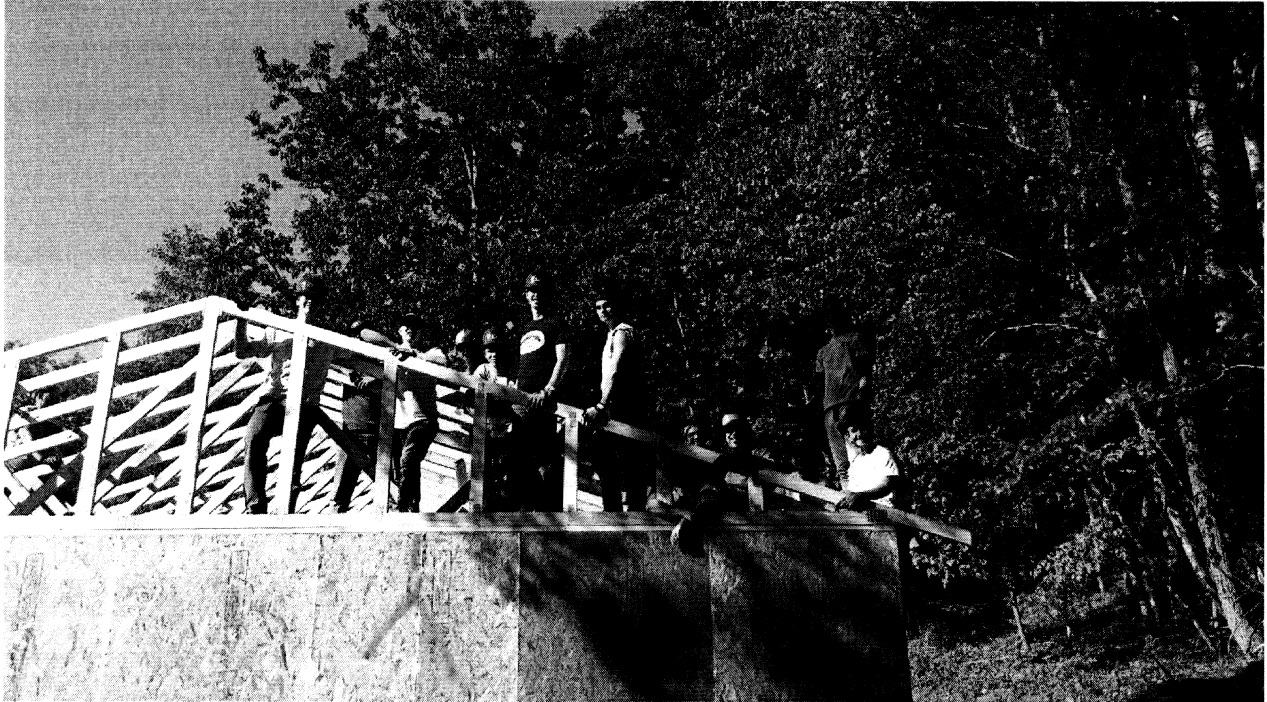


### **CAS Project Reflection 7 (June 22, 2017)**

I learned how to work collaboratively in this project, but I also learned leadership. The two days of hammering in the joices meant that I had to direct people who wanted to help how to nail and where to do so. There was a total of about 14 nails that had to go in at every single intersection of beams, that I could not nearly get all done by myself. After a little while I figured out the most efficient system in order to get what I needed to done. With this, we were able to be able to be hammering 3 nails in at any time. I was also able to help direct each new beam on and have the other school complete the other end of nailing on the other side of the beam. With this system, I was able to lead an efficient group and give many people the ability to experience that specific, and tiring, hammering job.

I also saw the importance of good leadership. One of the habitat for humanity workers, who we all simply called Anthony, helped to coordinate nearly every aspect of the project. He kindly led every group and directed them as to what needed to be done and helped where he was needed. This demonstration of servant leadership was very inspiring to me.

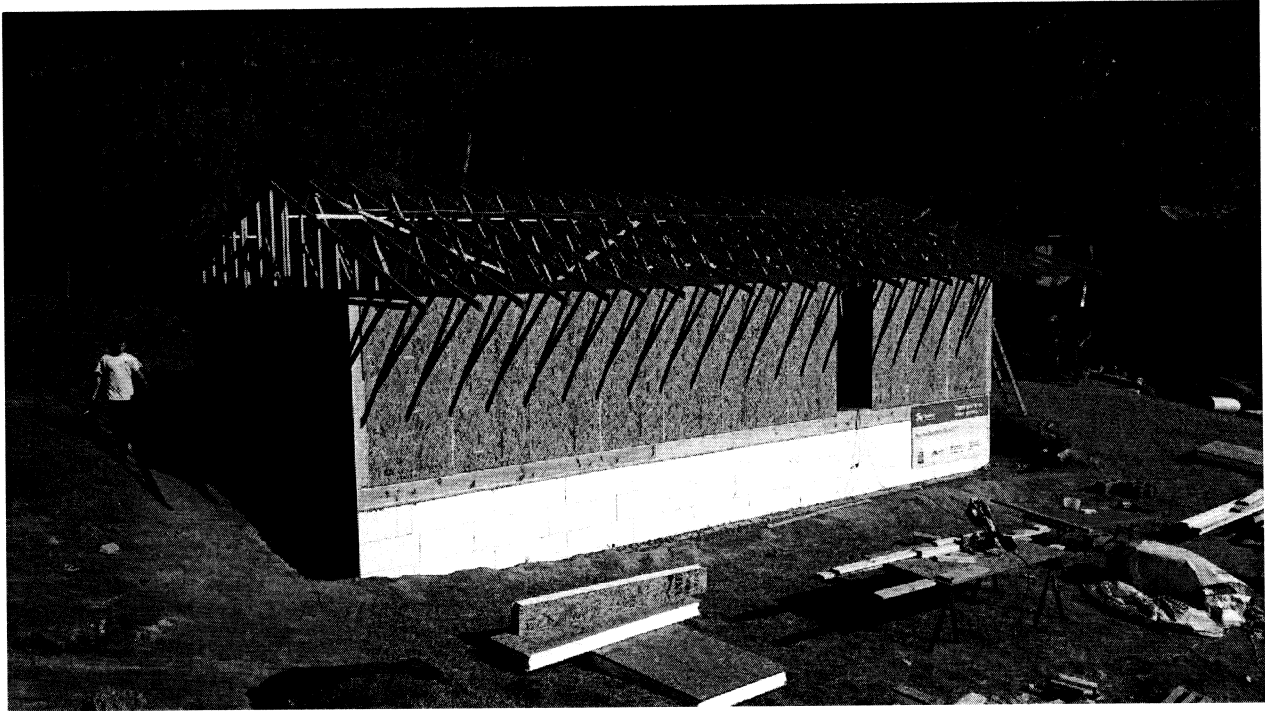




### **CAS Project Reflection 8 (June 23, 2017)**

In this last reflection, I would like to discuss the impact that this project had globally and personally. On the global scale, this project might not do much to help starving children in Africa or other issues of huge global importance that people always being up. However, the project did have a huge local impact. Doing this service is a step in the right direction. In West Virginia, after the coal industries took a hit, so did many people. The economy began to decline and people were simply not making enough money to cope with the rising prices of nearly anything, especially houses. The family we were working for had a house, but it certainly would be unable to last another winter without collapsing. Being able to build this family a house right next to their old one and help them to keep their livelihood was just a great, amazing feeling. The people in the area felt the love too. We were at a "hippie shop" there, exploring what it had, and we talked to the owner who said that she lived on the same street as the house we were building. It was a total coincidence. She told us that it warmed her heart and many of the others on that same street that we came all the way down from where we lived to help a family in need. Seeing all the good building a house, which would soon become a home housing a family who will make memories and go to sleep knowing they are cared about, can do was a very uplifting experience. In the end we built a house, but the house built long lasting friendships and memories that will

never fade.



### **CAS Project Reflection 9 (March 24, 2017)**

Today, Amir and I put together most of the video. We got all of the footage onto his computer and went at it for six hours straight. We first looked at all the interviews we recorded. We went through all of that footage and chopped it up into parts (phrases, sentences, sayings, paragraphs, and the like) that we thought were useful. We gave each segment a number and attached it to a name (the speaker's first initial). We then took these and placed them into four topic categories: relationships, service specifics (information about it), excellence/accomplishments, and experiences and learning (which was later split into service specific learning/experiences and fun learning/experiences). This can be seen in the first and second picture attached, with the first initial and the number of the segment. Additionally, we took note of how long each person had been going for our intro montage; this can be seen in the third picture. We added a note about what each segment was about to make the ordering process easier; we now had useful clips pertaining to various categories, each with notes about them. We also took some special notes in the margins of the looseleaf. We then thought that the video would be best ordered in terms of counter-clockwise of the boxes in the first picture, starting with service specific facts. We put all the segments in order then went about rearranging them to create a logical flow, which took a long time. We also made some cuts. After all of this was done, we went about going through all of our B-roll footage and took notes similarly to what we did originally with the interviews. This can be seen in the fourth picture. We then went through and placed the B-roll where it most logically fit, meaning that it had the same topic addressed,

the same person doing something, or, if nothing else, it went with the chronological flow of the service. We tried to use this footage to make transitions and cuts, and to add entertainment.

This first part was a grueling process. In the end, I learned methods for going about video creation that I would not have learned otherwise, between the looseleaf and the editing software. Amir mostly used the computer and I mostly did the writing, and we both made every decision together. It felt good to be in such a productive synergy with him and to just be getting stuff done. It was also very satisfying when things just came together. I learned that the process of creation cannot all be calculated and does rely somewhat on things naturally falling into place sometimes. We will finish up the B-roll and putting music in tomorrow, along with finishing our final edits and sending it to Mr. Kubrak.

### BLITZ BUILD K/2

Relationships (on K/2)	Service specific (Cabr +)
Jack 12 (all bygone K de 4)	Jack 12 (longtime/most team)
Jack 14 (Bridget's car-cad)	JM/2 (Aria's brother)
K/14 (bygone 249)	JM/4 (Carmel's sister)
K/15 (Wesley)	K/3 (Levitating Learning, go on)
C/2 (Community, 1st by bygone)	C/3 (Levitating Learning)
C/4 (Adults & children's bygone)	C/4 (Cabrera's house)
C/5 (Call, 1st by bygone)	C/8 (Singing at Nimitz, double with)
C/8 (Cabrera's 1st by bygone)	M/2 (Levitating Learning, go on)
R/7 (Levitating Learning, go on)	R/3 (Levitating Learning, go on)
	R/8 (Levitating Learning, go on)
	A/2 (Building a house, double with)

Experiences/Accomplishments	Experiences/Learning
Jack 17	Jack 16 (over time)
C/16 (Leadership Learning)	J/8 (Cabrera's house)
C/17 (Change over time)	J/1 (China Learning)
C/18 (Change over time)	JM/3 (Cabrera's house)
M/4 (Change over time)	J/2 (Cabrera's house)
A/4 (Change over time)	K/5 (Cabrera's house)

### K/6: Cooper/admin and their R/1

Service-specific Learning/Exp.

- C/6 (Levitating Learning, go on)
- M/3 (Levitating Learning, go on)
- R/4 (Levitating Learning, go on)
- R/5 (Levitating Learning, go on)
- A/3 (Levitating Learning, go on)
- A/4 (Levitating Learning, go on)
- J/3, J/4, J/5, J/6, J/7, J/8, J/9, J/10, J/11, J/12, J/13, J/14, J/15

Fun Learning/Exp. in App

- K/6 (Levitating Learning, go on)
- C/10 (Singing time - bygone)
- J/9

How long I've you

1  
JAN 1  
JUN 1  
MAY 1  
A/1

(10)  
C/2

2  
K/1

3  
June 15

4  
R/1

### BLITZ

Time lapse and ping at the end?

Good B-Roll

Driving phase:

- 101 - 116
- 116 - 121 (3/1)
- 121 - 123 (Cabrera's)
- 123 - 124, 125

125 - 126

126 - 127

127 - 128

128 - 129

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### CAS Project Reflection 10 (March 25, 2017)

We finished the video today after about 3 more hours of work. We finished arranging the B-roll, downloaded the music, placed the music in, then made all of our final edits, including: equalizing the audio, putting people names on the screen when they are talking, creating an intro, adding in credits and various other small edits. This was truly the moment when I saw the creativity of the project. Him and I watched the whole video through many times, and it was intriguing to see how the video was an amalgamation of all of the choices that we had to make in order to create this project together. I think that it certainly changed my perspective on film as a form of art, and gave me a view into the feeling that film students get to feel whenever they are making their videos. It was not perfect, and we made mistakes. A couple of things that we would have done differently, and will try to change in the future, includes: we only interviewed one class (2018) and teachers, we were IB student skewed in our interviews, and that we waited until the last minute to order and categorize all the footage we had. A picture of the computer as we finished and a link to the video are below:



[https://drive.google.com/file/d/11spKGGJh-qq\\_Qd090XnX8Oi1VEVKOALYq/view?usp=sharing](https://drive.google.com/file/d/11spKGGJh-qq_Qd090XnX8Oi1VEVKOALYq/view?usp=sharing)

### CAS Project Reflection 11 (March 26, 2017)

Mr. Kubrak sent out our video to the school today. I will not lie, it did hurt a little bit to be left out of the credit, but that is most likely because of a miscommunication on our end rather than anything else. I guess that I need to improve my promotional skills. It was very satisfying to

have the whole school be able to see the project we put so much time into, and to know that people have watched it and hopefully considered coming on the future trips is rewarding. We hope that Mr. Kubrak will use this video in the future for when he is promoting the retreat. For now, it is very nice to be finished with this project after all of the work and time that has gone into it.

[Class of 2018] Only A Few More Spots Left! inbox



**Kubrak, Richard**

to Class, Class, Class, Class, All

Mar 26 (2 days ago)

Students,

We only have a few more spots left for our Appalachia work week this summer (June 3rd - June 9th)! Please consider making this service work week!

Also, please check out the promo video made by senior, Amir Issa!

Great job, Amir!

[https://drive.google.com/open?id=11spKGJh-qq\\_Qd090XnX8O11VEV/KOALYq](https://drive.google.com/open?id=11spKGJh-qq_Qd090XnX8O11VEV/KOALYq)

...



**Kubrak, Richard**

to Class, Class, Class, Class, All

Mar 26 (2 days ago)

Also, my apologies to Bart!

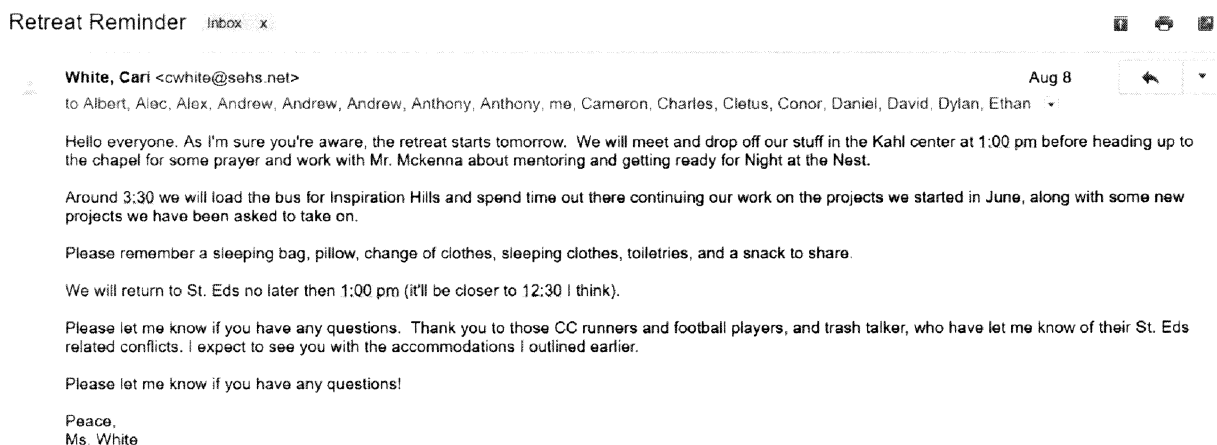
Bart Hewitt also did a great job making this video. Very nice job as well, Bart!

...

### **Student Ministers Experience Reflection (September 14, 2017) (What are some of your strengths? What areas of personal growth do you think you will gain from doing your CAS project?)**

Some of my strengths are that I can be commanding when I need to be and that I can work through my past experiences. This will only help somewhat as I go through being a student minister this year. We have to lead the school in many different ways and figure out how exactly we want to do it. This screenshot is from before one of our biggest retreats of the year, the one directly before the school year. We were able to figure out how we wanted to do a couple things, but one I had a direct hand in was the “With all Your Heart” (our school theme) Student of the Month Award. It was originally going to be every week, but I said that that was too cluttered (and knowing how I personally would have been my freshman through junior years, that it would be too much to care) and once a month open to everyone to be peer elected (through a Google form) was more meaningful. Three areas of personal growth I will have to work on and gain is my own public speaking/leadership, ability to go outside my comfort zone, and better time management. I have to be able to lead my group of freshman and be able to raise my voice to get them to do what we need to do. I also need to be able to go out of my comfort zone with them, as I have never felt comfortable being an authority figure and just not thinking that I “look dumb” leading them in front of others or by sharing my own experiences with them. I also need to plan

around events we are required to do and leave school for throughout the year and miss community periods, so better time management will be essential.



### **Rowing Experience Reflection 1 (October 24, 2017) (What new challenges and skills are you undertaking by conducting your project?)**

I am going to be challenging myself to get faster in rowing for my next experience. The reason I would like to do this is because it is a challenge to get faster and improve my technique in order to leave the team at the end of my senior year satisfied with how I finished in the sport I have been doing since the spring of freshman year. In order to measure how well I am accomplishing this, I am judging how much I can drop my 5/6k erg test score. We have already done one in the first weeks of getting back into the swing of things, so improving on that is my goal. A 5/6k is a good measure of how much power and endurance one can bring to the shell, so tracking my performance through doing workouts and trying to improve that one will show how much my rowing skills and power have changed. You can see in the included screenshot my times from my 5k erg test on 10/3/2017.



## Rowing 2017-2018 Fall/Winter Spreadsheet

File Edit View Insert Format Data Tools Add-ons Help Last edit was £

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	A	B	C	D	E
1	<b>ROWER</b>	<b>TIME</b>	<b>SPLIT</b>	<b>WATTS</b>	<b>RATE</b>
2	<b>Kujda</b>	17:53.6	1:47.3	283	26
3	<b>Tubbs</b>	18:31.0	1:51.1	255	26
4	<b>Oneil</b>	18:31.7	1:51.2	255	25
5	<b>Bridegum</b>	18:59.3	1:53.6	237	25
6	<b>Kovacs</b>	19:00.8	1:54.0	236	25
7	<b>Issa</b>	19:02.7	1:54.2	235	27
8	<b>Bornhorst</b>	19:07.4	1:54.7	232	27
9	<b>Hughes</b>	19:08.6	1:54.8	231	26
10	<b>Zenkovich</b>	19:14.1	1:55.4	228	28
11	<b>Ali</b>	19:16.3	1:55.6	226	28
12	<b>Lewis</b>	19:18.1	1:55.8	225	27
13	<b>Hewitt</b>	19:18.9	1:55.8	225	26
14	<b>Kirkpatrick</b>	19:22.3	1:56.2	223	23

**Rowing Experience Reflection 2 (October 25, 2017) (Facts – Explain what actually happened. This should be a descriptive narrative of events as they happened. What? Where? When? How? Who? Try to focus on specific events, circumstances or situations that are important and relevant to the learning outcome rather than reflecting on every aspect of your experience**

In the past month, we have completed two 5k rowing machine tests. I have dropped my time from 19:18.9 minutes to 18:44.0 minutes. Which is a significant drop especially in the scope of rowing. In this time, the team has also prepared for and competed at the Head of the Charles Regatta. This is one of the biggest regattas in the world. Unfortunately, we crashed in a 3 wide boat collision, and finished 50th because of it, then we were penalized as one of the causes and then moved all the way down to 75th out of 85. One of the past Olympians who coaches us said that without the collision and penalty, we most likely would have finished top 20, which was very reassuring and the goal of the boat. In the screenshot included, you can see my new time that I got on 10/24/17, which shows how my speed has increased from my last 5k test. We have a



the Blake Haxton Regatta this upcoming weekend, so my plan now is to train for it and see how the results are there to indicate my progress along with the team's.

## Rowing 2017-2018 Fall/Winter Spreadsheet

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ROWER

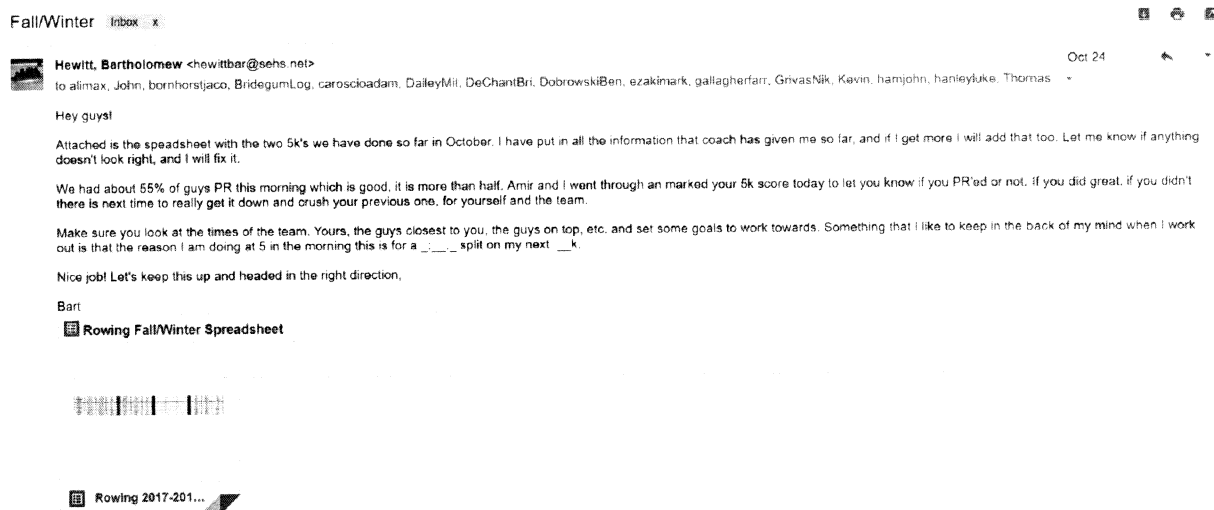
A	B	C	D	E
ROWER	TIME	SPLIT	WATTS	RATE
Kudja	17:42.0	1:46.2	292	27
Tubbs	18:24.3	1:50.4	260	27
Oneil				
Hewitt	18:44.0	1:52.4	246	27
Issa	18:44.7	1:52.4	246	27
Hughes	18:46.1	1:52.6	245	30
Kovacs	18:53.1	1:53.3	241	26
Zenkovich	18:53.5	1:53.3	240	27
Kirkpatrick	19:11.1	1:55.7	229	25

**Rowing Experience Reflection 3 (November 8, 2017) (Feelings – Explain how the experience made you feel before, during and afterwards. Emotions are a key to learning so try to articulate them accurately and pinpoint what caused them)**

During this last fall season of rowing, things have been extremely frustrating. As now a senior, I have had to come to terms with the fact that I need to be a leader of the team. The last leaders of the team have shaped the culture of hard work and accountability, which has partially been lost as the new seniors have tried to fill roles of leadership on the team that have been filled by the graduating class since their sophomore year. My team's performance at the regattas this fall have made me feel miserable. That's why I am challenging myself to get better in the first place. I need to set an example as a senior of the hard work and the work ethic it takes in order to succeed.

I also recently reached out to my coach about taking care of sending out data from workouts and tests to the team. The screenshots I have used previously are actually from this sheet I have created and send to the team. My coach gave me the position of being the data

manager for the team, which in many ways made me feel elated. I have an excuse to send out emails of encouragement to the team and get us on track. This has all made me hopeful that we will be able to get everything together by the time spring season starts and the most important racing begins.

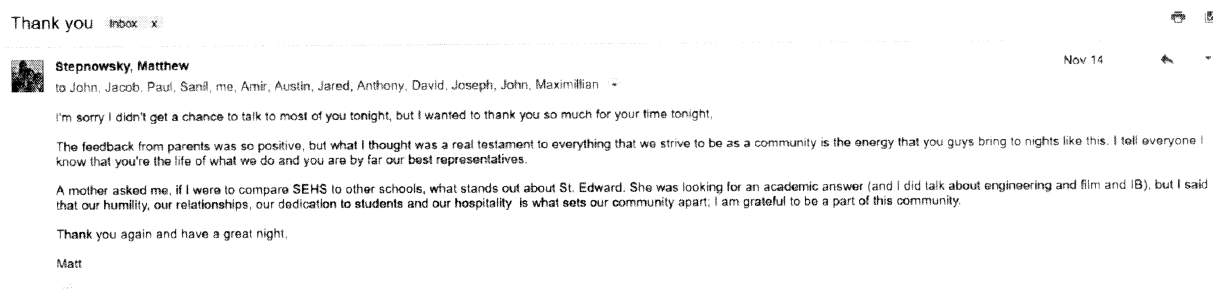


**Rowing Experience Reflection 4 (November 28, 2018) (Future – Explain what you are going to do with any new learning you have gained. Does it give you any new perspectives? Does it throw up any new questions that you have not considered before? Is there anything you'd like to do or find out about as a result of this experience?)**

This feels like an appropriate time to set my plans going into winter training, the hardest time for rowing of the year. The fall season showed me that the team needs to do more high rate, higher intensity workouts. It changed my perspective on how much work will be required to succeed in the spring. Our coach let us off until January 8th, 2018 after the end of the fall season, so it is up to me to go to the optional workouts and keep up and build my fitness, to get faster. This is pictured in the first attached picture. In order to accomplish this goal, I will be trying to go to the aforementioned optional workouts throughout new next 5 or so weeks. I will be keeping a journal on my Google Drive of when I went and what workout I did. I will also record my times. Keeping a structured collection of all the information seems to be the best way to go about training for the upcoming spring season. The beginning of this list is also pictured below, with my first practice already marked and ready to go. I will be getting up at 5:30 in the morning to get to the boathouse at 6 and work out for a little over an hour and then heading to school. Trying to fit in about 3 to 4 of these practices a week seems to be a good plan in order to accomplish my goal of getting faster. While the fall season was upsetting, I am glad I have a plan going into the next few months for my training.



program at Ed's. I mostly did two things: answer two families questions as we ate dinner and answer many parents question in our college counseling room. Parents asked me such things as "What made you want to do IB?" "Where are you planning on going to college?" "Do you think IB has been beneficial to you?" and "How did you decide to do IB?" I expected to be asked these questions, and I thought that they were going to annoy me. However, being forced to honestly answer these questions to curious parents, who reminded me much of my own parents when I was taking part of the same process, was fairly therapeutic to me. I had never put so much effort into figuring out why I did IB and what lead me to the conclusion that the program was the next logical step in my education, but here I am 4 years after I made the decision to go with it. Many of the parents asked me if I had a "life." Answering that question was ultimately very introspective, because I had to ask myself many questions and decide if I was happy with my life in order to determine if I had a "life" outside of school and the program. I thought about all the relationships which I have formed and the ones I have outside of this school, the amount of time I still do have to pursue things that interest me, and my ability to participate in rowing, a sport which has changed my life for the better. I did conclude that I had a "life," afterall. All of this made me very happy and pensive on the relaxing drive home. The whole event was a strange, impromptu therapy session in a way. I got to admit what I see to be at fault with the program, in my experience, and see how much it, and other events in my life, have made me into who I am now.



### Public Speaking Reflection (January 11, 2018)

Another CAS experience, that I had not intended for it to be, is when I spoke at a scholarship reception for my school on January 11, 2018. I was invited by my school's vice president of admission to speak about the pillar of excellence from our mission statement. I was asked write, practice, and speak about my pillar, while 3 other students spoke were to do the same on the other 3 and one student was chosen to lead the event. The reason that this reception happens is so that 8th graders still making their high school decisions can be talked to by current students and be recognized for their reception of scholarships. We met twice beforehand, once to understand the event and the other to practice for it. I was both excited and nervous at first. I was excited to be one of the kids who gets the opportunity to talk to the incoming freshman at an event that I remember going to when I was still deciding which school to go to. I was nervous because I do not do much public speaking, and I have never gotten up in front of an audience that

I have never met before. I was also nervous that I would mess up or that the people there would not like me for one reason or another. The event ended up going well and I was happy about that. I believe that I should have set more time aside for writing and practicing what I was going to say, but for the time I had, I felt that I did a good job. In the future, I will take this experience into any more public speaking I end up doing. This was a great first opportunity to get some real experience with it and overcome my fears. I know that if I do anymore speaking that I need to make what I am talking about more relatable to my audience and take time to come up with stories that are entertaining and applicable. I had never realized that when you are speaking with lights on you, it is almost impossible to see anyone specifically in the audience, which makes it easier in a way. I also didn't realize that talking in front of many people was easier than reading in front of a smaller group, which is what I did at the practice.

Invitation to Serve as a Scholarship Reception Speaker on Thursday, January 11 [Inbox](#) x



**McKenna, KC** <kcmckenna@sehs.net>  
to me

12/4/17

Bart,

On Thursday, January 11 we will be hosting a Scholarship Reception for the incoming Class of 2022. We would like to invite you to speak to the crowd for 5 minutes about how the pillar of EXCELLENCE is important to the St. Ed's Community.

Please let me know if you would be open to speaking and we can discuss details further.

Thanks!  
Mr. McKenna

### **The Third Interview Reflection**

Through my CAS project and other experiences I have achieved all of the learning outcomes for CAS. Through my experiences, I have learned about my own abilities in my projects, such as my ability to work in a group or pick up on tasks I have never done before. I also realized my own need to get better at public speaking and organizational techniques. I think I saw my abilities and did improve on some of my weaknesses, but I know I still have some work to do to be the person I want to be. With this, I did take on new challenges. Being on the worksite and talking to parents at the IB Immersion night and the scholarship reception were some of the new and unfamiliar activities I undertook.

Most of my CAS project required planning and working with my partner. We had to set plans for what we wanted to shoot and when we wanted to edit, along with getting ready for the trip. I had to make sure that I initiated the editing and putting together the video in time for it to be sent out to the whole school when the trip was announced. Many of my activities, from rowing to Appalachia to the student ministers, required me to initiate them and work with others in order to complete them.

The issue my CAS project dealt with was important, and was not entirely local. We had to leave Ohio to go to West Virginia in order to assist people in financial trouble who were in need of a home. Dealing with this is a way to begin chipping away at the issue of global poverty and homelessness. The people we helped will also help to “carry it forward,” and the Habitat for Humanity organization will continue to need help from volunteers who will hopefully follow the example we set.

I have considered, to some extent, the ethical implications of my actions. When doing any kind of service work it is important to not be patronizing to those who are receiving help. Additionally, it is an issue of my ethical beliefs as to what I want to promote about myself and the school when I speak on its behalf or on the behalf of the IB program.

Lastly, I have certainly developed new skills through my experiences, or at least begun developing them. I have learned how to better use construction tools, organize a group, organize a project, and generally work toward a common goal. Also, I have begun to develop some skills involving public speaking. Overall, I have learned to always try to make use of opportunities that I might not be comfortable with in order to develop new skills.