Matthew Chan

# Contact Information

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# Introduction

My name is Matthew Chan. Born in 1995, May 12th, I am currently in Grade 12 and studying at St. Andrew’s College. I am involved in sports, extracurricular activities, and community service.

# Work Experience

**Assistant Swim Instructor (Volunteer)  
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.

# Academics and Standardized Testing

**St. Andrew’s College**

Averages

Grade 9 Average: 87%

Grade 10 Average: 87%

Grade 11 Average: 91%

Grade 12 Current Average: 90%

Current Courses:

Grade 12 AP Calculus (93%)

Grade 12 AP Chemistry (93%)

Grade 12 AP English (96%)

Grade 12 Physics (82%)

Grade 12 Biology (84%)

Grade 12 Writer’s Craft 90%)

Grade 12 McEwen Business Leadership (91%)

SAT Scores

December 3rd, 2011 – Score of 2220

AP Scores

AP English Language and Composition 2012 – Score of 5

AP Calculus AB 2012 – Score of 4

(Both exams were written in my Grade 11 year, prior to taking the associated courses)

# Athletics

**Swim Team**

November – March (2009 – 2013) (4 seasons)  
10 hours/week (2.5 hour practices four times a week)

Distinctions: First Team Captain  
Hours per season: 200  
Grades: 9, 10, 11 (First Team), 12 (First Team Captain)

I trained 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 and became a team captain in Grade 12. This was 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 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, Airway Management and AED 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 3nd 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: Sanda

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**

2010-2013

Distinctions: Head of Literature team

For three years I have been working 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. This year I took a leadership role as the head of the literature team, in charge of reviewing and putting together the pieces we receive.

**Outreach Council**

2011-2013

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.

**Cadets**

Distinctions: Red Star Staff Cadet (2011), Training Company Parade Sergeant (2012), Silver Star Lieutenant (2012), Captain and Smith Company Commander (2013)

I served in progressively senior leadership positions in my school’s cadet core from 2011 to 2013. Starting as a staff cadet in charge of a Grade 9 platoon of 15 cadets, I rose through the ranks to become the lieutenant of the entire Grade 10 core and finally, the captain of Smith Company in 2013, a company of 38 cadets of all ages. Managing and teaching cadets on my own was a difficult but rewarding experience. I may have been the one teaching, but I also learned much about leadership, management, and effective motivation.

# 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

Grade 12

**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 2011

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.