

# ISAAC

## EHS 2010, EAGLE ROCK SCHOOL AND PROFESSIONAL DEVELOPMENT CENTER 2014

Isaac graduated from EHS in 2010 and graduated from The Eagle Rock School and Professional Center in Colorado in 2014. When EHS re-opened in the midst of the Covid-19 pandemic in September of 2020, the school needed more faculty to accommodate the even smaller class sizes and social distancing that the pandemic necessitated. EHS was thrilled and honored to hire Isaac; he returned to EHS as a full time teaching assistant for the 2020-2021 school year. Now, Isaac lives in Chicago, where he works in youth support services.

Recently, Isaac reflected on his time at Eagle Rock, and the lessons that he learned there. Isaac remarked that many of these lessons built upon the solid foundation that EHS had provided him:

Prior to becoming a fulltime student at Eagle Rock, it is required that the incoming students go through a twenty-five day wilderness trip simply titled "Wilderness." Wilderness was a great opportunity to not only help push me mentally, but also physically, at that pivotal point of my life.

There are three major lessons that I learned on this trip and that I still incorporate into my life. My first major lesson was to evaluate myself and surroundings in order to take care of myself first. By doing so, I can be a more effective leader. Learning this lesson has helped me, not only during my





time at Eagle Rock, but also in some of my past college courses where I participated in group projects.

Another major learning I discovered on Wilderness was the power of communicating effectively, especially in conflict. During the trip, a classmate and I had a disagreement with one another. However, I had a solid meditation practice from my time at The East Harlem School. I utilized that practice and my classmate and I were also taught how to voice our opinions. Not only did we resolve our conflict, but we understood each other's points of view and were able to reconcile our friendship. I still use the practice of meditation and communicating effectively to help others.

The final major lesson I learned was to stay positive. The Wilderness trip had many challenges and I was tempted, more than once, to drown in the negatives: how hard it was, how cold it was, how heavy my backpack was. But once I understood that my groupmates saw me as a leader, I set out to change my own behavior. By focusing on the positives, I understood how to inspire others.

I have expanded my comfort zone by evaluating myself and my surroundings, communicating with others, and staying positive throughout a multitude of situations. I continue to carry these lessons with me now, and my commitment to lifelong learning and growth makes me excited for what the future holds.

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