**Three Day Trips Reflection TALONS 9 and 10**

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**PART A:**

1. What committee(s) did you contribute to?

I contributed to the program committee.

2. Describe what tasks you completed as part of your trip preparation.

1. I helped organize the group’s itinerary.
2. I then proofread the itinerary once completed.
3. I came up with fun, socially distanced games that each group can play together.
4. I helped decide what map size we should use to help guide the parents in the right direction.
5. I checked on the exact location of where we were going to meet.
6. I proofread Avery’s email that was sent to all the students to make sure it made sense.
7. I proofread the form that the forms and finance committee created to see if everything was readable and understandable.

3. Describe what skills you learned during this planning phase.

1. I learned how to build upon my delegation skills by not taking on too much work and creating a more even workload for everyone.
2. I bettered my organizational skills by planning our trip schedule and making sure there was enough time to get everything done on time.
3. I gained a better skill of map making through the process of Avery helping me show the parents how to arrive at Buntzen Lake by drawing a distinct line to follow.
4. I learned the skill, although basic, of leadership in general. Even though I was not the leader of the program committee, I still lead my group to stay on task to finish our tasks.
5. I built up a skill of flexibility because we sometimes had to change up our ideas in order to fit our specific timetable that we had to work from.
6. I gained better listening skills because, although some of the other group members’ ideas weren’t ideal, I still heard what they had to say and tried to implement it into our schedule.
7. I learned how to further my creativity by figuring out how everyone could stay socially distant from one another and still be able to enjoy this trip.

4. Describe the challenges you experienced as a committee while planning your trip.

1. We struggled to organize the itinerary to give enough time for transportation to arrive, as well as drop off because of the gate that was placed up the road.
2. We faced the challenge of brainstorming activities that would build relationships without getting anybody too close to each other because of the factor that we have to all stay socially distanced.
3. We had a challenging time coming up with a drop off location that would work the best for everyone including the parents, students, as well as teachers.
4. We struggled to find out exactly what time we were supposed to start canoeing as well as what time we were supposed to be finished canoeing.
5. We faced the challenge of coming up with how to organize the lunch schedule for each leadership cohort so that the beach would not to be too crowded and the students could remove their masks to eat.
6. We had a challenging time figuring out how long we should have in order to play our socially distant games without interfering with our canoeing time.
7. We did struggle a bit to stay on task because at times our group would get a bit distracted by one another.

5. How did your committee overcome these challenges?

My committee overcame these challenges by reminding each other to be more focused on our tasks that we were each working on. We also overcame them by working together and if the grade 9’s ever got confused or stuck on a certain section, our grade 10 counterpart was there every time to help us out with whatever we needed.

6. Describe the challenges you experienced as an individual while planning the trip.

1. I was personally challenged with staying on task as I got distracted with the internet and other games that are easily accessible online.
2. I faced the challenge of understanding most of our program tasks because this was my first ever leadership experience and I’ve never planned anything like this before.
3. At first, I struggled to organize myself by being ill prepared and not putting the proper information in the right area. Then I overcame this and learned how to better organize myself.
4. I was personally challenged with communicating with my group. Even though everyone in my group was nice, it was hard to build up the courage to become friends with them.
5. I originally faced the challenge of being empathetic to the rest of the group in the sense of seeing how they wanted their day to go but then I adapted myself.
6. I struggled to be positive while planning our trip because we found out that it was supposed to be miserable on the day of the trip, so it was hard to stay positive and excited.
7. I was personally challenged with collaborating with my group because I originally thought we wouldn’t have to work together, and we would have to do our tasks separately as individuals.

7. How did you overcome these challenges?

I overcame these challenges by communicating with my group to see which tasks I needed to complete with my limited time and then collaborated with them to make sure all of us were doing our assignments to the best of our individual abilities. I began to think about the fact that they might have opposing views on something we might want to do so hearing them out and then talking it out with them was helpful to plan our trip to make the most out of it. I also looked on the bright side of our planned trip in that it could be a lot worse than just rain or wind, so it was still better than nothing at all.

8. What would you do differently when planning the spring adventure trips?

When planning the spring adventure trips, what I would do differently is be overall positive no matter what and make sure that I stay on task, even though it may be hard at times. I would also have communicated with my group better for our trip to have more activities for the other students to have fun. Another thing that could be handy when planning our spring adventure trips is to be more efficient with our time. Even though I got easily distracted, wasting time conversing with others and not staying on task, could eventually lead us into stressful situations down the road.

9. Describe some of your rewarding moments and disappointing moments during the other two trips?

My most rewarding, yet obvious, moments during the other two trips were finishing the 14 kilometre hike up Burnaby Mountain as well as finishing the 13 kilometre walk around the lake. Another rewarding moment during the walk around Burnaby Lake was when we went out onto the pier and saw the one very interesting looking species of duck and the other extremely rare species of duck that almost looked like a wooden sculpture. A disappointing moment for me on both trips occurred whenever I would check how far we had traveled, and then see how much further we still needed to travel. It was all really on myself, but it was still very frustrating. Another disappointing moment during both trips was while the sun was rising and setting. It was much more anticlimactic than I had hoped because it happened so much faster than I had looked forward to.

10. Describe some of your rewarding moments and disappointing moments during your planned trip?

Although our planned trip was cancelled, there were still a few rewarding moments as well as disappointing moments in our short amount of time. For example, a rewarding moment I experienced during our planned trip was problem solving rides for people who couldn’t get them because their parents had already left so it felt good to accomplish at least one thing during the day. A disappointing moment for me was when we found out that our trip was cancelled because I, as well as many others, worked so hard to plan this trip that for it to be cancelled at the last minute was very disappointing.

11. What two questions are missing from this reflection? Answer them as well.

a. Question one: What did you learn about your planning committee’s strengths and weaknesses?

Answer: Most of my planning committee has more strengths than weaknesses. We all worked hard together so that we finished planning in one leadership class. Some of my committee’s strengths and weaknesses are Avery always worked hard, kept everyone on task, and led us in a very positive way, but she would sometimes seem not too prepared for the leadership class. On the other hand, Kavyan didn’t really do too much when it came to work, but he still tried to help when he could. Amin seemed to have a lot of experience when it came to leadership, so he helped Kavyan and I out a lot. I on the other hand did work and helped with our Program duties, but I found myself getting distracted easily with the internet or fellow peers.

b. Question two: Who would you like to work with while planning the next day trips? Why?

Answer: I think that I would like to work with Avery again, as well as Emma, and Ronan. I would like to work with them because they were some people that I got to know on our three-day trips. I think they would be fun to continue to talk to and thus I’d enjoy the planning process that much more. I would also like to work with them because they seem like lovely people to get to know more about and eventually become better friends.

**PART B:**

1. What did you actually accomplish, learn, and /or experience for the first time?

Something that I accomplished and experienced for the first time was accomplishing both hikes back to back. I have never done any kind of hike like the Burnaby Mountain hike, let alone doing a very long walk again the next morning, so I was very proud of myself for completing them. When I found out that each of the hikes were both around 14 kilometres, I sort of panicked because the only comparable hike I’ve done to that is the Grouse Grind which even then was extremely difficult for me to complete.

1. What specific trip committee skills do you need to improve on?

The specific trip committee skills that I need to improve on is my time management skills, specifically scheduling out all my work as well. I need to improve my creative thinking skills. For example, I’d like to come up with better ideas in which I could find more productive solutions.

Why?

I need to improve on my time management skills because they will help me organize my days and weeks as well as keep me on task so then I’ll always know what I should be doing next based on each task’s due date. I also need to better myself in thinking creatively because it is a very useful attribute that can be used on a regular basis because it’s one of the most important skills to have.

1. What was the most difficult part for you during one or more of the day trips?

The most difficult part during one of the day trips was the actual climb to the top of Burnaby Mountain, with all our stuff. As this was our very first trip, it was all pretty new to me. Another difficult part during the other day trip was waking up so early in the morning and having to be there for 6 o’clock in the morning.

Why?

The Burnaby Mountain trip was difficult because of how excited I was for our first trip so I pushed myself to go fast and take long strides so that I would impress myself but what I ended up doing was exerting my body to the point of exhaustion where I felt like I was too tired by the end. This in turn made me extremely tired for the next day’s Burnaby lake trip where we had to wake up super early.

1. What would you do differently on the next trip?

On the next trip, one thing I would do differently is that although I would want to still push myself, I wouldn’t push myself that far to make it to the top of Burnaby Mountain as fast as I could. I plan to pace myself better. Another thing I would do differently on the next trip is that I would pay more attention to my surroundings.

Why?

On the next trip I would push myself a little less because I found that being so exhausted at the top of the mountain was not very good, especially since we had another two extra hours of games and activities to do. I would also try to enjoy my surroundings more because I did sometimes get caught up in a conversation with other kids in my cohort, so I found that I missed a lot more of the wilderness that I was hoping to see.

1. What did you expect of these day trips before you went? Did your expectations get met? Explain.

For these day trips, I expected them to be hard and to exhaust me as well as get me injured in some way because I usually am sort of a clumsy person. Although my expectations were met when it came to the trips being hard for me and for them to be quite exhausting, I was wrong about possibly injuring myself during our hikes. I guess that I was a little more paranoid than usual, so it probably made me more cautious.

6. Describe your openness to these three-day experiences.

At first, I was not very open to these three-day experiences because I was really hoping to do the overnight trip but once I came to terms that it would not be possible, I started to open to this new idea. Eventually, I became excited for this physical challenge in that I had never done something like that before. Also, I was very excited to try out my new gear that I had bought for TALONS.

1. How well prepared were you for the three-day trips?

I was very well prepared for the three-day trips as in the go gear that we needed except I did forget about bringing the map of our route for the Burnaby Mountain trip and I also accidentally bought a raincoat that was not completely waterproof. However, physically, I felt like I was a little less prepared for how strenuous the hike and the walk would be on my body. I was glad that I had been doing some long mountain bike rides and working out at the gym.

Explain.

I felt prepared for the three-day trips for the go gear because I always triple checked my packing especially for the first trip because I didn’t want to leave anything behind, but I actually did make the mistake of leaving the map behind which I just forgot to repack after cancelling the other trips. Since I did not buy a Gortex raincoat, I had to ask Ben Hustler to buy me one while he went to MEC for the same issue which saved me from getting very wet on the other two trips. I did not however feel well prepared for the physical portions of the trips because I haven’t done any real hikes with gear on my back before, so it was a very new experience for me.

1. What are you most proud of related to these three-day trips?

Relating to these three-day trips, I am most proud of the many skills I’ve learned and built upon as well as overcoming my physical challenges of previously not knowing if I would able to do the Burnaby Mountain hike. Another thing that I am very proud of is planning the Buntzen Lake trip although it was cancelled.

Why?

I was proud of my many skills I’ve gained throughout this experience because every one of them I could always use in the future. I am also proud of my physical challenges because although I feel like I would never have done this, I still did it because I believed in myself and I pushed myself to get through it. I was also proud of our planning of the Buntzen Lake trip because we all tried hard and worked our best to plan it to perfection and it was disappointing for it to be cancelled at the last minute.

1. How did these experiences change you? Explain.

I think that these experiences did change me a lot for the greater good through believing in myself and trusting in my own mental and physical strength that I could push through each challenge that the trail threw at me. I believed in myself because, although the trails were tough, I had a feeling that I could push through and succeed in my challenge. At the start of the hike, I was not feeling too excited for this trip because I knew how long it was and how long it would take so I tried to get myself fired up and ready for whatever was ahead. The higher we hiked up the mountain, the more tired I got, and so I lost more and more hope until we finally made it to the top which I would say is one of my greatest accomplishments, even though it is only just the warm up to TALONS day trips.

1. What did we learn from each other? Be specific.

I think something important that we learned from each other was teamwork and to always stay positive throughout our challenges on the hikes. We mainly represented this whenever someone needed a moment to tie their shoes or drink some water, everyone stopped and took advantage of every possible rest and made sure the person who called for a moment was ok so that they could refuel.

1. Predict what the long-term effects of these experiences are going to be for you as an individual.

Some of the long-term effects of these experiences as an individual are the friendships that I made along the trips because we were all having the same troubles. Through those shared experiences, we can reflect on them together when we have grown up and become the leaders at the school and even within the TALONS program itself.

11. Who made these three days special for you and what did he/she/they do?

I think that Ewan, Emma, Avery, Ronan, Kavyan, and Kira all made these three days special for me in their own ways. The grade 10s were very kind in helping me by answering any questions I had for this upcoming year so I could understand high school better, as well as make the TALONS program make more sense for me. Kira and I mostly talked throughout most of the Burnaby Mountain hike which made me less nervous for the hike because she also expressed nervousness. Lastly Ronan, Kavyan, and I played games throughout the Burnaby Lake walk and it was also very fun to get to know them because we share many of the same interests and hobbies.

12. What other question should have been asked on this evaluation? Write it in the space below and answer it below.

Question: How have you delt with the sudden changes to the TALONS program’s trips?

Answer: Individually, I do not deal with sudden change very well because too much change for me can really throw me off. I like having my life scheduled and so one quick change can ruin my organization. I coped with this change by just going with it, even though it did make me feel a bit uncomfortable at first.

13. How is this experience going to prepare you for your adventure day trips next semester? Explain in detail.

This experience is going to prepare me for my adventure trips in the next quarter by showing us how to pack, what to pack, how to navigate, how to push ourselves, what to do on trails, and much more. All this experience will help us learn how adventure trips will go in the next quarter so in the future they will go smoother than before so we can have even more time to have more fun.

14. What would you change about these three-day trips, other than preferring them to be overnight? Be specific.

If I were to change something about these three-day trips, I would have probably added more games throughout the Burnaby Mountain hike so we can have a rest while still playing games rather than playing all the games in a row. I might have also changed the start time of the Burnaby Lake trip to a bit later because, although I understand the motive that they are trying to replicate the overnight trips, it was not easy for me, or even my parents, to wake up that early in the morning.

**PART C:**

**Leadership checklist**

Place the correct number for you in front of each statement.

3- all the time 2 – most of the time 1 – some of the time 0 – none of the time

1. **3** Brought the correct clothing
2. **2** Brought the correct equipment
3. **3** Cleaned up when I was supposed to
4. **3** Fulfilled my duties on my committee
5. **2** Took initiative beyond what I had to do
6. **3** Participated in all activities the way I should have
7. **1** Went beyond the call of duty
8. **2** Took on challenging tasks
9. **2** Listened well to instructions
10. **3** Followed through on all tasks
11. **2** Helped others when they needed help
12. **3** Was part of the group when I should have
13. **2** Supported the group when I should have
14. **3** Was on time for all activities
15. **3** Brought a first aid kit
16. **2** Paid attention at all times
17. **1** Went beyond my comfort zone
18. **2** Challenged myself to do things I had never done before
19. **0** Did not bring electronics or other inappropriate items
20. **2** Encouraged others when they needed it
21. **3** Played and stayed safe at all times
22. **3** Followed through when I was asked by teachers to help out
23. **2** Never sat around while others worked hard
24. **3** Communicated appropriately with others
25. **2** Acted the way I should have at all times
26. **2** Thanked the appropriate people

TOTAL: **59**

THANK YOU!