

THE ROUND TABLE

INSPIRING - INFORMING - CONNECTING

Do You Know Where You're Going?

If you board a plane in Halifax headed to Vancouver and there is even just a 1-degree shift to the right or left of the intended target, you will end up 300 kms from your destination. The problem is when you're sitting on the plane you can't notice that small of a shift. It isn't until it is compounded over a cross country flight that you realize you've landed in the wrong place.

Change doesn't happen overnight, it can take weeks, months, and in some cases, years. Where you end up, depends entirely on which direction you are headed.

Let's take this analogy and apply it to your life. Perhaps your intended target is to graduate high school, get elected to student council, improve your mental or physical well-being, etc. The key to achieving these goals is to stay on the right path over a long period of time. Again, change, success, achievement, happiness, fulfillment, whatever, will take years to achieve. To graduate from high school, you have to spend 12 years going to class, completing assignments and passing tests. Only then does the school award you a diploma. This, however, is also true with negative outcomes. They take a long time to be realized. And the root problem is exactly the same - we often don't even realize that we are heading in the wrong direction because that 1-degree shift isn't apparent on the runway. But in 5 years ... you are going to end up in a completely different place than you were hoping to be in.

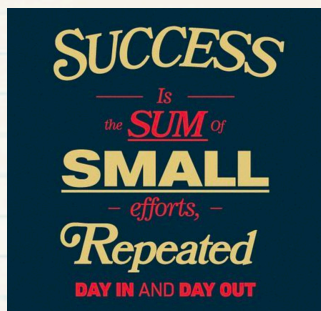
This is why planes have an automatic course correction system. The plane will naturally veer off course based on many factors but it is this automatic system that corrects the flight path so that when you leave Halifax you end up in Vancouver.

This is a natural process. You are going to do things every day that, over time, will compound and the result will be a destination 10 or 15 years from now.

Here are three fundamentals to think about when designing the life you want: identity, vision and purpose.

Let's start with identity. **Identity asks the question, who am I?** It looks at you as a person - your personality traits, your likes and dislikes, your interests, and the things you are naturally good at. A career counselling specialist will often administer different assessments to determine your inherent skill sets. These may include things like: good social skills, task oriented, does better with clear deadlines, self-starter, etc. These can change over time based on many factors but there are some inherent skills and attributes that you naturally have. It is important to think about these when deciding what kind of life you want ... and have your life goal line up with who you are as a person.

Next, let's talk about vision. **Vision asks the question, where am I going?** What do I want my life to look like, in the next 3 months, 6 months, 5 years? These are outcomes, things you want to aim towards, or destinations you want to get to. Your vision may be graduating high school, attending a post-secondary institution, getting work experience, volunteering in your community or getting your driver's license. Visions can also be process oriented, like becoming a better friend, spending more time in nature, eating healthier, getting up earlier. Visions and goals can change, but if you are boarding a plane you may want to know at the very least which direction you are headed so you know what to bring in your suitcase! If you are heading north, you'll want a warm jacket for when you get there.



Finally, let's talk purpose. This might be the most important thing because it keeps you getting out of bed in the morning.

Purpose asks the question, why am I going there? Why does it matter? Why would I sacrifice short-term convenience for a long-term intended outcome? We all know it's easier to stay in bed most mornings. Purpose is what gets your head off the pillow and out into the world. Purpose is overarching - it might be to afford your own place to live, or to support a family member, contribute to your

broader community, or to afford the newest iPhone. There is a famous quote: "A person who has a strong enough why can bear almost any how." If your reason for doing something is not strong enough, or you don't remind yourself of it often, then your day-to-day effort will be in jeopardy. Purpose is what keeps you going.

With these fundamentals in place, **it then comes down to your habits.** What are you doing on a day-to-day basis that is bringing you closer to the person you hope to become? The truth is that you are going to become somebody so you might as well spend time trying to become the person you would like to be. So what are your required course corrections?

What are the habits that you want to create? Here is an easy place to start. Take a look around your current environment and see what can be done to improve, even slightly, your current circumstance. Pick up your clothes off the floor, make your bed, do the dishes, drink a little more water, go to sleep a little earlier, start your homework. It's really hard to go out and change the world if you don't even make your bed in the morning.

Life won't necessarily change tomorrow, but if you compound positive habits over a long enough period of time, you are more likely to end up in a place you want to be. And as someone you are happy to introduce to others.

CATAPULTERS IN THE NEWS

Brianna Vickery '18 has a small business selling art prints inspired by her favourite books. **Neleah Weese '18** was awarded the 2022 Trades and Technology Scholarship. She is completing the heavy-duty equipment technician program at CNA Goose Bay. Neleah prides herself on challenging social norms, especially when it comes to women in the workforce. **Vessa MacNeil '17** received the Queen Elizabeth II Platinum Jubilee Medal for her community service and volunteerism in Cape Breton (pictured below). She is also now a Teaching Assistant at Acadia. **Kayla Bernard '11** presented a session on Community Youth Development and Inclusion at Dalhousie.

Vanessa Hartley '14 will be a keynote speaker at the upcoming National Black Canadians Summit. **Kelsey Clarey '10** made headbands and raised \$1,200 for Desert Bus for Hope. **Donna Marshall '12** decided to give up her job in banking and is making a living selling her own paintings!



Congratulations to Emily Odo '19

for winning the 2022 Catapult Alumni Award of \$500! This bursary is raised by Catapulters for Catapulters pursuing post-secondary education. Emily is in her 1st year of the Bachelor of Health program at UNB Saint John. Her goal is to become a general surgeon. At Catapult camp, she found inspiration, confidence in her abilities, a new family and a leader within herself. "After camp, there is a "high" where you feel like you can take on anything the world throws at you and you are invincible." That feeling stuck with Emily and helped her take on leadership roles in her community such as starting a SMILE club in high school, volunteering at her local hospital and food bank, and taking an active role in school clubs like GSA, Headstrong, the Clothing Cave and Comfort Closet. Emily also helped care for her grandmother since she was young. In St. John, she works part time and volunteers on campus for the Student Council. Thank you to this award founders **Zach MacMillan '09**, **Tyler Sweeney '10** and **Nikki Shahin '12** and all alumni who donated!

Congrats to Naequan Beals '22 for receiving a 3-year scholarship to attend Sacred Heart High School in Halifax! Catapult partners with SHS where every 3 years we submit a nomination for this opportunity. SHS is part of a global network of schools that are known for graduating well-rounded students, not only focusing on strong academics but on social justice and charitable activities that make our world better. "First semester was really hard, being at a new school where I knew absolutely no one, while at the same time getting used to high school's greater work load. Now, in 2nd semester it's going amazing! Since the school is so much smaller than Dartmouth High, I'm extremely popular and feel much less stress! I feel like I'm living a teenage dream 😊!" Our first nominee **Abul Faqirzade '18** graduated from SHS last June and is now studying Kinesiology at Dalhousie. He too enjoyed being at SHS, especially as a star player on the school's basketball team.

SNAPSHOTS

TYREL McLELLAN - 2020



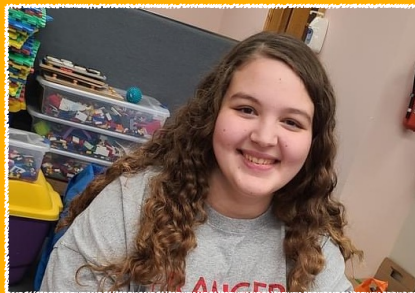
School: Ecole Acadienne de Truro

Cool Fact: I dead lifted 385 lbs!

Fave Camp Memory: Karaoke in Kevan's office. **What inspires me:** My Nana. **Future Plans:**

WWE Superstar. **Fave quote:** "You either die a hero, or live long enough to see yourself become the villain." - Harvey Dent."

EMMA CHOLAK - 2021



School: Rankin School of the Narrows

Cool Fact: I solved a Rubik's cube in 18

seconds. **Fave Camp Memory:** Skit Night (made Jiggle Jiggle into Shakespeare's Romeo & Juliet). **What inspires me:** The discovery of new things that seem impossible. **Future Plans:** Doctor in Cape

Breton **Fave quote:** "Make a plan. Set a goal. Work toward it, but look around now and then. Drink it in, 'cause this is it. It might all be gone tomorrow." -Meredith, Greys Anatomy

NAEQUAN BEALS - 2022



School: Sacred Heart (nominated by Catapult!) **Cool fact:** I'm a body builder. **Fave Camp Memory:**

Football night. **What inspires me:** Sir Issac Newton's contributions to universal gravity. **Future Plans:** Study physics & travel.

Fave Quote: "The important thing is not to stop questioning; curiosity has its own reason for existing" - Albert Einstein

Need a Summer Job?? Don't wait - NOW is the time to start searching!



If you're a student wanting a summer job but will still be in high school next year:

- Start asking employers in your community if they have any potential summer jobs coming up (try local hotels, arenas, parks, restaurants, religious organizations, etc).
- Town councils often apply for provincial and/or federal funding to provide student employment, so touch base with them and see if there is anything on the horizon.
- Develop and/or update your resume and cover letter. Make sure you are noting your involvement in Catapult and that you attended our PLUS conference last year.
- Catapult offers help with resumes and cover letters as do many teachers and guidance counsellors. If there's an employment services centre near you, they can help too.
- If there are people in your area who tend to hire students, reach out to see if there are volunteer opportunities available with them during this winter and spring. This will allow you to get a foot in the door early!
- Review your public facing social media accounts to make sure there's nothing on them that would discourage an employer from hiring you.
- If someone you know does a lot of interviews, ask them to help you do a practice interview.

For students graduating from high school this June:

- All of the points above are relevant
- If you are planning to go on to post-secondary this year, make sure to check if the institution(s) you are applying for have any entrance scholarship or special scholarships for which you should be applying. As hard as it is to believe, there are special scholarships that go unawarded every year because the people who meet the criteria do not apply for them. Investing your time in scholarship applications might pay off far greater than any employment job! And don't forget Catapult provides nominations for specific scholarships at NSCC, Dal & SMU!
- Many students take summer jobs that clash with their ability to attend their orientation/welcome sessions at their post-secondary institution in the Fall. Although the money is important, attending these sessions is also important. Most employers will give you this flexibility if you give them enough notice.
- Talk to your guidance counsellor to see what advice they would give for potential employment that may relate to the academic program you are considering
- For those of you planning on taking a gap year, this is completely fine. Continue to use this period as a way to explore your interests and to potentially save some money if you are considering post secondary in the future. Doing a budget would be very wise. The main pitfall people encounter when taking a gap is that they take on other expenses such as travel or a new vehicle that may put them in debt and make it more difficult to be able to return to school in the future.

Dawson Drummond

'22 is competing in badminton in the North American Indigenous Games held in NS this summer.



The Games will bring together more than 5,000 athletes from 756 Indigenous Nations to celebrate, share and reconnect through sport and culture in Kijipuktuk (Halifax), Dartmouth and Millbrook First Nation. **Bryson Knockwood '13** was Captain of his Lacrosse Team in the 2013 Regina games and again in Toronto 2017. He will be volunteering this summer and wants you to know it's an incredible experience. If you would like to volunteer too, or go watch the games, visit www.naig2023.com for info.

Need a Test Drive at NSCC?

Chloe Marshall (2018) wants to let Catapult'ers know about NSCC's "Test Drive Program." *Not many people talk about the uncertainty of transitioning from high school to the "adult" world. I was supposed to be in the graduating class of 2021. The pandemic delayed that, as I chose to leave high school and work instead. I am now in the graduating class of 2023 at Bedford and Forsyth Education Centre. While I was still working, I met a lovely woman who works for the HRCE, and she informed me that Nova Scotia Community College has a Test Drive Program for their courses. The trades industry is in high demand for workers. As an artist I've always been interested in creating but it's hard to make a living from it. Doing a trade provides a sustainable way of life and is a nice fit for a creative person. I spoke to my guidance counsellor at school who helped set me up with the opportunity of attending NSCC for a day with their 1st year Welding and Metal Fabrication class. Attending the Test Drive program helped to eliminate my anxiety of having to fully commit into a program without being sure it was in fact what I wanted to get into. Since attending, I have been encouraged by the instructors, my mentor Victoria as well as other students to apply. I have since been accepted and feel much less uncertain around which direction to take my life." As an added bonus, Catapult can nominate Chloe (and any other alumni heading to NSCC with financial need) for the D. R. Sobey Award, a scholarship of \$5,000 over 2 years. To book your Test Drive, just google NSCC Test Drive and you'll find the link to sign up.*



National Black Canadians Summit

July 29-31, 2022

Halifax Convention Center
1650 Argyle Street
Nova Scotia



Vanessa Hartley
she/her/elle

Featuring Catapult's very own alumni Vanessa Hartley '14

The Summit will celebrate stories and the history of Black Nova Scotians, a largely untold story that highlights how many contributions and innovations have gone unrecognized. Through their stories, we will ensure that future generations of Black Canadians know and take pride in their history and their identity. Black history is Canadian history.



Need a Tutor??

(Or want to volunteer to be a tutor?) Go to www.thehalifaxhelpers.com for free online academic and language support. You can choose from 25 tutors, sessions are on Zoom and booked one week at a time! Check them out!

Here's what you missed:

- Getting involved Workshop - After only 20 minutes of collaboration we were so impressed with the ideas to help make our communities stronger. As just one example, Emma & Olivia are joining forces to create a Winter event in Sydney to benefit the farmers who were impacted by Hurricane Fiona. Many hands make light work!
- Alumni Conference - *"The money management session was awesome and Kevan's 'build-a-ramp' exercise was a blast. Every session taught me something and helped me reflect on changes I can make now so I'm more prepared for life. The Mocktail reception afterwards was a great way to end it with some fun and laughs."*
- Personal Goals - *"This session helped me set SMART goals for the year and helped me be able to deal with any of the potential obstacles that I will face on the way. My favorite part of the session was when we went over the 4 strategies for time management: Prioritizing, organizing, scheduling, and mitigating distractions. I was inspired to make a schedule and seriously focus on trying to achieve what I set out to do."* - Joey

THANK YOU to the Alumni Conference Organizing Committee: Martina '18, Tyrel '20, Asiah '19, Akeel '19, August '13 and Tarelle '20!

A LETTER FROM JANE ROY

In honour of Black History Month, I'd like to celebrate the Black person who has influenced me the most. Julian Maynard, born in Bahamas, was Catapult's Camp Director for our first 10 years. Julian taught me so much about working with and inspiring young people. Julian always put the needs of each and every individual camper above all else. He taught me to slow down and micro-think our program so that all of you would be safe, physically and emotionally. Julian always saw the person before the behaviour, acknowledging there's always a good reason why people act as they do. If you were one of our Catapulters who was challenged to participate, you'll know first-hand that Julian would not give up on you. Even when you were both utterly exhausted from trying. Julian's goal was to make sure each and every camper experienced "THEIR" very best Catapult, and he knew that the meaning of 'best' would be different for each individual. I know Julian continued to invest his time and love into many of you after camp too. Julian's experience, empathy, understanding and gentle kindness helped make Catapult the family it became. I am lucky to call him friend.

~ Jane



UP coming EVENTS

Contact Lori to register for an event. Workshops will be held on Zoom unless otherwise noted.

Sun Feb 26 7-8pm	Wellness Focus - a PLUS workshop online
Sun Mar 26 7-8pm	Mission Statements - a PLUS workshop online
Sun Apr 16	Grad Workshop (for anyone heading into post-secondary). Watch your newsfeed for details
May - TBA	Money Management

*Need to talk?
kidshelpphone.ca

We are seeking volunteers to help plan our Grad Conference and join our Speaker Panel. Please DM Lori if interested!

"If you don't know where you are going, you'll probably wind up someplace else."

<https://www.tranquility.app/novascotia> - This FREE Tranquility app is designed to help Nova Scotians age 16+ experiencing mild to moderate anxiety and/or depression.

Welcome **Asiah Sparks '19** to Catapult's Board of Directors as our new Alumni Rep! Also, welcome **Mary Navas** from National Public Relations to our Board!!

Catapult T-Shirt Day
April 6th
Wear yours to celebrate the new Catapult nominees!
#CatapultShirtDay

THE ROUND TABLE was named with Catapult's medieval theme in mind. King Arthur insisted on having his faithful knights seated at a round table where everyone was treated equally and had an equal voice. Use your voice and send us your submissions for the next newsletter!



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