

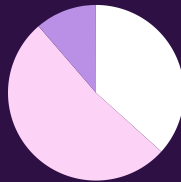
# REFLECTIONS ON 2021

$$\text{score} = \frac{100 \cdot \# \text{ of very satisfied votes} + 50 \cdot \# \text{ of somewhat satisfied votes}}{\# \text{ of total votes}}$$

(satisfied / somewhat satisfied / unsatisfied / index score / last year's score)

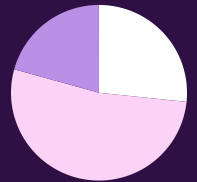
Considering and accepting circumstances beyond your control, how satisfied are you with your own performance (in all aspects of life) in 2021?

**(36.7 / 52.0 / 11.3 / 62.67 / 59.79)**



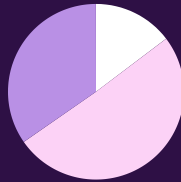
Considering and accepting circumstances beyond its control, how satisfied are you with the performance of UCC as a school in 2021?

**(26.7 / 52.7 / 20.7 / 53.00 / 64.29)**



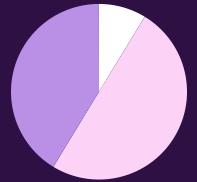
Considering and accepting circumstances beyond its control, how satisfied are you with the performance of Canada as a country in 2021?

**(14.7 / 50.7 / 34.7 / 40.00 / 50.53)**



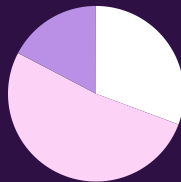
Considering and accepting circumstances beyond its control, how satisfied are you with the progress of humanity in general in 2021?

**(8.7 / 50.0 / 41.3 / 33.67 / 34.66)**



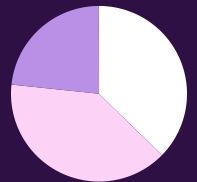
Are you satisfied with your academic performance over the past year?

**(30.7 / 52.0 / 17.3 / 56.67 / 58.20)**



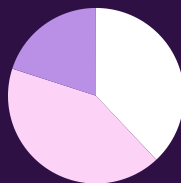
Are you satisfied with your social life in general over the past year?

**(37.3 / 39.3 / 23.3 / 57.00 / 51.06)**



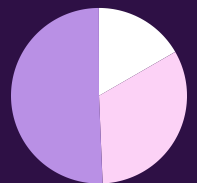
Are you satisfied with your co-curricular pursuits over the past year?

**(38.0 / 42.0 / 20.0 / 59.00 / 50.79)**



Are you satisfied with the amount of sleep you have been getting over the past year?

**(16.7 / 32.7 / 50.7 / 33.00 / 51.06)**



# 2021: BETTER SELF-SATISFACTION, CO-CURRICULARS, AND SOCIAL LIVES, BUT LESS SLEEP

KEVIN LIU  
EDITOR IN CHIEF

For UCC students, 2021 was better than 2020 in terms of self-satisfaction. Particularly, with the return to full-time on-campus learning, students were more satisfied with their co-curricular pursuits and social lives as compared to the previous year, even though this higher satisfaction was achieved with a significant compromise on sleep.

This is the conclusion we can easily draw from *Convergence's* latest Year-In-Review survey. Back in December 2020, *Convergence* launched this annual same-question survey that, over the years, could reveal trends of the UCC community's opinions on a wide range of issues - from students' wellbeing to their global views. The 2021 survey results are particularly informative as they represent the evolving student opinions amid a drastic shift from various at-home or hybrid learning models back to a more typical school environment.

The 2021 survey was conducted from December 6 to 15, 2021, and 150 students completed it. Based on the responses, a "score" for each of the categories is calculated based on the formula included on the cover page to facilitate comparisons between the years. It should be noted that the scoring system is rather "strict": in order to obtain a perfect score of 100 on a particular question, all respondents must have voted "very satisfied" to it. For example, although only 11.3% are unsatisfied with themselves, the score for overall self-satisfaction is only 62.67. **With 36.7% of students feel "very satisfied" and 52% feel "somewhat satisfied" with their own performance in all aspects of life in 2021, this score of 62.67 is not only higher than the previous year's score of 59.79, but also the highest score achieved among all eight questions.** We think this is a remarkable achievement for both UCC students and UCC as a school last year.

In addition to this overall satisfactory rating, students also rated their satisfaction in four specific aspects of life: academics, social life, co-curricular pursuits, and sleep. **The aspect that shows the highest increase in score over the previous year is co-curricular pursuits, which has increased to 59.00 from 50.79.** Evidently, this reflects the largely successful return of co-curricular activities such as inter-school sports, clubs, and bands at school. Social life has also improved, from a score of 51.06 in 2020 to a score of 57.00, as students are once again able to see each other on campus every day.

However, due to the rigor of the IB program and the return of co-curriculars, some students have found it more difficult to juggle academics with other activities than the previous year. Overall satisfaction with academics has gone down slightly from 58.20 to 56.67. Between the aforementioned factors and having to resume daily commutes to school, **students' sleep amount and quality has deteriorated significantly, with the satisfaction score plummeting to 33.00 from 51.06 last year.** With a whopping 50.7% of students unsatisfied with their sleep, we think this is a serious issue that both the school and the students themselves should take actions to address.

The survey also asked for students' satisfaction of three broader communities they belong to: UCC, Canada, and humanity. For all three, the scores have gone down from the previous year to 53.00, 40.00, and 33.67 respectively. For UCC, it is very understandable why the score has declined from 2020 - the 2020 survey covered the start of the global pandemic, to which UCC adapted very quickly and successfully. As in-person school has now resumed, however, there tends to be more inevitable controversies, such as the contention between the 8-day and 20-day learning models. As reflected in our learning model survey in No-

vember 2021 and in some comments left in this survey (see next page), the UCC student body is quite divided on which model is better, and it is apparent that no one model can satisfy all students. As a result, it is easy to understand some students feel unhappy with some of the school decisions, including certain highly consequential decisions such as the learning model. However, **it should be noted that just 20.7% of students are unsatisfied with UCC, while 34.7% of students are unsatisfied with Canada and 41.3% are unsatisfied with humanity as a whole.** Canada's response to COVID-19 is obviously controversial among UCC students and it was mentioned by several comments as a reason for dissatisfaction. Students' comments also indicate that they are concerned about the widening local and global inequalities in human society.

All in all, we think the UCC students' sentiment has been quite positive, though not upbeat, on both the recovery from the pandemic in general and the transition back to normal at our school. On a personal note, I'd like to thank everyone who participated in the survey for being part of this annual tradition and helping to unveil these fascinating and informative trends. As I am going to graduate this year, I really hope that this survey, which I designed and launched two years ago, will continue in the upcoming years and truly form a tradition at UCC. Many years later, when future generations of UCC students and educators look at this historical data, they may marvel at the stories and spirit behind the data. For example, they would likely be surprised to see how high self-satisfaction was among UCC students during this pandemic, which is a remarkable demonstration of the resilience of the UCC community.

As school has resumed into a new calendar year, *Convergence* wishes everyone a happy and healthy year of 2022!

KEVIN LIU - EDITOR IN CHIEF  
DEVLIN MONIZ - CO-MANAGER  
RAYMOND LIU - CO-MANAGER  
TYLER STENNETT - SENIOR EDITOR  
DANIEL LU - SENIOR EDITOR

ALEX WANG - SENIOR EDITOR  
RAHUL NANDA - EDITOR  
KEVIN HAN - EDITOR  
DEREK CAI - COMMUNITY REPORTER  
JAKE RIVETT - ATHLETICS REPORTER

JASON GAO - HEAD GRAPHIC DESIGNER  
ERIC AN - HEAD LAYOUT EDITOR  
NICOLAS ALBORNOZ - GRAPHIC DESIGNER  
MS. COLLEEN FERGUSON - FACULTY ADVISOR

# COMMENTS LEFT BY STUDENTS

*The comments below are written by students of the Upper School and do not represent the view of Convergence.*

“A lot of the time, it seems like the IB program attempts to make students prioritize school over everything else in our lives, even when that leaves no time at all for other things. As a result, either our outside lives or our sleep suffers, which is extremely unfair.”

“Sleep is a rare commodity at this point.”

“I think the COVID-19 pandemic has allowed for a lot of self-introspection for me and has allowed me to grow as a person quite a bit. It's slowed down everything around me. I am able to be around friends more, and I value the time we spend together much more, as I no longer take it for granted. I do think many of the inequalities in society both locally and globally have become glaringly evident, and our leaders' responses to these crises have been nothing short of disheartening. It also feels as though at this point many of the rules surrounding COVID both inside and outside of school are quite performative, as the majority of the eligible population is fully vaccinated. The rules are inconsistent, to the point that they would do nothing to prevent the spread, but still have severe social, emotional, and economic effects.”

“Depression.”

“The world, and the school, now largely recognize that there's a serious mental health pandemic in addition to that of COVID-19. Blanket recognition is a step from the days of denial; however, when institutions like UCC continue to take little action, or action that itself is detrimental, it harms students immensely. The Canadian government is, in my opinion, partially responsible for this. Why do our southern neighbors, which many students call home, get to live a more free life with absence of so many regulations and threats of lockdown while every parent and working adult worries about bringing home a salary. The guise of keeping the population safe? COVID-19 has shown it is not going away any time soon. Simultaneously, human innovations like vaccines are showing they can protect people from these diseases. Allow people to keep themselves safe or do what they want - don't continue to enable those who harm the mental health of the students they're working to educate. Sleep is a problem for almost all students. Some clubs and teams are being forced to adapt or threatened being cancelled altogether. Our academics is suffering as well. To those reading this, we as students are the next generation of this country, and we have more say than we're willing to let on. Talk, make an impact, don't sit silent, and change our way of life for the better.”

“I think that we should go online this instant as there is not much school time left before the break and I don't believe it is worth it in case we spread the new variant of COVID-19 in the mean time. Thank you for your time. - Liam Glover”

“Sporting events need to come back. School spirit needs to be brought back.”

“I feel like I've managed to rise above most of the challenges presented by COVID-19. All things considered, we have it really good right now and I hope we can continue down the path of reopening and getting back to normal.”

“This school talks so much waddle about mental health, homophobia, and racism, yet has no plan to stop it. Like just a few weeks ago we had the massive anti-racism assembly but they never said how they were going to stop it. It all looks good as PR but does absolutely jack s\*\*t for the students.” (**Convergence:** It would be nice if this comment also included concrete suggestions to the school on exactly what actions were expected by the writer, other than the informative assemblies and many other actions already taken, such as the endorsement and support for many cultural clubs.)

“I personally think communist countries handle the pandemic way better than democratic countries like the US and Canada. What use is so-called 'freedom' if so many people are losing their lives each day because the governments' inability to handle the pandemic?”

“This is my first year at UCC and many of the questions above have changed since I came here, particularly concerning sleep, friends and wellbeing.”

“The decision to maintain the 20-day system was very misguided and the survey that was sent out to the students did not present what the 8-day system would look like for those who have never partaken in it, causing extremely biased results.”

“Good year... other than a global pandemic.”

“I had five summatives in the span of two days and I had about three to four hours of homework a night on top of that.”

“Need to revert the new testing schedule!”

“I hated the hybrid learning plan as it made the online day much harder to follow and learn.”

“Please get rid of the 20-day cycle. I don't know why people like it, because it sucks. The 8-day cycle is so much better for basically every aspect of academics, from homework load to stress management, and it allows everyone to feel less overwhelmed.”

“This would be easier to do if there were five options per question instead of three.”

“These 20-days terms are bad. So much work crammed into two weeks. Smhhhh”

“Sadly, I am unsatisfied with the co-curricular opportunities because most are still taking place online while many other aspects of school life are taking place in person.”

“I don't understand how qualitative information could be represented on a quantitative scale in such a manner. Define 'satisfied', because it is quite a subjective basis of standard.”

“UCC has yet to communicate a decision on the 8-day cycle. Also, lunchtime is far too short and students with any kind of extracurricular that period have no time to eat their food.”