

Grace's Capstone Project





Introduction

Hello and welcome, my name is Grace Balon. I am 16 years old and currently enrolled at South Kamloops Secondary School in the French Immersion Program. I work 3 days a week at a local hair salon called "Blowfish Hair Studio" and have been employed there since I was 14. After highschool, I plan to apply for my BSN (Bachelor of Science in Nursing) as it has always interest me in being a RN nurse. I love reading, watching movies, snowboarding and hanging out with friends. Welcome to my Capstone Project!

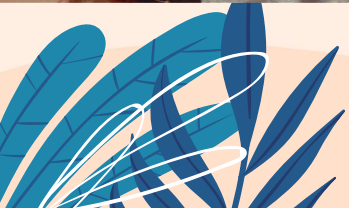
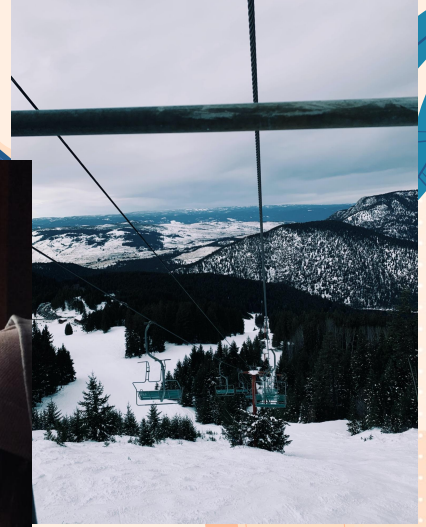


Introducing My Mentor

My mentor for my Capstone Project is Gaetanne Balon, my mother. After working as a hairstylist for over 20 years she is now a sales representative for West Coast Beauty, a beauty distributing company. Her territory ranges from here in town, Kamloops to Golden and everything in between. As my mentor for my Capstone Project, I would like her to help me develop my critical thinking and oral presentation skills. She will help develop my Capstone by allowing me to practice my oral presentation, approving my ideas and helping me evolve them by building my critical thinking skills. My mother, Gaetanne has a way of thinking that makes me consider situations and information from a different perspective; she always challenges me to look at things from various aspects and I believe that this is something that will help me throughout my Capstone Project.



An inside view to my life...



Welcome to my Capstone Project...



The Lessons I've Learned from Fictional Characters



Why I Chose This?




In this project, I will discuss the important life lessons I have learned from fictional characters ranging from movie characters to book characters and their fictional worlds. I am going to discuss how these characters have changed my thought process and how they have taught me and raised me to be the person I am today. I am going to elaborate on my life experiences, for instance being extremely sick in the Children's Hospital, my experience in school and work, the good and the bad and how being able to relate to these characters has made me able to persevere through everything and be resilient. Discussing the important skills I have learned from them: collaboration, creative and critical thinking, social responsibilities and skills. How I've applied these skills to my everyday life, school experiences and applying them to help me in the future. I have choose this, because it is important to me. I have learned so much from just watching movies and reading books, and I believe that it is something I should share. These characters have made me the person I am today. The skills and lessons I have learned from them will help me through life to reach my goals, future plans and my overall journey in life. Through this project I am going to show you my understanding, creative and critical thinking skills.





**“Drop your socks and grab
your crocs, we’re about to get
wet on this ride.”**

Tony Stark



**Fictional
Characters and
the Core
Competencies**

The Core Competencies

What are Core Competencies? They are a set of intellectual, personal, social, and emotional skills that support your learning. These competencies are interwoven into much of your learning, and are transferable to life beyond school.



Core Competencies

Communication



Communication

Communication is the set of abilities that we use to impart and exchange information, experiences and ideas to explore the world around them, and to understand and effectively engage in the use of digital media. Communication competency provides a bridge between our learning, our personal and social identity and relationships and the world in which we interact.





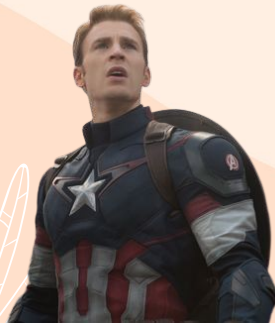
“Communication - The human connection - is the key to personal and career success”

Paul J. Meyer



Steve Rogers and Communication

Steve Rogers, Captain America is a superhero from the Marvel Cinematic Universe. He is a founding member of the Avengers and was earth's first superhero dating back to World War II. Before he became Captain Rogers, Steve Rogers suffered from numerous health conditions. He was denied enlistment into the army multiple times, until Doctor Erskine who was working for the SSR (the Strategic Science Division) came along and offered him a chance. He was volunteered for Project Rebirth, where he received the Super Soldier Serum which enhanced his physical abilities to superhuman. He became a symbol to the nation: Captain America throughout World War II. He fought against evil until the final battle left him plotting his plane into the ocean to save his country. He was then found frozen in ice 70 years later. In 2012, he was asked to join the Avengers Initiative. An idea to assemble a team of heroes with extraordinary abilities to fight the battles that humanity couldn't fight on their own. Steve Rogers then joined and took the role as captain, and he fought alongside other heroes to protect the world.



Communication is a skill that requires work when you enjoy doing things on your own. Myself, I enjoy working alone but when I'm needed to work in a team I turn to the key points of what Captain Steve Rogers has taught me. He has taught me the importance of communication, teamwork, collaboration and fighting for what's right. Steve Rogers, captain of the Avengers, led missions, made plans and directed the team to success. He stepped forward and took initiative, as the team leader. He communicated with the others of whatever team he was working with; he has taught me about how communication with others and leadership is critical for when you're working with a team.

Steve Rogers has always stood up for what's right and he has displayed that communication is necessary for when you're standing your ground. I've learnt from him that if you believe something is wrong, speak up, communicate. Steve Rogers always stood his ground for what he believed was right and communicated when he thought so. Steve Rogers and his communication skills have rounded me into becoming more confident in what I believe in; that even if my opinions are different from others to stand up for what I believe is right. He has helped me realise that it's alright to take charge, to communicate, speak out and stand on your opinion strongly when you believe something is wrong.



Collaboration and Teamwork

Collaborating involves the skills, strategies, and dispositions that people use to work together to pursue common purposes and accomplish common goals.

People who collaborate effectively recognize how combining others' perspectives, strategies, and efforts with their own enhances collective understanding, use, and impact. They value the contributions of group members, interact supportively and effectively using inclusive practices, and strive for shared commitment and mutual benefit.



Iron Man: “We’re the Avengers... how do we cope with something like that?”

Captain America: “Together.”

The Avengers and Collaboration

The Avengers were a team of individuals with extraordinary abilities in the Marvel Cinematic Universe. Each individual either with super powers or special characteristics, gathered together to fight the battles that humanity couldn't. Nick Fury, founder of the Avengers was the head of S.H.I.E.L.D, the Strategic Homeland Intervention, Enforcement and Logistics Division. The original 6 Avengers includes, Captain America, Iron Man, Thor, the Hulk, Black Widow and Hawkeye. The team grew as time went on including, Scarlet Witch, the Falcon, Spiderman, War Machine, Vision. Together the team fought great threats like Loki, the God of Mischief, the robot Ultron and Thanos, a mad titan from another planet.



Working as a team is never easy, especially when you have personalities that clash, people who don't get along and individuals with strong opinions. The Avengers demonstrated the crucial part of being able to put your differences aside and collaborating as a team to get things done. The Avengers have displayed the usefulness of being able to work as team, to collaborate, communicate and be successful. The movies such as The Avengers, The Avengers: Age of Ultron, Infinity War and Endgame illustrated the outstanding concept of being able to take people from all over, with different skill sets and making them work together for the greater good. The skills I've pulled from those movies have grown my skill set and demonstrated to me that when collaborating with others, you have to work together. If that means putting your differences aside, because some battles are too big to fight on your own and help from others is necessary for personal development.

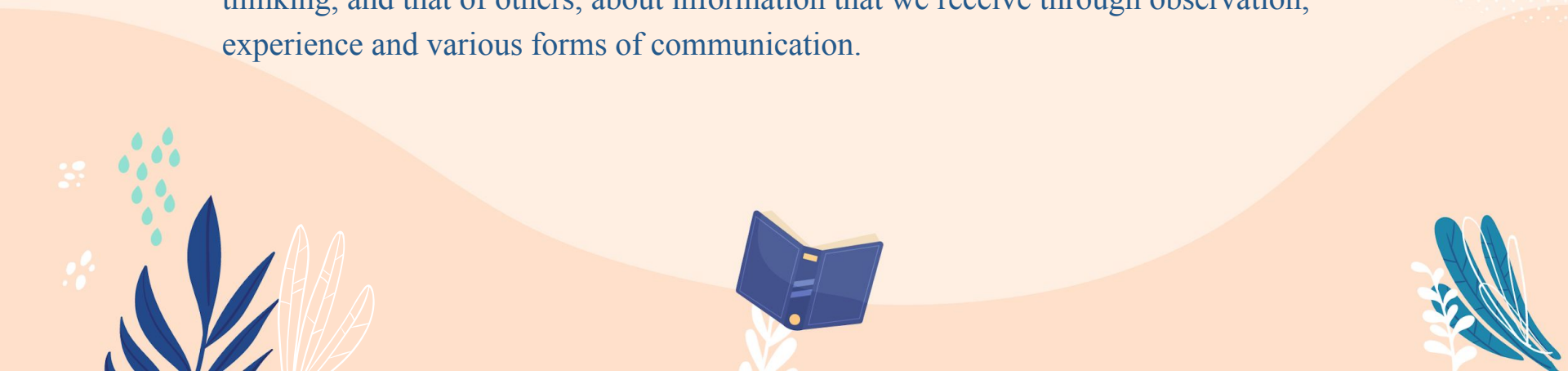
Thinking






Critical Thinking

Critical Thinking involves making judgements based on reasoning: considering options: analyze these specific criteria: and draw conclusions and make judgements. Critical Thinking competency encompasses a set of abilities that we use to examine our own thinking, and that of others, about information that we receive through observation, experience and various forms of communication.





“The function of education is to teach one to think intensively and to think critically. Intelligence plus character – that is the goal of true education.”

Martin Luther King Jr.



Katniss Everdeen and Critical Thinking



In a post war world, Panem is the entirety of once known as North America, made up of 12 districts and one capital. After a failed rebellion, the new leaders imposed the Hunger Games, an annually game where 2 children are reped from each district and forced to fight to the death in an area until one remains; to remind the districts of what happens when you try to overthrow their government. When Katniss Everdeen's younger sister Prim is repeated into the 74th Annual Hunger Games, Katniss volunteers to take her place. Being from an outline district, district 12 the odds were against her, then when she was put up against tributes who have trained their whole lives for the games, she only had her critical thinking and bow and arrow skills to rely on.

Katniss Everdeen had no more than her hunting and critical thinking when stepping into the game. After her father died in a mining accident and her mother fell into a deep depression, the 12 year old Katniss was left to run the household. She build a bow and arrow to hunt illegally in the woods around the district, learning what was edible from the forest and setting up snares in order to keep her family fed; from a young age she learned to adapt and think outside the box in order to survive.

When Katniss went into the arena she used her well developed critical thinking skills to help her stay alive, she had no more than a knife and a backpack with a couple tools in it like a sleeping bag, an empty water bottle, coiled wire; she survive days on end and managed to keep herself well fed. When the course of the games changed and she was trapped by a pack of people she managed to escape them by throwing down a branch with a wasp nest on it, they fled and she was free.

Throughout, the entirety of the book and The Hunger Games series Katniss Everdeen has shown tremendous critical thinking skills. From ensuring her family's survival throughout the years and her own survival in the arena twice. Katniss's critical thinking skills have taught me to think outside the box, to make do with what you got. She has taught me that critical thinking helps to understand independence, to be able to work and success on your own.






Creative Thinking

Creative Thinking involves the generation of new ideas and concepts that have value to the individual or others, and the development of these ideas and concepts from thoughts to reality.





“Actually I'm highly logical which allowed me to look past extraneous detail and perceive clearly that which others overlook.”

Hermione Granger





Hermione Granger and Creative Thinking

Hermione Granger is a muggle born* witch in the Harry Potter universe. She is bestfriends with Harry Potter and Ron Weasley and resides in the Gryffindor House. A house filled with those admire their characteristics of bravery, loyalty and courage. Even though, Hermione resides in the red and gold house of the lion throughout the story she happens to be the one who manages to save her friends. Her intelligence and creative thinking skills are like no other, just as said in the book, “[She] is truly the brightest witch of her age.”

Since the first Harry Potter book she took led on creative thinking along with solving other issues going on in the wizarding world. For example, in the first Harry Potter book, Harry Potter and the Philosopher’s Stone when retrieving the stone from a greater evil they encounter traps along the way. When the gang falls onto a plant called “Devil’s Snare” Hermione's creative thinking and intelligence helps her remember that the plant hates sunlight, therefore she cast a spell of sunlight to set them free. From beginning to end of the Harry Potter series she was always the one to creatively think to help her solve the situation they were in.

Hermione’s importance in the books and films taught me a valuable life skill that I’ve applied to everything. Throughout the series whenever they were caught in trouble she always knew the solution; her intelligence and her possession of knowledge always saved them. Hermione Granger taught me the importance of creative thinking and how being the smartest in a room can sometimes save your life. Her strong characteristics showed me how important it is to have creative thinking skills. The creative thinking skills I’ve developed have been applied everywhere, in school, workplace and in everyday life. When a situation either an issue at school or a problem at work comes up she’s taught me to creatively think about the issue and to use my power of knowledge to view every aspect of the situation in front of me before trying to solve the problem.



*Muggle born: Someone who has non magical parents



Personal and Social Responsibility





Personal Awareness and Responsibility

Personal awareness and responsibility includes the skills, strategies, and dispositions that help us to stay healthy and active, set goals, monitor progress, regulate emotions, respect their own rights and the rights of others, manage stress, and persevere in difficult situations. Those who demonstrate personal awareness and responsibility demonstrate self-respect and express a sense of personal well-being.





**“I can’t control their fear, only
my own”**

Wanda Maximoff



Wanda Maximoff And Personal Responsibility

Wanda Maximoff, also known as Scarlet Witch is an Avenger. Natively from Sokovia, grew up with her parents and twin brother Pietro. Born with the ability to perform and harness Chaos Magic, her abilities never triggered until she and her brother volunteered for human experimentation. They volunteered to be experimented to protect their country after a bombing said to be the fault of Tony Stark collapsed there apartment building killing their parents. During the experiment her brother developed super speed while she attained different psionic abilities. After fighting against the Avengers and learning they were on the wrong side, the twins joined the Avengers side to fight against evil. The last battle resulted in the death of Pietro, who sacrificed himself to save Hawkeye and a little boy, but Wanda survived; she then moved to the United States to join the Avengers.



Fear, “an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat.” Fear and anxiety are normal human emotions, for some they get the sensation of fear multiple times a day and other less. For myself, struggling with fear and anxiety my whole life has made me the person I am today. Wanda Maximoff, a girl who could over power anybody she wanted to was scared and anxious about everything she did; that she might hurt someone or make a mistake, she was constantly living in fear until one day she learnt she was the only one who could her actions, fears and worries. Her personal responsibility skills have taught me, I am the one who controls me, I have the power to overcome my fearful anxious thoughts and that I am the only one who can control them. That it is in my own hands on if I want to live in fear or go out and face the world. She was aware that she couldn’t control what others thought or said about her she had to trust in herself.





“Remember, tomorrow is promised to no one.”

Walter Payton

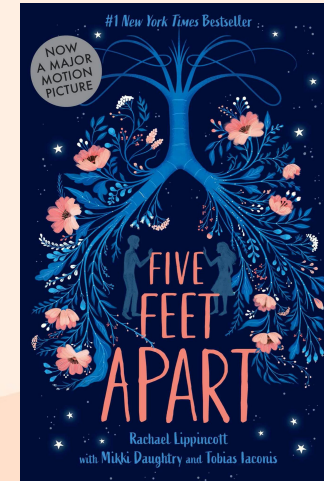



Stella and Will and Personal Awareness

Stella and Will are the main protagonist in the book and now film adaptation “Five Feet Apart” It follows, Stella a 17 year old girl with cystic fibrosis who has spent most of her life in and out of the hospital. During a trip to the hospital to be monitor when she catches a cold she meet Will, who has recently been transfer to the same hospital as her. There is an instant connection between the two of them but with the pair each living with cystic fibrosis they cannot come into a certain radius of each other, through the story we see how they bend the rules for their love story to play out.

My time in the hospital was short compared to Stella and Will living with cystic fibrosis, but the thing we have in common is our mindset. I have learnt and related to these characters in the way of “live your life to the fullest because tomorrow isn’t promised” Through my personal experiences and the personal awareness of Stella and Will, I’ve realised that you have to live everyday like it’s your last. Tomorrow isn’t promised and things can change in a millisecond of time. They have taught me, not to take life for granite, surround yourself with your loved ones and live life with no regrets.

My mom has always called me her “bandaid child” every since I was a couple of months old, I was always the kid with ear infections, strep throat, stomach issues but nothing, my family and I couldn’t handle. The winter of 2018, my family and I traveled to Mexico for Christmas. Nothing out of the ordinary, I’ve been to Mexico plenty of times in my life and we’ve been fortunate that none of us have ever gotten sick, until me. What we thought was the stomach flu that would pass by the time we got home, ended up with me being medevac out of Kamloops to the Vancouver’s Children’s Hospital with a disease called HUS and my kidneys failing.





“So, this is my life. And I want you to know that I am both happy and sad at the same time, and I’m still trying to figure out how that could be.”

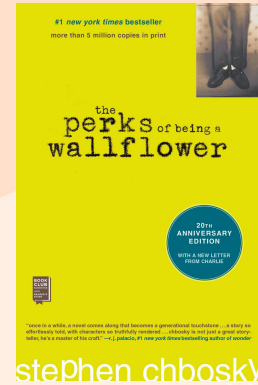
Charlie Kelmeckis, *The Perks of Being a Wallflower*



Charlie Kelmeckis and Personal Awareness

Charlie Kelmeckis, is the main protagonist of the book and movie “The Perks of Being a Wallflower” The book, is narrated by him writing a series of anonymous letters to an unknown person. We learn that Charlie is an 15 year old boy who’s starting his freshman year in high school. He is an extremely shy, thoughtful and caring person who carries alot of guilt on his shoulders after the suicide of his friend and the death of his aunt. He has a hard time making friends and finding his place before befriending a group of seniors where he truly feels he belongs.

Charlie is a character who carries a lot of guilt on his shoulders after the suicide of his friend in middle school. He is thoughtful, caring, and deeply feels for those around him. Throughout the book and movie it is clear he suffers from mental illness he quotes, “ “So, this is my life. And I want you to know that I am both happy and sad at the same time, and I’m still trying to figure out how that could be.” Charlie has taught me that sometimes our emotions get the best of us, that life has its up and it’s down and sometimes those downs are deep but it’s important to surround yourself with those who will help you get through those downs and stick by your side. He has taught me sometimes you will feel plenty of emotion at once and that personal awareness of how being able to handles those emotions and cope with them will help you through life.

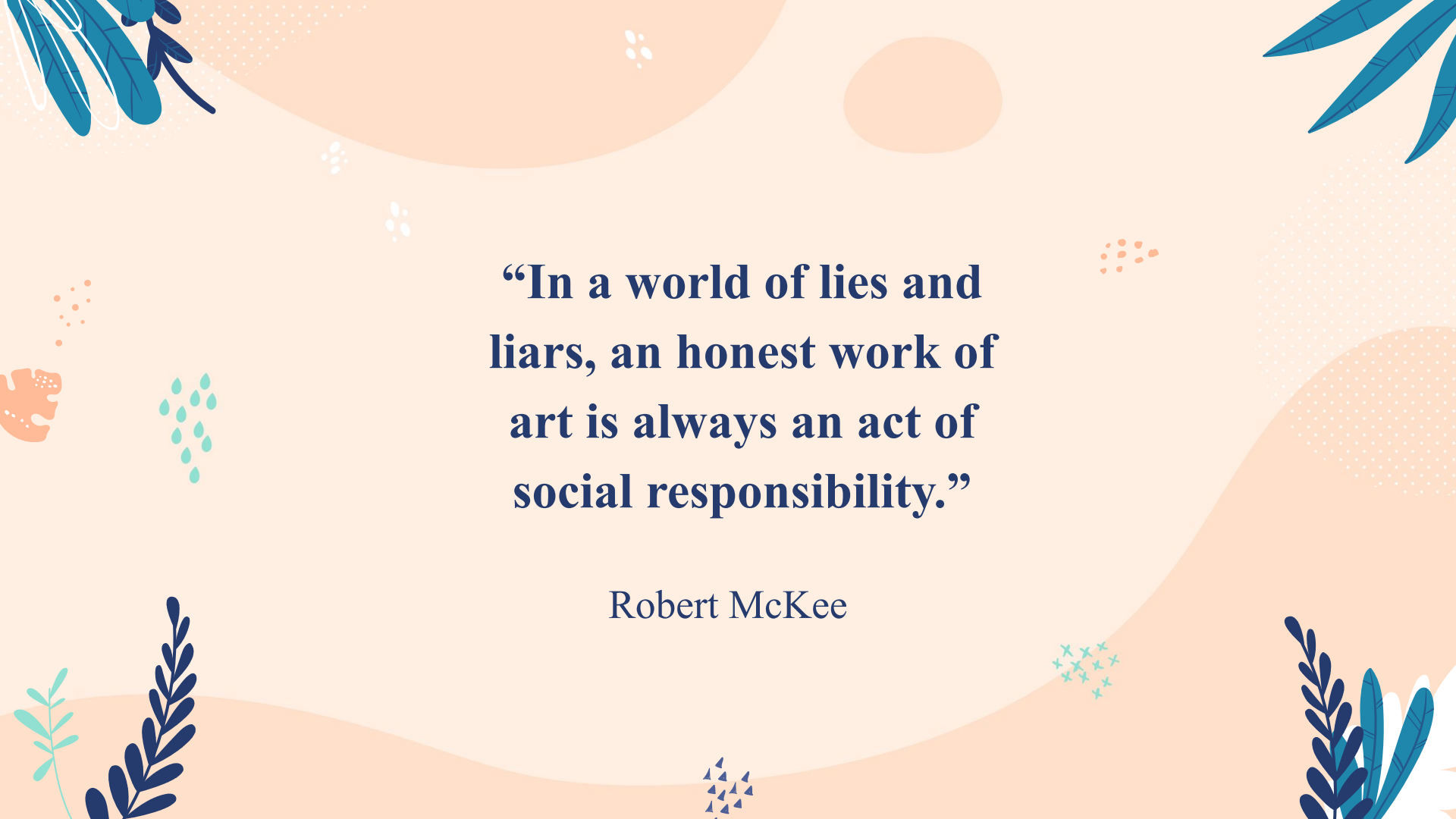




Social Responsibility

Social responsibility involves the ability and disposition to consider the interdependence of people with each other and the natural environment; to contribute positively to one's family, community, society, and the environment; to resolve problems peacefully; to empathize with others and appreciate their perspectives; and to create and maintain healthy relationships.





“In a world of lies and liars, an honest work of art is always an act of social responsibility.”

Robert McKee

Tony Stark and Social Responsibility

The first Iron Man movie was released in 2008, it is the first film in the Marvel Cinematic Universe (MCU)

This movie follows Tony Stark a billionaire, genius and the owner of Stark Industries. On a trip he gets taken and held captured in an Afghan Cave, he manages to escapes by making a high tech armoured suit. When he returns home, he decides to use his suit for good and to fight greater evil.

In the first Iron Man movie, Tony Stark thought he had a sense of social responsibility. His continual rationale was that he and his company were the “good guys” and they were taking care of the “bad guys.” Although, after his time being held hostage he realized that this false sense of social responsibility was a result of justifying an illogical position. He saw that the weapons he had created were being used as weapons of mass destruction; he then came to his senses and shut down the manufacturing of them, a true social responsibility.

This movie and Tony’s act of social responsibility has taught me the importance of making sure what you’re doing individually and with others is acting in the best interest of society and the world as a whole. Tony Stark taught me that if something isn’t helping the outcome for a greater society then you have to do something to change it.





“A part of the journey is the end”

Tony Stark