Matthew Chan

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# Introduction

Born 1995, May 12, I am currently in Grade 11 and studying at St. Andrew’s College. I am involved in sports, extracurricular activities, and community service.

# Work Experience

**Assistant Swim Instructor (Volunteer Job)  
Town of Markham, Angus Glen Community Centre**

**September 2009 – November 2009**

**3 hours/week**

**Total hours: 24**

**Grade 9**

August 2011   
Approx. 12 hours/week  
Total Hours: 27  
Grade 10

I taught different levels of swimming to preschoolers, children aged 9-12, and adults.

# Education and Academics

**St. Andrew’s College**

Averages

Grade 9 Average: 87%

Grade 10 Average: 87%

Grade 11 Current Average: 91%

Current Courses:

Grade 12 Advanced Functions

Grade 12 Calculus

Grade 11 English

Grade 11 Physics

Grade 11 Biology

Grade 11 AP Chemistry

Grade 11 McEwen Business Leadership

Athletics and Extracurricular Involvement

Swim team, Cross-country team, Track and Field team, Football team, Grade 11 Staff Cadet, Outreach Council, Writing and Publication Council

# Athletics

**Swim Team**

November, 2010 - March, 2011 (3 seasons)  
8 hours/week (2 hour practices four times a week)  
Hours per season: + 240  
Grades: 9, 10, 11

First Team: Grade 11

I worked hard in every practice and raced my main events: 200m freestyle, 50m freestyle, 50m breast stroke, and 100 IM. I improved my time over the years and made the First team in Grade 11. A very rewarding commitment and experience.

**Cross-Country Team**

September, 2010 - November, 2011 (2 seasons)  
8 hours/week (2 hour practices four times a week)  
Hours per season: 60  
Grades: 10, 11

As a member of the cross country team, practices were demanding and races were hard. Over the two years, I reduced my times and ended Grade 11 with a 29-minute 7 km race.

**Football**

September, 2009 - November, 2009 (1 season)  
6 hours/week  
Total Hours: 60  
Grade 9

I joined the football team in Grade 9 to gain a new experience and explore a sport I had not tried before. It was interesting and challenging, but ultimately not a sport I enjoyed.

**Track and Field**

March, 2011 - May, 2011 (1 season  
8 hours/week  
Total Hours: 48  
Grade 9

I trained hard in the track and field team during the third term of Grade 9 to compete in the 100 m and 800 m.

# Skills and Activities

**Lifesaving (Lifesaving Society of Canada)**

2008 - Present

Achieved **Bronze Cross**, **Standard First Aid with CPR-C**, and **Swim and Lifesaving Instructor** qualifications. I used these qualifications to land a job as a volunteer swim instructor.

**Chess**

2004 - Present

I have been playing chess since the age of 8. Chess is a captivating and complex game and I have taken lessons to improve my skills throughout the years. From 2006-2008 I played in competitive tournaments and achieved a highest rating of 1200.

**Scouts**

2006 – Present

I joined the 333rd Markham Scouts Group in 2006 and am now a 2nd year Venturer. I have contributed to my scouting group by leading a patrol of scouts during meetings, planning and attending numerous hikes and camps, and achieving my Chief Scouts Award and Venturer’s Award. Scouts has taught me much about leadership, teamwork and organization and has trained and developed my interest in outdoor crafts, hiking, and camping.

**Martial Arts**

2005 – Present

2005 – 2011: Shaolin Kung Fu

2011 – Present: Wing Chun and Sanshou

I have a great interest and passion for martial arts. The art of hand-to-hand combat and self-defense has been a fascinating and powerful way to develop myself physically and mentally. Studying martial arts for 7 years has taught me discipline, respect and the importance of physical fitness.

**Creative Writing**

2007 – Present

Writing and Publication Council

Creative writing has been one of my most enjoyable hobbies since elementary school. In Grade 6 I wrote a 20,000 word story simply because I loved writing. It wasn’t until 2007 that I joined a weekly writing development class that has greatly enhanced my creativity and writing skills. Since then, I have written numerous creative pieces, including another 20,000 word story in Grade 10. I have submitted work in online writing communities, entered writing contests, and joined the school Writing and Publication Council. Recently, I have had three of my pieces entered into the school literature magazine (one in 2011 and two in 2012).

**Mandarin and Cantonese**

Classes: 2010 – 2012

I lived in Hong Kong and Taiwan for many years, and although I attended international schools, I became semi-fluent in Mandarin and Cantonese. After coming to Canada, I took Mandarin classes for two years to maintain fluency. I can read many basic words in Chinese and speak Cantonese and Mandarin effectively.

# School Extra-Curricular Involvement

**Writing and Publication Council**

2010-2011

Grade 10

I worked on the school literature magazine, working with a team to review and edit entries, eventually formatting and putting together *The Thistle*, an annual student-literature magazine.

**Outreach Council**

2011-2012

Grade 11

The Outreach Council raises money for charities by organizing school-wide charity events. One of these is the Holiday Hero Fund, in which each student donates a gift that is sent to underprivileged families in the region. I contributed by choosing charities and organizing and volunteering at these school events.

**Staff Cadet**

2011

Grade 11

As a Staff Cadet, my role was to teach a Grade 9 platoon (15 cadets) the Red Star cadet curriculum during our weekly 2-hour cadet sessions. Over the term I taught items such as cadet history, outdoor survival, and leadership skills. Managing and teaching a class on my own was a difficult but rewarding experience. I may have been the one teaching the younger cadets but I also learned much about leadership, management, and effective motivation.

**Training Company Parade Sergeant (Drill Instructor)**

2012

Grade 11

As a drill sergeant for Training Company, my current role is to instruct a Grade 8 platoon in marching drill for four days a week. I will be leading them on parade in May.

# Community Service

**333rd Markham Scouts Volunteer Services**

January 2010 – February 2012

As a member of 333rd Markham Scouts, I frequently volunteered in services that our Scout Group were invited to. These include serving as a stage man for a charity show, preparing food for a church breakfast sale, helping to set up stations at scout camps, and clearing garbage from a park.

Total hours: 75

**Assistant Swim Instructor**

**September 2009 – November 2009**

August 2011

I served as an Assistant Swim Instructor in a volunteer job in which I taught children and adults alike how to swim.

Total hours: 51

**School Services**

September 2010 – Present

As a member of the Outreach Council I am constantly volunteering in our school charity events such as sundae sales, homecoming events, and holiday hero. As a member of the swim team, I was also given the opportunity to volunteer as a timer for two middle-school swim meets.

Total hours: 12

# Awards and Achievements

**St. Andrew’s Honour Roll:**

Grade 9

Grade 10

Grade 11

**St. Andrew’s Headmasters Roll (85+ in every course):**

Grade 11

**Completed a Hong Kong Outward Bound Course**

August 2010

Completed an Outward Bound course, a challenging 8 day trek across Hong Kong’s toughest and steepest cliffs and mountains. This was especially hard for me as I was suffering from a stomach flu during the course. However, I still managed to lead and motivate my team to complete to challenge.

**Duke of Edinburgh Award – Bronze and Silver**

Bronze Achieved November 2010

Silver Achieved May 2010

I completed four components: Physical Recreation, Skills, Community Service, and Adventurous Journey to achieve the Bronze and Silver levels of this award. The DEA has trained my commitment, perseverance and organization and I am currently working on my Gold DEA.

**Venturer Award**

February 2012

I achieved the Venturer Award for my commitment and completion of six component awards: Personal Interest, Service, Personal Fitness, Vocational, Social and Cultural, and Exploration. I am currently working on my Queen’s Venturer Award.

**Chief Scout Award**

June 2008

I achieved the Chief Scout Award in Grade 8 during my final year of Scouts. It is the highest award that can be achieved as a Scout and requires knowledge of citizenship, leadership, physical fitness, and outdoor skills.

# Leadership Positions

Scout and Venturer, Outreach Council, Assistant Swim Instructor, Staff Cadet, Training Company Sergeant