

# REFLECTIONS ON 2022

Are you satisfied with the new 9-day schedule?

71.0% Yes

No 29.0%

Out of 5, rate the performance of the 2022-23 Board of Stewards

1

3.65

5

Describe your 2022 in one word.

Okay **Busy** Cool **Change** New **Good** Alright **Eventful** Difficult **Stressful** **Hectic**  
**Tiring** **Growth** **Fun** **Challenging**  
 Interesting **Improvement** Normal  
Unorganized Unique

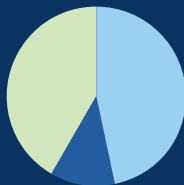
$$\text{score} = \frac{100 \cdot \# \text{ of very satisfied votes} + 50 \cdot \# \text{ of somewhat satisfied votes}}{\# \text{ of total votes}}$$

**(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 2022?

**(41.4% / 46.9% / 11.7% / 64.81 / 62.67)**

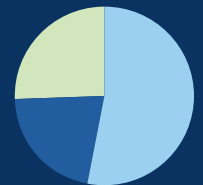
**Increased from 2021**



Considering and accepting circumstances beyond your control, how satisfied are you with the performance of Canada as a country in 2022?

**(25.3% / 53.1% / 21.6% / 51.85 / 40.00)**

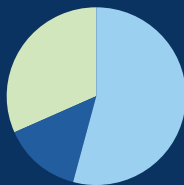
**Increased from 2021**



Considering and accepting circumstances beyond your control, how satisfied are you with the performance of UCC as a school in 2022?

**(31.5% / 54.3% / 14.2% / 58.64 / 53.00)**

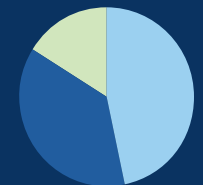
**Increased from 2021**



Considering and accepting circumstances beyond your control, how satisfied are you with the progress of humanity in general in 2022?

**(16.0% / 46.9% / 37.1% / 39.51 / 33.67)**

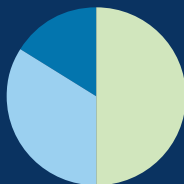
**Increased from 2021**



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

**(50.0% / 34.0% / 16.0% / 66.98 / 57.00)**

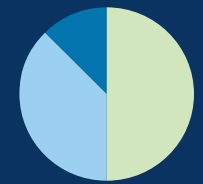
**Increased from 2021**



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

**(50.0% / 37.7% / 12.3% / 68.83 / 59.00)**

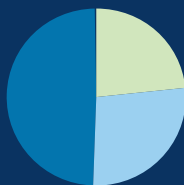
**Increased from 2021**



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

**(23.5% / 27.3% / 49.4% / 37.04 / 33.00)**

**Increased from 2021**



Summary	Index Scores	
	2022	2021
1. Co-Curricular Performance	68.8	59.0
2. Social Life	67.0	57.0
3. Personal Performance	64.8	62.7
4. UCC Performance	58.6	53.0
5. Canada Performance	51.9	40.0
6. Progress of Humanity	39.5	33.7
7. Sleep	37.0	33.0

# 2022: UCC SEES IMPROVEMENTS IN OVERALL STUDENT LIFE

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MANAGING EDITOR

UCC students experienced an array of changes in their school lives in 2022. For Years 8, 9, and 10, it was their first time experiencing and learning at the Upper School at its full strength and without strict restrictions due to the pandemic. It is clear from the results of our 2022 Year-In-Review survey that the return to a “normal” Upper School experience had a huge impact on the lives of the students at UCC.

The Year-In-Review is an annual survey conducted by Convergence with the Upper School Student body to gauge their overall performance and satisfaction with different elements of their lives in the previous year. Conducting this survey annually provides us an opportunity to compare student data across time to gain an understanding of the overall well-being and self-rated success of UCC students from year to year. We thank Kevin Liu '22 for his efforts in beginning this Convergence tradition. It is not only a helpful tool for the UCC student body but provides administrators with data on the current status of UCC students and possible areas of concern or focus for future years.

This year's survey was conducted from December 20 to December 22 just before the Winter break. In total, we received 162 responses from students. This is an increase from the 150 responses last year. Next year, we hope to give students more time to complete the survey to ensure its data is even more representative of UCC students.

This year's survey had a total of 10 questions. Seven of these questions were taken from the last survey and range from personal performance to overall satisfaction with humanity. Three of these questions are brand new, pertaining to the introduction of the new 9-day schedule, the performance of the Board of Stewards, and a word to describe your 2022.

For the seven questions taken from previous surveys, their results from this year's

survey were compared to the results of the 2021 survey. It is important to clarify the scoring system of the seven personal opinion questions included in the survey. Students were asked to answer the questions with “Satisfied,” “Somewhat Satisfied,” or “Unsatisfied.” The percentages of students who gave each response are included in the survey. The number of students who gave each type of response (E.g. satisfied, not satisfied, somewhat satisfied) was used to determine the index score for that question. To achieve an index score of 100, every one of the students must have answered “Satisfied” to the question.

In 2022, we were glad to see an improvement in the index score of every one of the seven personal questions. This means that compared to 2021, in 2022, students overall had better social lives, sleep, co-curricular pursuits, and overall performance and were more satisfied with UCC as a school, Canada, and humanity. From the seven questions, students seemed most satisfied with their own co-curricular performance. With a 2022 index score of 68.8, 50.0% of students answered that they were satisfied, 37.7% answered that they were somewhat satisfied, and 12.3% of students answered that they were unsatisfied with their co-curricular performance. With the return of in-person clubs, school-related trips, and sports teams, this was not particularly surprising.

The category with the lowest index score in 2022 was sleep. Overall, only 23.5% of students stated they were satisfied with the amount of sleep they were getting, while 27.3% and 49.4% of students said they were somewhat satisfied and unsatisfied, respectively, with the amount of sleep they were getting. This resulted in an index score of 37.04, which is still an overall increase from 2021. Provided that sleep can be correlated with stress, which is a natural expectation in a “normal” Upper School experience, the fact that this is the lowest score of the survey is not very surprising. If anything, it is a testament to students' well-being and the natural rigor of the UCC and IB curricula.

Compared to 2021, the performance of Canada as a country increased the most in 2022—an overall increase of 11.9 in its index score. At this time of year, compared to 2021, Canadians are experiencing a very different set of global affairs. In 2021, the government was still recovering from the effects of the pandemic and was undergoing another federal election. In 2022, however, the world has been swept away by the war in Ukraine and its subsequent economic consequences. It is possible that the shift away from Canada in the news and media in 2022 could explain why students thought that Canada's performance as a country was better in 2022. Taking a look at the state of other countries throughout the world, UCC seemed to be relatively satisfied with the performance of Canada as a country, resulting in an index score of 51.9—the third-lowest index score of any question.

Provided the results of this year's survey, it is important to acknowledge the potential sources of error in our data sampling. Firstly, the students who answered the survey this year inherently changed, compared with 2021, with a new group of Year 8s and without the Class of 2022. Although this is a challenge experienced by any annual school survey, it is important to acknowledge that the results can simply be a reflection of the different types of students at UCC this year.

Furthermore, it is critical to understand the students who did fill out the survey. Although the purpose of the survey is to share what UCC students thought of the entire 2022 year as a whole, we know it is incredibly hard to answer this “in the moment.” Provided that students completed this survey at the end of 2022, it is possible that the results were influenced by how they were feeling at that moment in time at the end of December. Given that this is the point of the year at which academic stress is arguably the highest, it would not be surprising if this was a possible reason to explain the relatively low amount of sleep students claimed they have gotten throughout 2022.

Overall, Convergence is satisfied to see an improvement in self-reported student

performance in 2022. We'd like to thank everyone who participated in the survey and look forward to the results for the

2023 Year-In-Review survey in December.

Convergence wishes everyone a successful, happy, and healthy 2023.

## COMMENTS LEFT BY STUDENTS

*The comments below are written by students of Upper Canada College and do not represent the views of Convergence*

"WORLD CUP MADE MY YEARRRR-RR"

"2023 ain't looking too good."

"Everything is very mediocre."

"More A-day hype pls"

"I still can't get work done on time lmao"

"Savar for head steward."

"I will become him in 2023"

"October 27 was the hardest day of my life"

"tired"

"I know you guys are not reading this but Randy speak more!"

"Loved the World Cup"

"how is this related to school at all"

"More events with COSSOT schools"

"Great year overall!"

"Not with humanity."

"Humanity strays further from god each day. Religion is the only remedy to our crises"

"School is early at 7. But okay. Dislike School practice in the morning wish it was during the day not after school during the day like the prep school."

"It's been alright, had some great times, had some tough lows. I am living for summer right now. Life is like a sandwich, either way you flip it, the bread comes first."

"You know, life is like a box of chocolates, sometimes it's good, and sometimes you get pecans. Throughout this year, and the many ups and downs in academics, I learned a valuable lesson immortalized by the words of Ashleigh Brilliant "To be sure of hitting the target, shoot first and call what you hit the target." When reminiscing about the start to the 2022-23 Academic year I will remember in the immortal words of Herbert Hoover, "All men are equal before fish". To summarize, "Be yourself is about the worst advice you can give some people." - Thomas Lansing Masson"

"school starts a little early..."

"I have enjoyed this year, but I think the old 8 day schedule is better"

"I am confused as to why the UCC dress code no longer allows for quarter zips that we could purchase from the blues shop/house quarter zips. This was something that was allowed pre-COVID. This is also something of note as some of them were purchased, and now there is only one day in the week to wear them."

"We need to improve assemblies"

"UCC used to be amazing years ago, now all that's left are remnants of those times. I wish we could have those back, but it's not possible. I am glad I'm graduating this year."

"There are a lot of people taking photos without consent."

"Humanity is kinda doomed"

"It would be nice for students, to have a way of confirming what a teacher wants and says for an assignment, instead of hearing it verbally, and trying to remember that."