

# 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  
fluctuating assuring bad different tired stressed small unimpactful  
survival alright hectic 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

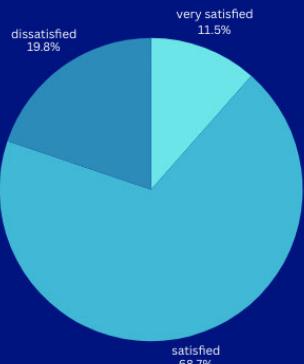
# Out of 5, rate the performance of the current Board of Stewards:

**3.47**



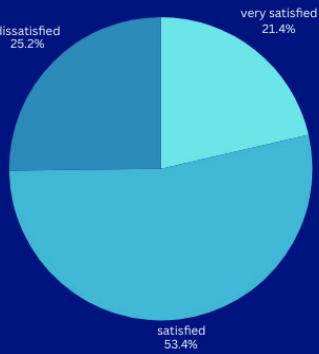
## performance in all aspects of life in 2025

**19.8%** dissatisfied  
**68.7%** satisfied  
**11.5%** very satisfied



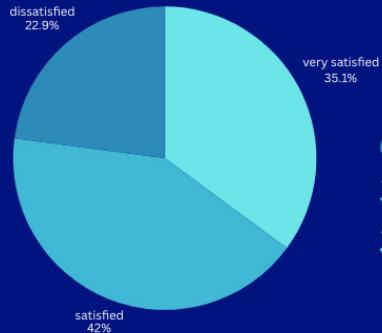
## UCC's performance as a school in 2025

**25.2%** dissatisfied  
**53.4%** satisfied  
**21.4%** very satisfied



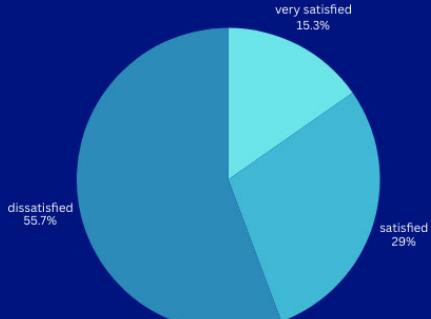
## social life in 2025

**22.9%** dissatisfied  
**42%** satisfied  
**35.1%** very satisfied



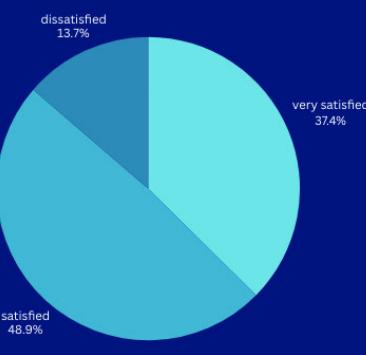
## amount of sleep over 2025

**55.7%** dissatisfied  
**29%** satisfied  
**15.3%** very satisfied



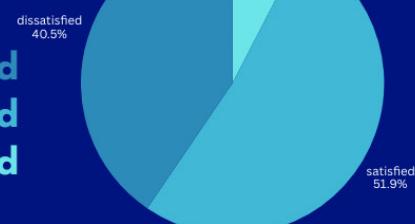
## co-curricular pursuits in 2025

**13.7%** dissatisfied  
**48.9%** satisfied  
**37.4%** very satisfied



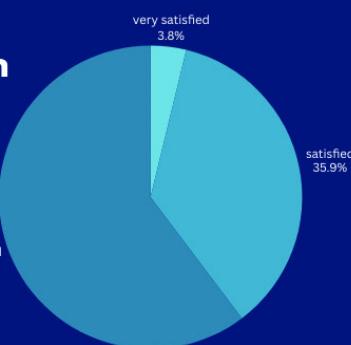
## performance of Canada as a country in 2025

**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](mailto: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](http://convergence.today).