

Personal Profile for  
**JONATHAN MEADOWS**

## EDUCATIONAL + CAREER GOAL

I have applied to the Political Science program at UFV, which has an internship in Ottawa when I'm in my third year. Upon completion of my B.A., I plan to apply to the TRU Law School and hope to have the opportunity to work at a local, provincial or national elected official on policy development and community planning.

## SCHOOL BASED VOLUNTEER

### Grad Council Chair

The role of Grad Council Chair demands two key skills be consistently implemented: excellent organization and clear communication. For events to come to full and successful realization, I must, as Grad Chair, set the agenda and keep meetings running productively and smoothly, consult and collaborate with council members and sponsor teachers, and ensure all volunteers are on task and supported in their roles. Grad Chair is a leadership role that requires consistency and commitment.

*Sept. 2018–Present*

*50 Hours*

### Coaching

I stepped up to coach my school's Grade Eight Boys' Basketball Team this year when there was a lack of available volunteers to take on this responsibility. This significant commitment turned out to be extremely rewarding. It required more than planning and running multiple practices and games every week; the mentorship role with youth deeply impacted my commitment to investing in others. The team members saw me as more than a coach; they viewed me as a leader, and often asked me to guide them in their decision-making and peer relations.

*Nov. 2018–Present*

*122 hours*

### Youth Action Committee

Our Youth Action Committee organizes and holds events to raise money and awareness for causes such as homelessness, food insecurity, and poverty in our community. At our weekly meetings, we look at where current and potential shortfalls in the community are happening and we collaborate to plan events for maximum impact. Creative thinking, unwavering confidence and enthusiasm, resourcefulness, resilience, and strong administrative skills are a few of the traits that I've developed as a member of the YAC group.

*Sept 2018–Present*

*10 Hours*

### Student Government

I was elected to represent my school's Grade Nine students at Walnut Grove Secondary. In Grade Ten I held a leadership position as a Student Coordinator of Athletics. Working in these positions for my school's student body gave me the opportunity to connect with staff and students to plan a variety of meaningful school events. Involvement in student government helped me develop the ability to organize, supervise, galvanize and lead others.

*Sept 2017–June 2019*

*100 hours*

## PAID WORK EXPERIENCE

### White Spot

I have worked two shifts per week at the Langley White Spot, since May of 2019. Working in a kitchen as a cook while in school has challenged me to learn time management and organizational skills which will enable me to manage my busy post-secondary life. It is my intention to continue working at White Spot while attending post-secondary school so that I can finance my studies into the future.

*May 2019–Present*

*10 hours a week*

## COMMUNITY BASED VOLUNTEER

### Cliff Avenue U5 Development

An opportunity to assist with the development of US soccer players' at Canlan's indoor soccer field arose, and I was excited to be selected to participate. A significant part of this volunteer position was to instruct four year olds who were often scared to play soccer. I enjoyed encouraging and supporting these young players, teaching them basic soccer skills, running drills, and later refereeing games. My role in building their confidence to play was a highlight in the eight week Sunday morning sessions.

*Oct 2017–March 2019*

*16 hours*

### Mentorship

My mentee, Ben, is ten years old, struggles with staying focused in school, and often he has to leave before the school day is done. Every Wednesday morning, I visit Alex Hope Elementary School to meet with Ben to play sports and board games with him. Most importantly, we talk. The teachers have said that Ben looks forward to seeing me on Wednesdays, and I have found connecting with Ben to be very gratifying.

*Oct 2019–Present*

*20hours*

### George Derby and Derby Manor

Meaningful Remembrance Day ceremonies require thoughtful planning. In 2018, 2019, and 2020, it was my honour to volunteer my time to help prepare the ceremonies held at the Aldergrove Legion for Veterans. This year, I appreciated the opportunity to spend time with resident seniors at Langley Manor. The courage these veterans convey through the stories they share with me has helped me face challenging situation with increased bravery.

*Nov 2018, 2019, and 2020*

## SCHOOL AND COMMUNITY RECOGNITION

### Langley Writing Contest

One of my passion areas is writing. I was honoured to have my writing deemed "one of the most powerful" pieces in Langley School District and it was published in the Langley Writing Contest's "Words Anthology," in grades 9, 10, and 11. My first piece was about a French family in London during the Blitz, the second was a poem about Syrian refugees fleeing their country on boats, and the last was a poem concerning the parallels between a soldier in Afghanistan and his grandfather who fought in World War II. I received acknowledgement for my accomplishments at the Langley Fine Arts Theatre.

*May 2017, 2018, and 2019*

### Honour Roll with Distinction

The Honour Roll with Distinction at WGSS recognizes those students with a GPA higher than 3.5. My academic standing has always been very important to me, and my dedication to my studies resulted in my name being repeatedly on the Principal's List.

### Concours D'Art Oratoire

French Immersion students must participate in the CDAO speech writing competition every year as part of our program. My speech was selected to represent our school at the District level when I was in grade 9, and was recognized for being in the top ten of all those delivered.

*March 2019*

### AP Scholar

Psychology, Microeconomics/Macroeconomics, Biology, and Calculus with five AP exams.

*May 2019*

## PERSONAL INTERESTS

My pursuit of basketball as an area of passion has shaped who I am today. I have purposely played with skilled adults at the Community Centre on weekends to improve, held the position of captain of WGSS's Senior Boys Basketball Team, and have been named "Player of the Game" in four different tournaments. I was also named the 2<sup>nd</sup> All Star Team for the Winter Classic Memorial Tournament. I enjoyed every hour of every practice, game, and tournament from grade 8 until now, and I am grateful for the skill-building and leadership opportunities I had as captain of the team.

I have pursued my other great passion, music, in my practice of playing both the trumpet and the piano. Since the age of seven, I have taken piano lessons, completing to grade eight music and theory with the Royal Conservatory of Music. I was pleased to receive Honours and First Class Honours with distinction on my piano exams. It was age seven also that I began to play trumpet in our school band, and this year I am the section leader and had a solo part in a recent district concert at the Langley Fine Arts Theatre.