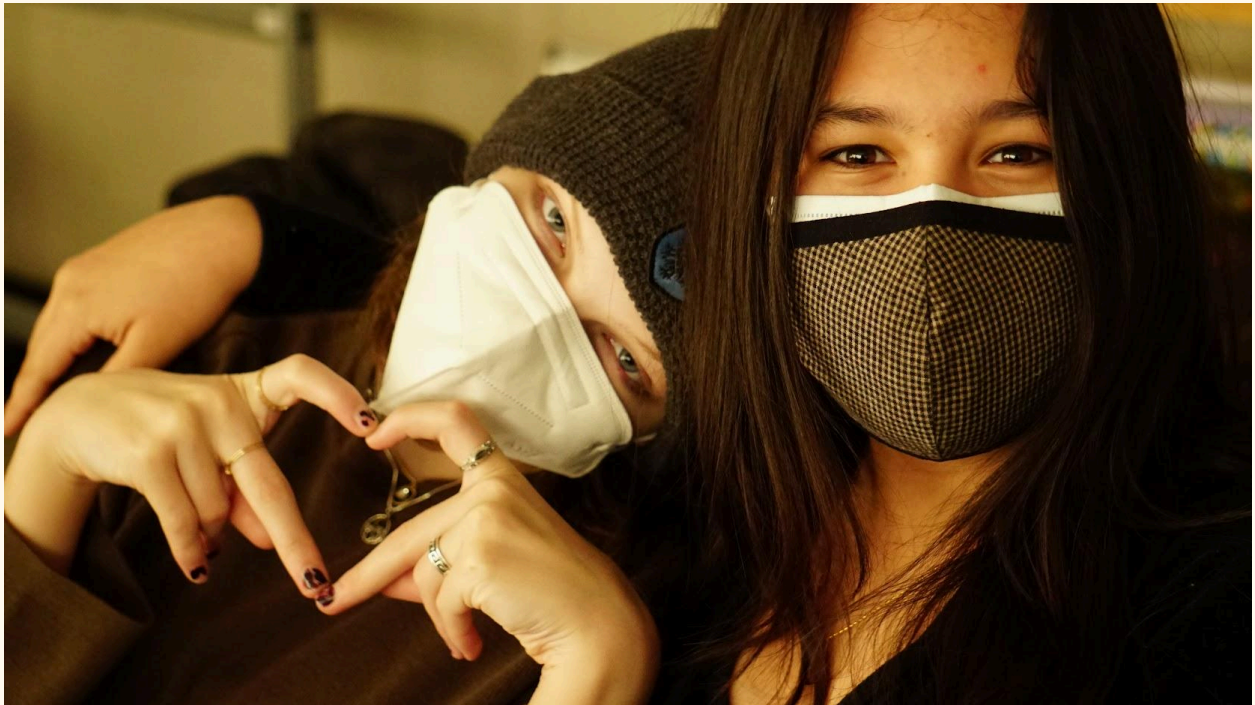


Capstones 2021-2022

Insert Cool Title

Positivity at SLA

By Sarah Narvaez



INTRODUCTION

For my capstone, I chose to look into what makes experiences in SLA positive and how to create a positive community within SLA. I did this by doing various things throughout my high school year and then taking the time to reflect on them and ask myself these questions: What went right? What went not as expected? Do I believe it was beneficial to my overall goal in practice? Would I do it again?

Freshman Year



1. Whiteboard Note

One of the biggest things I think about is making sure people know they are appreciated. Whiteboard notes started after a while when I realized the blue stream wasn't the . . . kind of stream. So then I started writing whiteboard notes to teachers just letting

them know how much I valued them. First it started with Ms.Kaur saying small things like "Ms.Kaur you're my hero!" "You're amazing!" "Thanks for being the best!" and moved from teacher to teacher. As the year progressed, I noticed that other students started writing little notes as well. My most prominent memory was that I was absent from school and the next day I saw someone write a little note where I normally did. I started noticing that I was most likely a trend setter! It was so

rewarding to know that not only teachers, but students noticed the notes and chose to take part in it.

2. Students Run

I have full knowledge that Jeremy is the one in charge of this assignment and most likely will be reading this. I dislike running so much. I will never willingly do it again. That being said, the community around



students run is amazing. It was such a supporting environment no matter what and I really enjoyed being a part of it. Though, I do not believe that I did anything to promote positivity and good morals. I include this nonetheless because, looking back on it now, Students Run set a great example of what I wanted to achieve. Students Run had this sense of community that many other after school clubs and sports didn't have. So now, as a senior writing about positivity in SLA, I feel like Student's Run is a great place to find what SLA has to offer.

3. Blue Stream

Blue stream did and forever will hold a special place in my heart. I do not believe that too many people would push back when I say that blue stream was very problematic. Nonetheless, I made efforts to create a video showing all the great, funny, and creative side of Blue Stream. I spent all my time from April 2019 to June 2019 creating the blue stream video. It was roughly 8 minutes long (I couldn't decide what not to put in so I added 70% of the photos I got.) I went through the process of collecting photos from the blue stream. I gathered at least one person from each friend group in blue stream to collectively give everyone superlatives. It was my goal to make sure everyone felt included. That was the toughest part about making the video. The video as of today has been lost on my poor laptop. Lesser quality videos or I can try to actively retrieve it if requested.



When I was collecting photos, some friend groups had more photos than others and so it resulted in me combing through photos keeping track of how many times certain people appeared. I needed to go through the process of asking people specifically for certain students and so forth. In the end, all things considered, I think the video and how the blue stream felt about it went pretty well. People had

enjoyed the video filled with their classmates and I think freshman year couldn't have ended better.

Sophomore Year

4. Candy @440

From the beginning of sophomore year, we had an insane year. When we moved to 440, I just thought it would be nice to try and get people hype for a less ideal situation. I started buying CVS candy and giving them out when kids came into school. When I was first mapping out what I wanted to write about in February, this was not something I intended to include on this paper.

The beginning of April, I was talking with Devon and another junior about my capstone. And Devon actually mentioned me giving out candy at 440. Honestly, it was something that I didn't realize had much impact. One mentioned how it wasn't really about giving out candy and it was more about me helping students feel more comfortable in the new space. Though, they did note that giving out candy was a big plus.

Senior Year

5. Holiday Ballroom!

This one is really short. I wanted to decorate SLA for the holidays! I remember freshman year some kids (I don't know what club) made SLA look amazing for Halloween and I couldn't do that for Halloween so winter break worked! This is just being said because I have a really cool video with the lights off decorated so I can include it.

6. Office Shenanigans

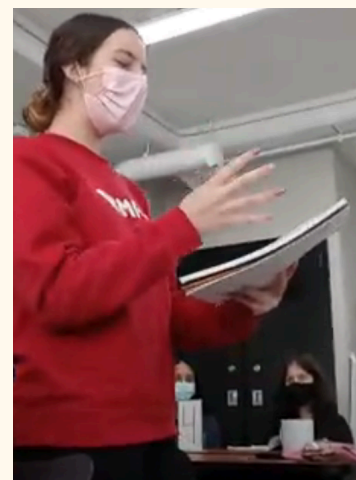
Whiteboard notes continued for as long as there were whiteboards to write on. Though the consistency of them began to diminish after I was busy being a senior. So I slowly tried to keep doing new things to keep me going and still give staff *something to look forward to*. I decided to start writing riddles on the board. Strangely enough, finding good riddles is really hard. It would take roughly 30 minutes each day to find one that wasn't created for kindergarteners. Though I believe it was worth the search. It challenged me to keep improving the riddles. From providing the answer to adding hints this was something I felt like I could continuously keep improving.

All these moved on to what you see now, SLA Polls! They all just came from me wanting to do the same thing with riddles but something a lot more

interactive between staff and students. After a while, it became something teachers started doing exactly what I hoped for. Teachers would come up before getting into school ideas for the poll for the day. It was something that I started but then it caught on to become a teacher's own thing. I honestly felt amazing that it was interesting for people to continue.

7. Student Shenanigans

I started SATing SLA Green stream african american history at the beginning of the year. It was the best experience working with children. I knew that I wanted to be a history teacher but being able to volunteer to help and work with these students was a blessing in itself. SATing was something that was very different from my other "deeds" . This was something that became very personal to me because as the year went on I started growing with them. They were at times too much for me and thats really when I wasn't only helping them but they began helping me. Green stream was such a challenging class to deal with at times and honestly, that was the most impactful thing I feel like I gained in this capstone. Being their SAT helped me figure out what kind of teacher I wanted to be and how I wanted to do it on my own terms. They were amazing and from what I asked some students, they gained as much as I did.

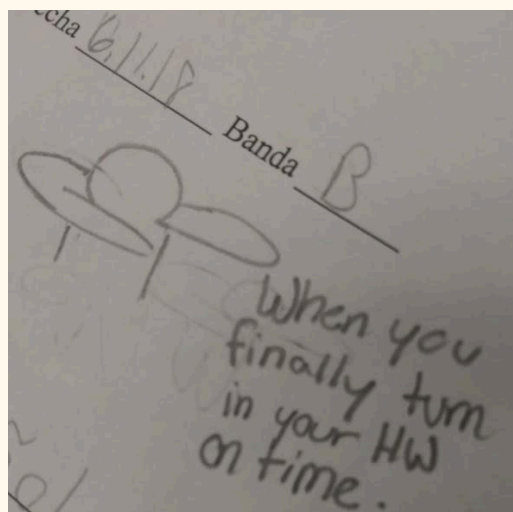


Reflection

After speaking with some students and teachers, spreading positivity isn't something that is in what you do but rather how you do it. Well, it's a combination of both. Speaking with Alana Finney about it, she spoke to me about being able to take the step to do nice things helps more in the future while the act itself gives "That immediate dopamine." This is really a trait that I believe students at SLA have.



This entire high school experience has just made me grow but I would say that when I was asking other students about how they felt about things I've done at SLA, having them tell me that I made at least one experience was worth it.



Because of mental issues, I couldn't do too many long-term projects. I had to adapt to doing a lot of small things instead to get my 80 hours in. If I could do this again, I would have loved to be more involved and more consistent with it. Also I wish I took more pictures! I did so many other things but I don't have photos so I can't really talk about them! I helped advertise capstones, I helped with filming for some, I put hours into helping kids with essays, I made an intentional

effort to learn all the lunch lady staff because I asked around and no one knows their

name! Basically I have done a lot that I just didn't know how to document or forgot because I suck at multitasking.

The last question for this process paper is asking how I made SLA a better place?

Honestly, I don't think I did anything out of the ordinary. I am fully aware that after I leave this school all the things I've done will get lost with it. I've thought about it in the process paper. I'm okay with it. If I made people's day a little better, I don't care whether or not I made it a better place.

The end. Enjoy.