

CONVERGENCE

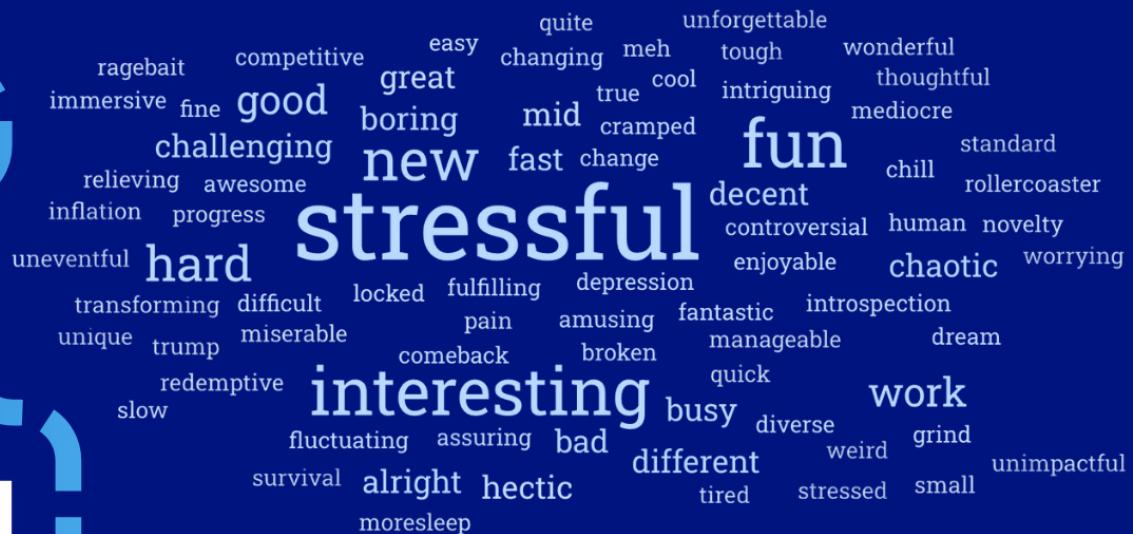
REFLECTIONS ON 2025

131 total responses

Was 2025 a better year than 2024?

65.6% yes

34.4% no



ragebait competitive easy quite unforgettable
immersive fine good great meh tough wonderful
challenging boring mid true cool thoughtful
relieving awesome inflation progress cramped mediocre
uneventful hard new fast change
transforming difficult locked fulfilling depression
unique trump miserable pain amusing fantastic introspection
redemptive comeback broken manageable dream
slow interesting busy diverse weird grind
survival fluctuating assuring bad different unimpactful
alright hectic tired stressed small
moresleep

2025 in one word

most memorable event

relay for life

wwob charlie kirk's death dog's health improving
vacation with friends china trip don't know 7 in HL AA
iran-israel war bar mitzvah a-day trump tariffs
jays summer nothing, im broken :) uni acceptance
everything making it into ucc math improvement 67
sleeping through 1/3 of it winning a tournament europe trip

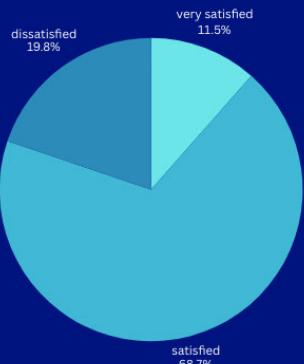
Out of 5, rate the performance of the current Board of Stewards:

3.47



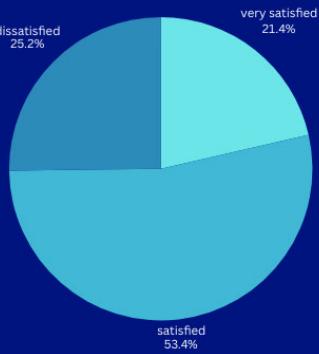
performance in all aspects of life in 2025

19.8% dissatisfied
68.7% satisfied
11.5% very satisfied



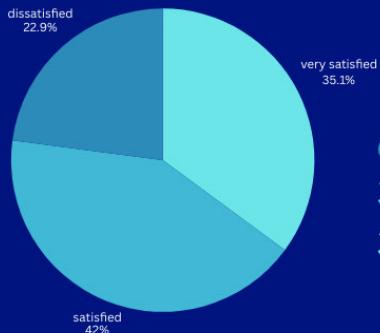
UCC's performance as a school in 2025

25.2% dissatisfied
53.4% satisfied
21.4% very satisfied



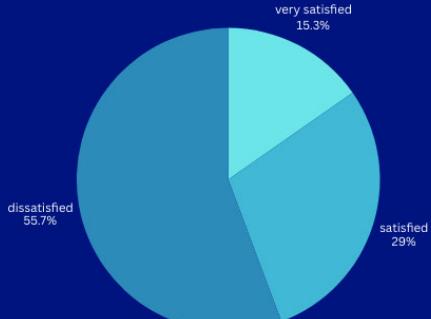
social life in 2025

22.9% dissatisfied
42% satisfied
35.1% very satisfied



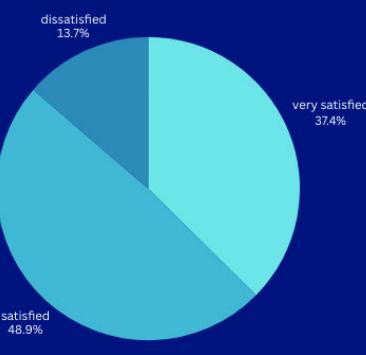
amount of sleep over 2025

55.7% dissatisfied
29% satisfied
15.3% very satisfied



co-curricular pursuits in 2025

13.7% dissatisfied
48.9% satisfied
37.4% very satisfied



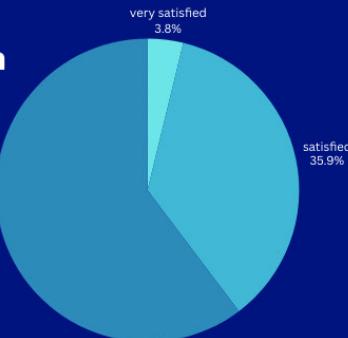
performance of Canada as a country in 2025

40.5% dissatisfied
51.9% satisfied
7.6% very satisfied



progress of humanity in 2025

60.3% dissatisfied
35.9% satisfied
3.8% very satisfied



satisfaction with 2025

more balance - get active workout consistently meditation
win stuff become organised/well prepared 7+ with Mr. Bauld
improve academics get a girlfriend be more disciplined
be known as a kind, sociable, good person get better marks
win a debate tournament sleep more be happy get 8's
transition well into college/uni prepare for uni be charitable
make a new year's resolution improve in my sport/academics
spread kindness and humanity make swimming OFSAA
join the sr. jazz band get bigger in the gym less screen time
make principal's list get ripped be less lazy straight 6's
be satisfied 90 mph club speed improve myself daily lock in

additional comments

happy new year! 67 the sas should have changerooms
2025 was a filler year we need a better prime minister
god save our king and bless the maple leaf! huzzah
go blues! the school needs to fix the cheating problem
can i make academic tie this year plz to a wonderful 2026.

2025: A YEAR OF GROWTH AND GRIT

MATTHEW TONG
EDITOR-IN-CHIEF

Introduction

Was 2025 truly better than 2024? How satisfied are students with their own lives, and how does that compare to how they feel about their school, their country, or even the future of humanity? Convergence's annual Year-in-Review survey once again pulls back the curtain on the lived experience behind the UCC hallways. It appears 2025 was a year defined less by clear victories and losses than by intensity and transformation.

Since 2020, the Year-in-Review has been a Convergence tradition, allowing students to reflect anonymously on the year behind them. This year's survey, sent just before winter break, gathered responses about personal performance, school life, sleep, social connections, and perceptions of Canada and the world. The results, gathered from 131 responses, feel raw and multidimensional, much like 2025 itself.

Words of the Year

2025 was described as "stressful," "interesting," "fun," and "new." It was "hard," "good," "ok," "great," "boring," and "busy" all at once. Students also used words like "challenging," "chaotic," "hectic," and "different," yet balanced these with "transforming," "fulfilling," "immersive," and "redemptive." Life at UCC felt like a mix of grind and excitement, of moments that were tough but fun, and experiences that left lasting memories. 2025 was intense, unpredictable, and human.

Yearly Trends, Student Leadership and Personal Satisfaction

On the surface, 65.6% of respondents said that 2025 was better than 2024, a slight drop from last year's 72.5%. The Board of Stewards maintained an average rating of 3.47/5, consistent with last year. Personal satisfaction was high with 80.2% of students satisfied with their performance in life (82.9% in 2024), yet only 11.5% were

very satisfied, down from 19.2% in 2024. Students are handling the year's challenges, but fewer feel they are fully thriving.

School Life and Co-Curriculars

Within the UCC community, optimism is evident. Satisfaction with co-curriculars rose significantly from 79.7% in 2024 to 86.3% in 2025, with 37.4% very satisfied (up from 32.4% in 2024). UCC's overall performance also edged slightly upward, with 74.8% satisfied (73.1% in 2024) and 21.4% very satisfied (up from 12.6% in 2024). The vast club offerings and spirit-building events, including Holidays at Lonsdale and A-Day, seem to have contributed to these gains.

Social Life and Sleep

Overall social life satisfaction fell to 77.1% in 2025 from 82.4% in 2024, yet the share of students who were very satisfied rose from 30.2% to 35.1%. More students felt deeply socially connected, but a larger group felt less satisfied in this regard than before. It also appears sleep is slowly improving. This year, 44.3% of students said they were satisfied with their sleep, including 15.3% who were very satisfied; this is up from 40.1% and 9.3% respectively last year.

Perspectives Beyond UCC

Beyond the school gates, attitudes toward Canada shifted noticeably. Satisfaction with the country's performance climbed to 59.5%, with 7.6% feeling very satisfied, a sharp rise from 39.6% and just 1.6% in 2024. The increase coincides with a change in federal leadership this year. Views on the future of humanity, however, stayed almost unchanged; about four in ten students were satisfied with humanity's progress this year (39.7% satisfied, 3.8% very), only a slight uptick from 2024 (39.0% satisfied, 3.3% very). While events are moving forward, the pace is not yet sufficient to inspire broad confidence.

Conclusion

Every year brings a new mix of students, with new Y8s joining and last year's Y12s graduating, and not all students responded to the survey. Even with these changes, 2025 was a meaningful year. UCC students navigated 2025 with effort and resilience, finding moments

of joy, connection, and renewal amid a year of stress, comebacks and genuine growth. The survey does not depict perfection, but clear momentum, resilience, and the community's capacity to move forward are visible. As UCC heads into 2026, this steady progress forward may be exactly what students need.

Photos by Ryan She, Olympia Sports Camp



Editor's Note: Interested in joining or contributing to Convergence? Becoming a staff reporter is simple. Just join the Convergence club, attend meetings, share your ideas, and write articles. Upper School students can also contribute without a full-time commitment. Articles can focus on UCC or cover social and political events of general interest. Please send submissions to convergence@ucc.on.ca.

Taking on a leadership role at a school newspaper looks impressive on post-secondary applications worldwide. Your contributions to Convergence are highly valued and are considered when selecting executive roles such as Manager and Editor. While the publication has been part of UCC since 1984, you can explore an archive of issues since 2013 on our website: convergence.today.

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