

Name: ,

Candidate Number: 0009160072

Senior Portfolio- CAS Learning Outcome List

Learning Outcome	Activity(ies) That Met the Outcome	Date(s)
Identified own strengths and develop areas for growth.	Baseball NYLT	November 2017 – April 2019 November 2017 – April 2019
Demonstrated that challenges have been undertaken, developing new skills in the process.	HUNCH NYLT NHS	August 2017 – April 2019 November 2017 – April 2019 August 2017 – April 2019
Demonstrate how to initiate and plan a CAS experience.	NYLT NHS	November 2017 – April 2019 August 2017 – April 2019
Showed commitment and perseverance in CAS experience.	HUNCH Baseball NHS	August 2017 – April 2018 November 2017 – April 2019 August 2017 – April 2018
Demonstrated the skills and recognized the benefits of working collaboratively.	Baseball HUNCH NYLT e-NABLE	November 2017 – April 2019 August 2017 – April 2019 November 2017 – April 2019
Demonstrated engagement in issues of global significance.	NYLT HUNCH e-NABLE	November 2017 – April 2019 August 2017 – April 2019 January 2018 – January 2019
Recognized and considered the ethics of choices and actions.	NYLT	November 2017 – April 2019

Reflection:

Over the course two years of engagement within the international baccalaureate program, I have participated in several CAS projects/activities that have helped me become more involved in the school and in the community. For me, CAS has served as a gateway to escape the homework constantly looming over me. In these times, CAS has helped me handle the stress and better manage my time. CAS has also allowed me to learn as grow as a person as well as a student. Overall, CAS meant that there was more to school than just work, and it helped me create connections and friendships with a broad range of people.

The two main areas in which I learned and grew were teamwork skills, leadership skills, and time-management. When a person works with a team, they are forced to allow everyone to contribute and be included in the final solution. When playing sports, teamwork goes to demonstrate how important it is to know your teammates' abilities and work with them to win. Moreover, when you work in a group, someone usually emerges as a leader. In these team-environments, I have worked to become that leader who steps forward. In doing so, I have become more confident. In the area of time-management, I have primarily grown because school has given me more and more work through the year. When you have more work to do in the same amount of time, you are forced to spend a larger percentage of that time actually working. A few of the particular skills I have advanced in the past years are CAD drawing software, 3D printing, and my athleticism. In HUNCH and e-NABLE, my groups designed parts using CAD software, and prototyped using 3D printers. In my athleticism, I have identified specific areas in which I can improve and have worked on these areas in every practice, workout, and game. In the end, CAS has taught me more than just skills or techniques, it has taught me to live a well-rounded life. By having community service and extra-curricular opportunities in my life, I learned how important it is to give back to your community and have connections. This greatly changed my perspective because I have started looking for more of these opportunities in my life.

The value in CAS is very widely spread. When I took part in community service, the people in need found the value. In team-oriented activities, CAS indirectly pushed each of us to try new things and increase our knowledge. In sports, my team found value in CAS where it pushed us to become better athletes. In the classroom, CAS pushed me to hold my grades to a higher standard. I found value in CAS when it helped me to become more involved in the school and community. The numerous opportunities CAS has given me have benefitted me greatly.

When I play baseball, I work to identify my strengths and find areas for improvement. I have worked on these areas to be a better athlete and a better teammate. I know that I am very strong mentally and that I am a solid player. After the disappointment of making JV during my junior year, I pushed myself to become an even better athlete and baseball player, eventually earning myself a position on Varsity during my senior season. From there, I have continued working hard and have earned a spot as a pitcher in the starting rotation on the team. From there, I have continued using my abilities to maximize the success of the team.

In the NASA HUNCH program my team is in the fourth year of designing hardware for the International Space Station. We were tasked to design and manufacture a handle for the CEVIS, which functions as a stationary bike. Although this seemed like an easy issue to solve, we had to comply with NASA's criteria and constraints, both in terms of material and design. Through this project, I have greatly advanced my knowledge and skills in CAD drafting, as well as 3D printing. We also developed our skills in teamwork, time-management, and communication. For this project, we would never know exactly when we would have to present our solutions, so we had to stay on top of everything in order to be prepared. At the beginning of my junior year, our NASA mentors told us our project might be cut. After two years of progress, this was surprising and disappointing. However, I resurrected the project, put a team together, and we started moving back toward the ultimate goal of putting our project in the ISS. During my junior year, we were invited to present our project to engineers at NASA, and after receiving positive feedback, were asked to continue the project. In my senior year, we were once again invited to come down to Houston to present our project. After more feedback, we were asked to send our prototype to NASA for the summer, with the potential to send our project to the ISS. This would make our project significant worldwide, as it would be used by people from all around the world. Moreover, along the way we have worked with engineers and astronauts from around the world.

Similarly, in the e-NABLE program, we were tasked with 3D printing and manufacturing prosthetic hands. Once our first round of models were approved, we were able to start manufacturing hands for people all over the world, specifically in war-torn countries. In the second semester of my senior year, we began finalizing the manufacturing process of these hands, eventually giving us the potential to impact peoples' lives all around the world.

For several of my activities, I worked in a team that demonstrated the benefits of working collaboratively. In HUNCH, the only way to produce a successful solution was to incorporate everyone's ideas. In baseball, it is obvious that a single person cannot win a game by himself. The only way to win is if everyone is working together toward the same goal.

Bighorn NYLT is a leadership camp sponsored by Boy Scouts. It is a weeklong camp where participants learn leadership skills and techniques. I have staffed it for the last few years. As a staff member, it is my job to ensure the best possible experience for the participants and to address any issues that may come up. Additionally, I must work together with the staff to determine what choices are best for the participants, and I must choose my actions and words wisely. My dedication to this program also led to my desire to conduct my one month project within this presentation.

At the end of my first year of being a part of my High School's National Honor Society, I decided to run for the Officer position of President. I saw this as an opportunity to further give back to the community and the school. After campaigning, I was elected. From there, it was my duty to organize volunteering events and manage the 150 member NHS at my High School. The most worthwhile part is receiving thank you notes from the groups we volunteer for. It has amazed me how much of an impact a group of high school students can have in the community.

One Month Project

My one month project originated during the summer after my junior year, July 2018, immediately after I finished staffing National Youth Leadership Training (NYLT). Having staffed NYLT since the summer following my 8th grade year, I had moved up in the ranks and had become very familiar with the program. Most of all, I was very familiar with the presentation materials provided for the course given that I had staffed as an Instructor for two years and as the Assistant Senior Patrol Leader (ASPL) of Instruction for two years. While my first two years it was my job to present the leadership training material, my job the second two years was to teach the new instructors how to be successful at their job. However, after working with the same material for four years, I found that the provided presentations were quite restrictive for the instructors and left room for improvement both in terms of quality of the means of communication as well as the quality of the content. We had already begun taking the initiative to introduce our own activities to assist in teaching the content, but I recognized that more could still be done to increase the knowledge of leadership passed on to each of the participants.

After staffing in the summer of 2018, I was asked to interview for the position of Senior Patrol Leader (SPL) for the summer of 2019. I interviewed in October of 2018 and was selected for the position in early November of 2018. Given that I was now in charge of running a week of the course, I had the opportunity to modify the course and course material as I saw fit in order to provide the best experience for the participants. Thinking back on my experiences as an Instructor and as ASPL of Instruction, I knew the place to start would be with reworking the presentations such that the instructors would be in charge of producing a presentation for each of the lessons on course. They would be able to take the material from the old presentations, add new material, and readjust the formatting as to produce the best presentation for the material. This would make presenting less restrictive and would ensure the Instructors took the time to truly understand the material. I proposed this idea to the Course Coordinator mid-November of 2018 and he agreed with my assessment, not only implementing the proposal for my week, but all five weeks of the course.

Given that the proposal originated with myself, the Course Coordinator asked that I oversee the creation of the presentations for all of staff. With more staff working to accomplish the same goal, there would be less work for each individual. Each week's ASPL of Instruction would be tasked with creating an outline for two of the presentations, the outlines would be shared, and the Instructors would create presentations given the outlines. However, the Course Coordinator threw in a new constraint: given that the council was trying to cut back on the number of staff in order to increase profits (despite staff being volunteers), the instructor position would be cut out. Instead, each of the 6-8 Troop Guides on each of the staffs would be giving presentations. Given this information, it was crucial that when we began selecting staff in late November that we find 6-8 Troop Guides who would also be good presenters. Fortunately, I was able to do just that. From that point forward, it would be my task to lead and guide my staff members to create the best presentations as possible and to hone in their presenting skills to be prepared for the course.

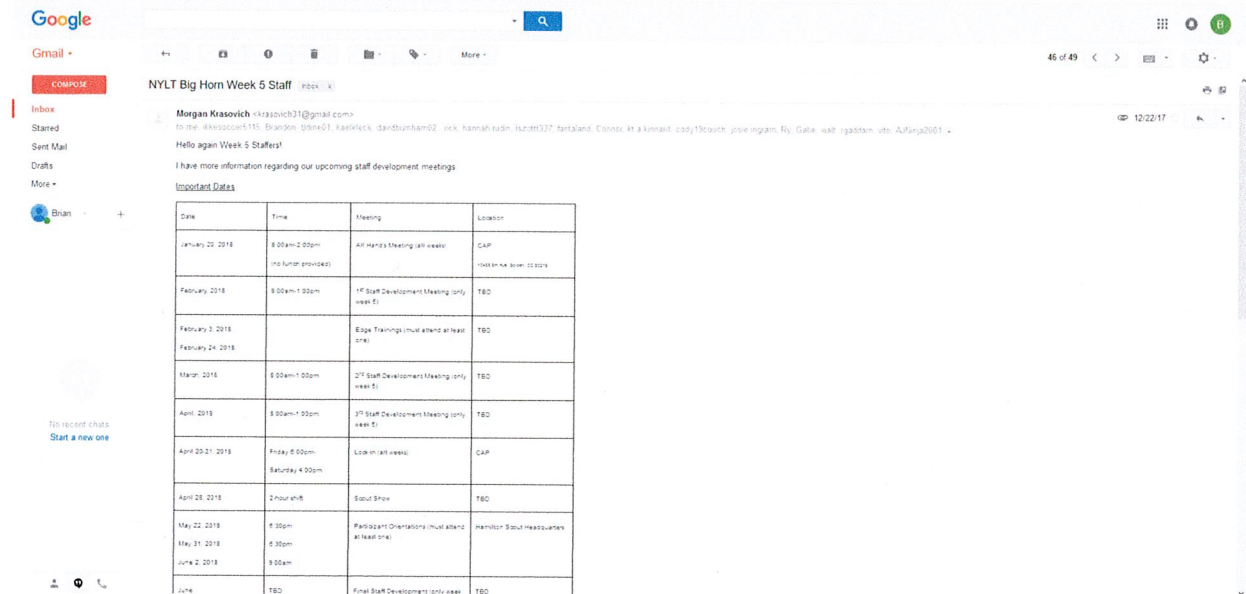
Our first meeting as a staff was on January 5th. At this meeting each staff member had to give an impromptu five minute presentation on a topic of their choice, with minimal preparation time. In turn, I was able to initially recognize the presenting strengths and weaknesses of each of my staff members and give them feedback on where they could improve. Given my knowledge of the course materials, I also started pairing staffers with a partner who would complement their abilities as well as with a presentation that would be fitting for them. This list was later distributed at our next meeting on January 26th. In the few weeks between those two meetings, I asked each of the ASPLs of Instruction to write their outlines and place them in a shared folder via Google Drive. This was accomplished in an organized manner and from there, each presenter was given an outline to work off of.

After our January 26th meeting, we met again on February 16th, March 30th, and April 13th. At each progressive meeting, each individual giving a presentation would give a practice presentation with the material they had been working on. Each time, they were given feedback and a chance to continue improving. As of the April 13th meeting, presentations had been re-written for all material for the course. The original goal was accomplished in the sense that the presenters had a better grasp of their required material and had presentations that would better deliver the course material.

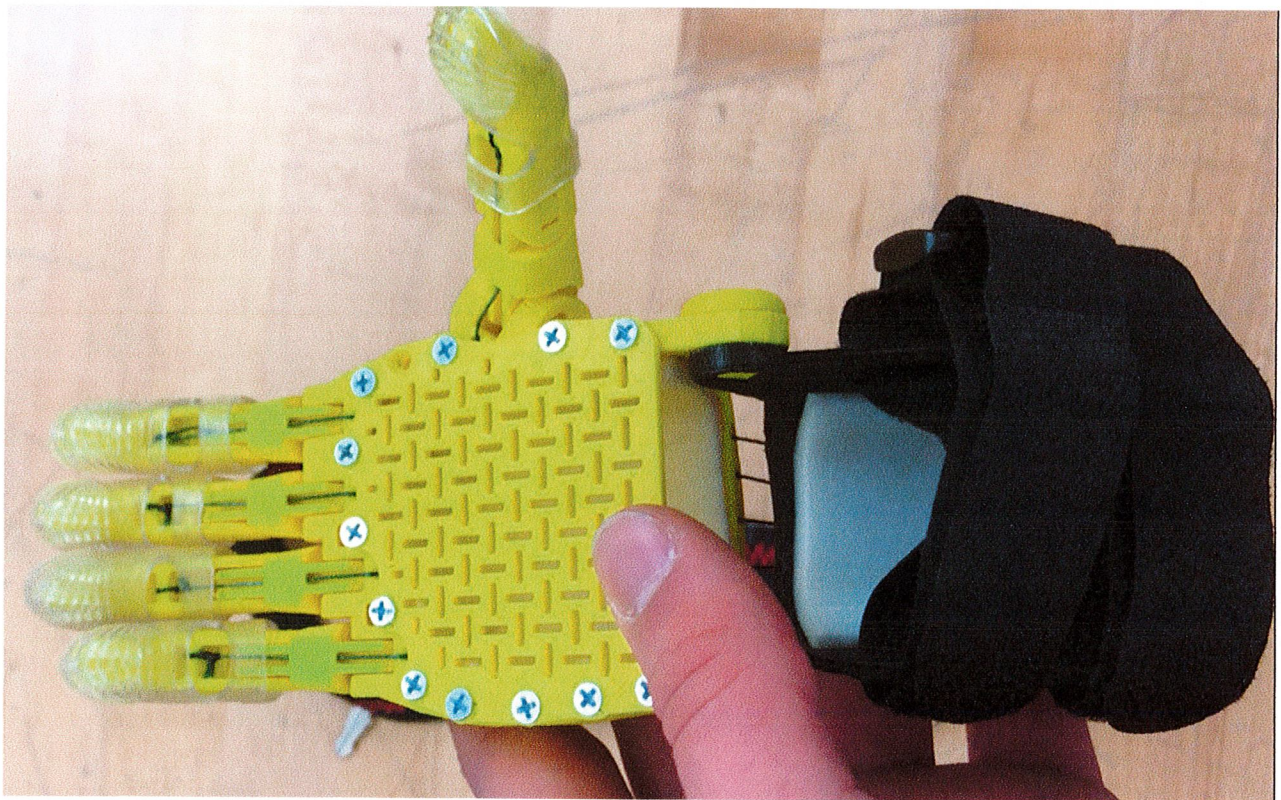
One of the biggest difficulties in this process was when one of my staff members had to drop their opportunity to staff. Life had become too busy for them and they couldn't handle the extra time requirement. Given that this occurred mid-March, I had to fill their position with someone new. Fortunately, when staffers were selected, I also selected two alternates. When I had a staffer drop, I simply moved the alternate into the position, informed them of the presentations that had to be completed, and helped to guide them through the process. What could have been a major issue was prevented by precautions taken in the case of such an instance.

Although the course itself isn't until July of 2019, I have complete confidence that each of my staff members will give high quality presentations that will provide a comprehensive leadership training course for each of the presentations. From where each of the staffers started in terms of their presentation skills, they have clearly taken the feedback to heart, made an improvement each and every time, and come back with more knowledge and more confidence. It has been inspiring to watch each of them to make such a substantial amount of progress over three months and given the completion of the initial task to rework the presentations, I believe the payoff will be very large and will ultimately produce a better learning experience for the participants.

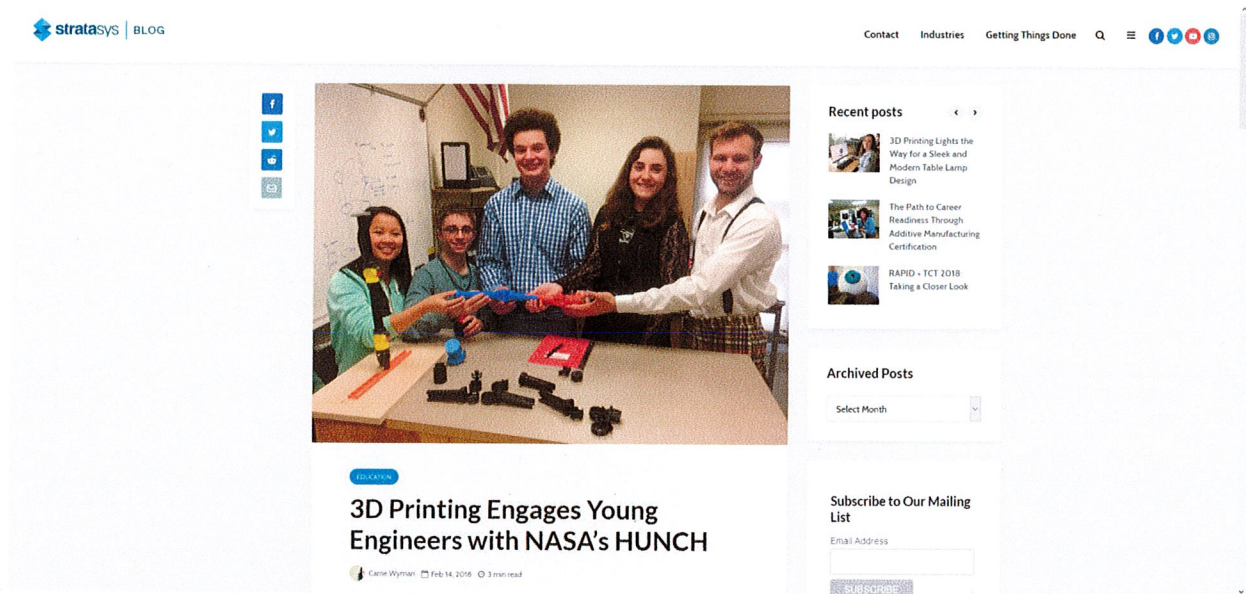
Artifacts:



An email regarding Bighorn NYLT (12/22/17)



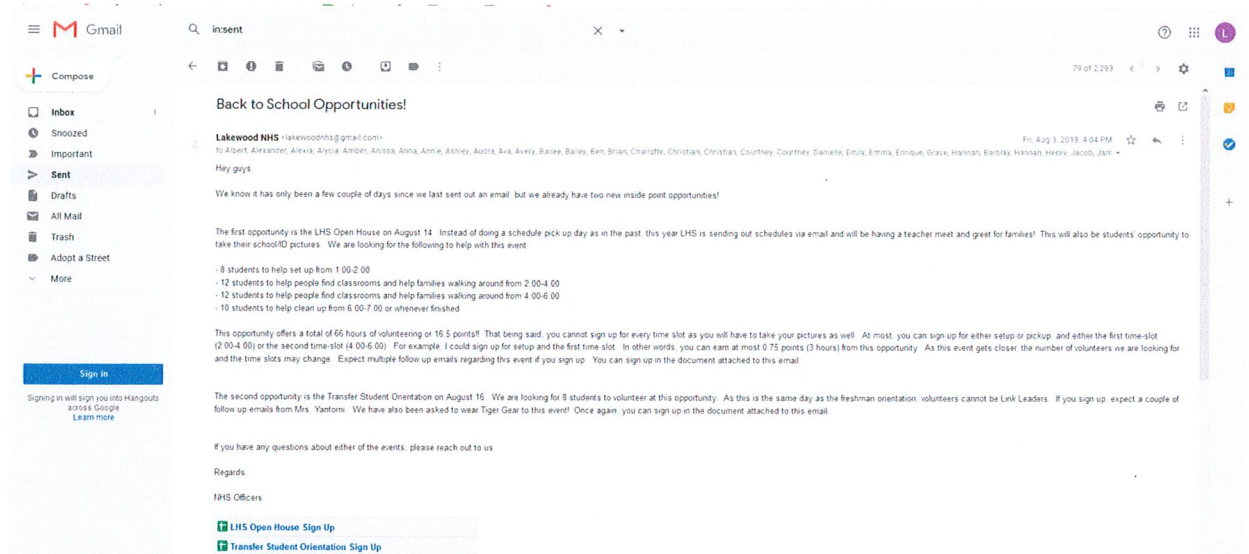
An image of the 3D printed prosthetic hand produced through the e-NABLE program (1/15/18)



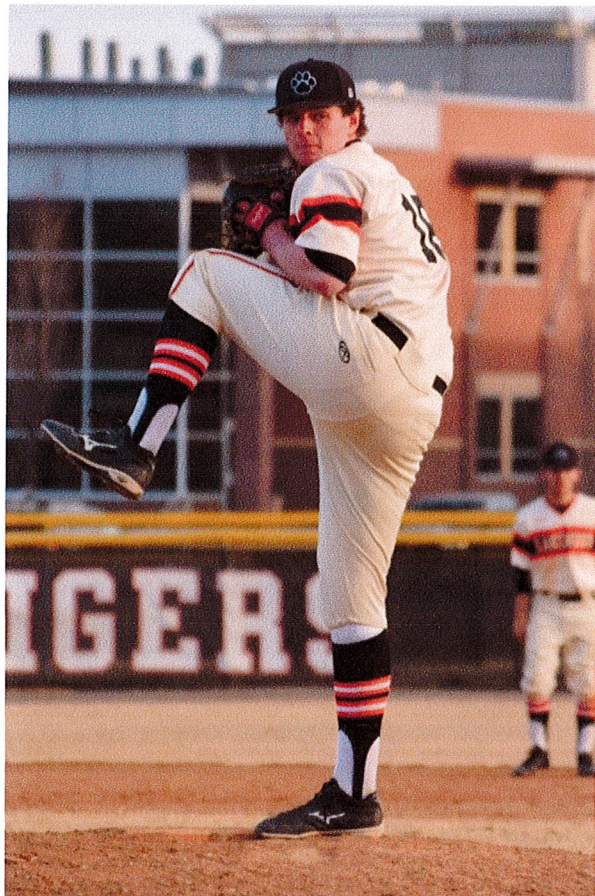
Stratasys blog regarding my NASA HUNCH team (2/4/2018)



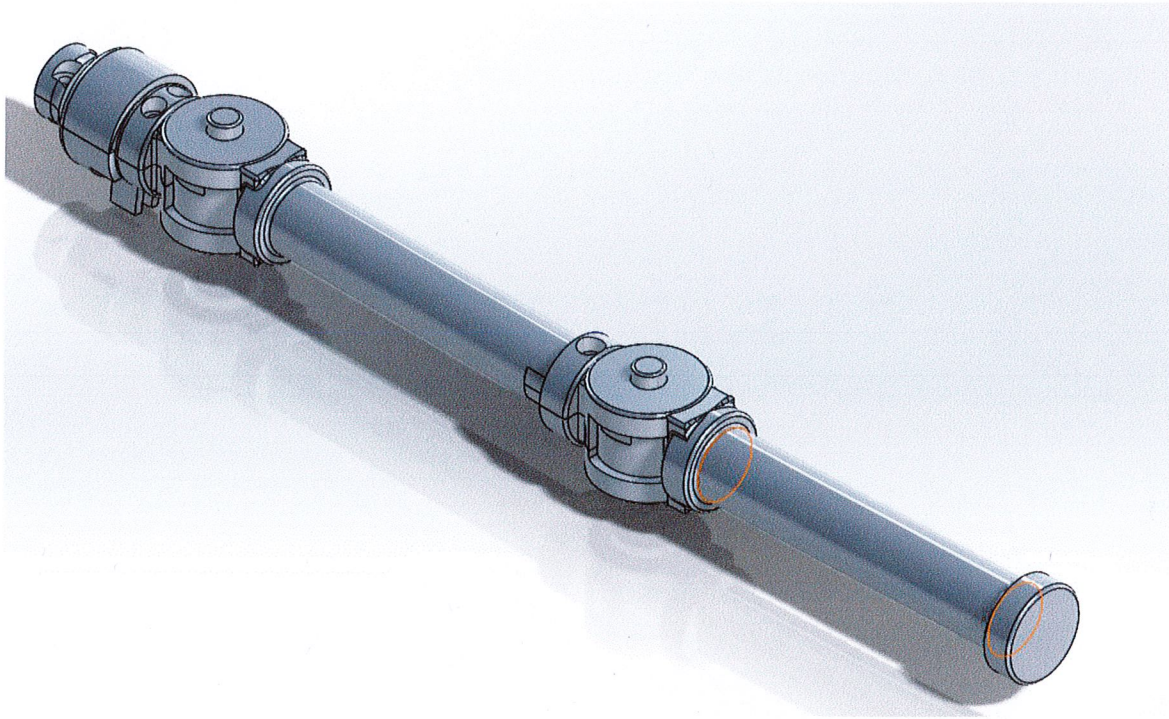
An image of a teammate and myself at our HUNCH project review in Houston (4/25/18)



An email regarding NHS volunteering opportunities (8/3/18)



A picture of me pitching for my high school's baseball team (3/12/19)



An image of the CAD for our HUNCH Prototype for the Houston review (3/14/19)

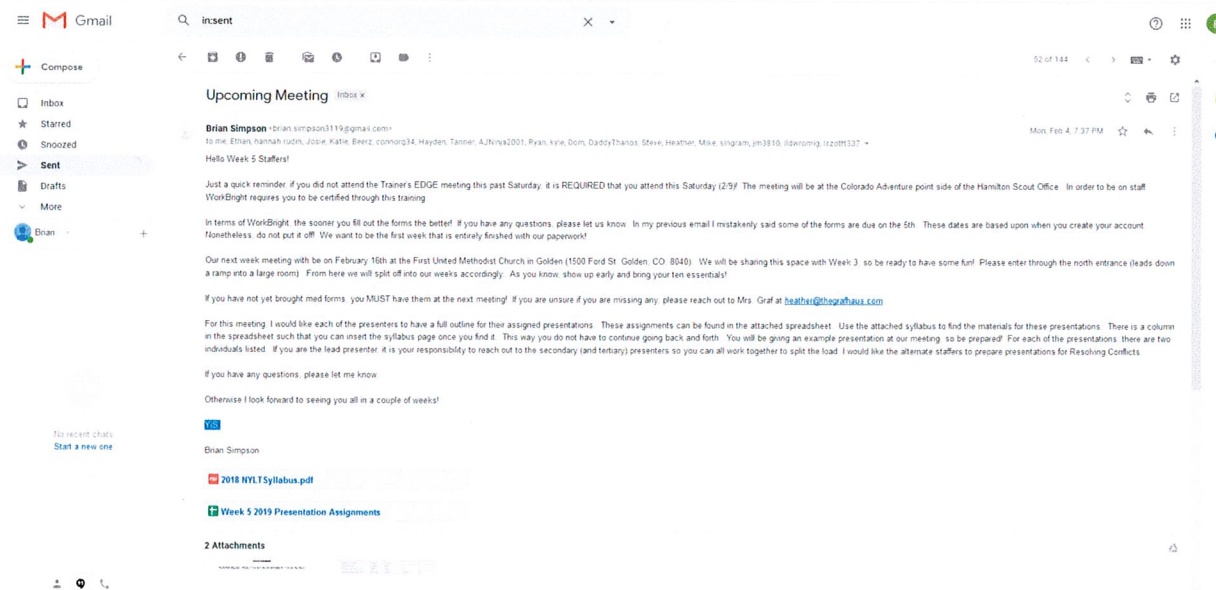


An image of myself and the other NHS officers at the sophomore induction ceremony (4/18/19)

One Month Project:

Presentation Name	Lead Presenter	Secondary Presenter	Tertiary Presenter
Communicating Well Part 1	Hannah	Logan	Ethan
Finding Your Vision Part 1	Ethan	Logan	Hannah
Setting your Goals	Josie	Hayden	
Marshmallow Spaghetti Challenge	Connor	Dominik	
Developing your Patrol	Katie	Tanner	
Solving Problems	Dominik	Josie	
Leading EDGE (Shower Rotation)	Aiden	Dean	Ryan
Teaching EDGE	All TGs		
Resolving Conflict	All TGs		
Leading Yourself	Tanner	Connor	
Valuing People	Hayden	Katie	
Finding Your Vision Part 2	Ryan	Dean	
Communicating Well Part 2	Hannah	Ethan	Ryan

The presentation assignment list for my One Month Project (1/28/19)



An email regarding a meeting for NYLT, presentation assignment explained (2/4/19)