**Describe your overall experience in this activity type including awards, recognition and success. (approximately 300 words)**

My experiences playing in the Central City Ball Hockey League and in L.A. Matheson’s Ball Hockey League were truly remarkable. At age fifteen, I enrolled into Central City ball hockey. Adapting to the demands of new coaches and learning core hockey skills was a challenge. One of the key elements that helped my journey in the sport of hockey was teamwork. It was crucial to learn the perspectives of my teammates rather than just competing with a narrow point of view. This background knowledge gave me the skills to embed my efforts into becoming one piece of the puzzle that fit with the other pieces in order to create a successful unit. Teamwork was not the only factor needed when it came to playing well. A sense of discipline was also required to perform at a rigorous level. Discipline teaches individuals that sports are not simply fun, but rather are highly intensive activities that have a certain standard that has to be met by the athlete in order to succeed. Being equipped with these skills, however, did not immediately result in a podium finish during my time in the Central City Ball Hockey League. This feeling of failure, from which lessons were learned, pushed me further to improve my ability in the sport. The many values and qualities I gained in the previous year of hockey helped me transition into the highly competitive L.A. Matheson Ball Hockey League. Using what I had learned about teamwork, discipline, and dedication, as captain, I pushed my teammates in practices and games to play to their potential and beyond. Once the playoffs were over, our team finished in 3rd place. This ranking of 3rd place was a genuine achievement that signalled the progress I had made as a leader and player.

Jumpstart Academy is a program designed to keep children active and healthy, while providing them with the necessary fundamental movement skills to excel in sports and games. I was delighted with my involvement in this program as it was exhilarating to see the younger generation evolve not only as athletes, but also as members of the community. My goal within the program was to provide youths with opportunities to achieve success through physical literacy. On a weekly basis, we would start off the day with a warm-up activity to ensure that the body and mind were prepared for our upcoming exercises. Each week was different from the previous one as there was a new fundamental skill to focus on. This allowed us to demonstrate and teach a variety of perspectives about fundamental athletic movements. It was very satisfying to see how eager the students were to learn the core values of sports and games. As a student mentor, it was crucial to model responsible behaviour because it provided students with someone to look up to. If, however, a student was not cooperating with his or her peers, he/she would be taken to the side and be given a small talk. The conversation would not be to negatively reinforce anything, but to tell the student what he/she did wrong and how such behaviour could be improved in the future. Engaging alongside the children, by participating in the exercises, gave me a sense of how mentorship and sports can change the lives of students. As high school seniors, we are more than just volunteers at Jumpstart Academy, we are role models. Being in a position to impact children’s lives, we are now the ones who must inspire the next generation with a positive message.

I was genuinely curious to witness what the world of banking was all about. This led me to contact Assistant Branch Manager Anjali Murray at Westminster Savings & Credit Union and she was very welcoming as she gave me an opportunity to job shadow her for a few days. Upon arriving at the credit union, the first thing I noticed was that presentation is key. All staff members were dressed a certain way to convey to the clients that they take their job professionally. The experience began with a brief tour, where she showed us all aspects of the firm from the vault that contains the valuables, to the advance technologies used to make banking effortless. What I witnessed was very intriguing. Everything completed at the bank is done in a way to leave customers satisfied, which is what any business would want. Great customer service is truly what every business strives for. An important concept I learned from my time at the credit union is that there are three types of specialized banking: retail, commercial, and investment. Each of these aspects of banking requires a specific skill set, but all are important in the operation of all lending institutions, including Westminster Savings. I was impressed by the incredible diversity of career paths in banking. From technology, to advertising, to oversight, there is a niche for anyone with an interest in business. Next year, I hope to continue to learn more about the world of finance through my studies at SFU and by joining business focused clubs such as the Business Administration Student Society and the Accounting Student Association.

**Describe your overall experience in this activity type including awards, recognition and success. (200 words)**

Volunteering for a political organization, the New Democratic Party, during the 2017 provincial election was an eye-opening experience. I don’t hold any strong political views, so I was surprised at how exciting the electoral process was. Working in the office taught me that there is a lot of strategy that goes into a campaign. When I began, my parents suggested that I was wasting my time because the BC Liberals would easily win re-election as voters only care about the economy. However, in our office interactions with Surrey voters, issues such as affordable housing, child-care, and gridlocked traffic kept coming up as priorities. The Liberal party seemed to be downplaying these issues, so I was not surprised when the NDP swept six of the nine seats in Surrey. Being a part of this process taught me that the efforts of any organization need to be in tune with the people that they serve. Like any good business, a political party must do its research about the needs of consumers and adapt to those demands. I have a lot to learn about business strategies, but found the 2017 election to be a great motivator for my business studies at SFU.

**What do you consider to be your greatest achievement so far? Explain this achievement and why it's important to you. 300 words max**

My greatest achievements have come through the community volunteer work that I completed with the Surrey School District’s Jumpstart Academy and more recently coaching basketball through the Jerome Outreach Society. Jumpstart involved building the confidence of young people by teaching them skills that make them active and better able to work in teams. Working with the 10, 11, and 12 year-olds in Jumpstart, I learned that to keep these youths motivated, I had to plan sessions carefully to get the best out of each child. Inspiring Elementary school kids to achieve their dreams doesn’t come from telling them to follow the exact same footsteps I did. Instead, I discovered that they work towards their dreams by learning skills that will help them to become better athletes, better students, and ultimately better people. By supporting the participants, I earned their trust and was fortunate to have my entire Jumpstart group complete the program. In January 2017, my school’s athletic director reached out to me to help with coaching basketball at Cedar Hills Elementary through the Jerome Outreach Society. Although I’m much better at hockey than I am at basketball, this experience has been really rewarding as I have witnessed my group of grade 7 girls become much more united as a team. Next year, I hope to continue with this type of volunteer work as a post-secondary mentor for the Jumpstart program and as a student volunteer with SFU’s ACTIVE club. I am lucky to have been the recipient of a lot of good coaching from adults and teachers in my community. Volunteering at Kirkbride Elementary with Jumpstart and at Cedar Hills Elementary with the Jerome Outreach Society has given me a chance to give back and that has been my most significant achievement.