

## Capstone Showcase Examples

To get an idea of the types of learning that you could do as part of your Capstone project, and to give you a rough idea of what a showcase might look like, we have included links to several of the showcases from last year.

Due to Covid restrictions, last year's showcases had to be published online, and this limited how students could present. We asked students to present what they produced as well as to discuss the process and reflect on what they learned. Our plan for you is to have your showcase in person, and thus the way you present may be a little different, though you will still be asked to reflect and discuss your process.

Please take the time to watch a few of these videos.



How do sports shape one's life and how do they shape the person one becomes?

How can we support and encourage French language learners after high school? (Video in French and website in English)



What does it take to become a video game developer?

What are the advantages and potential drawbacks of incorporation of new technologies into our healthcare system?



How can I learn about food waste and share ways to reduce good food from being thrown into the landfill?

How does music impact people?



How can I convince people of the benefits of slow fashion and the dangers of fast fashion?

## Grad 2021 Top Ten Useful Tips

We asked last year's grads to reflect on their experience with Capstone. Here are some experiences and advice that we hope you will consider.

- 1- "If you are ever having trouble with your Capstone project, make sure to reach out to one of your teachers. They really just want to help you succeed and will give you great feedback and tips. And it always helps to bounce your ideas off someone."
- 2- "I never had a set plan, and the loose plans I actually made, I never followed through with. Next time, I [would] put in more effort in managing my time and staying organized by creating a detailed outline and strict deadlines."
- 3- "If you want something done, you won't be alone, but no one else can tell you what to do besides you. You have to find your motivation. You have to realize your strength. You have to gain resilience. From the start to the end, it is you who will keep you going."
- 4- "Working on an independent project requires an overall plan with guidelines to follow ... It can be questions that you want to answer or topics you want to explore, but in either case, you need to write out your plan somewhere safe and easy to go back to."
- 5- "Setting 'soft' deadlines for yourself. I know it sounds hard, especially if you already struggle to fulfil deadlines set by your teachers or managers, but it will help keep you on track. Even if you really cannot meet your own deadline, it will give you an idea of where you are at with your project."
- 6- "I think something I would do differently would be to try asking around for advice from friends earlier in the research process. Since we're all students, I should've asked for their input on my project more. They could've given me ideas and inspiration. ... It's always good to go to others for advice since they may catch on to something you haven't thought about, or forgot about."
- 7- "I found that I got bored of doing research in the form of reading articles and watching videos on the internet...next time I would try...to throw in some different types of research, such as talking to professionals and other people."
- 8- "I learned that a lot of the time, you won't want to put in the work but once you do it, you feel a lot better about yourself and it pays off in the long run."
- 9- "Keep track of due dates. Even though you have a lot of time to complete this project, time will pass by a lot faster than you expect it to."
- 10- "Although the freeness of the project scared me initially, it helped me explore ideas that I probably wouldn't have otherwise. For example, I had never considered using psychology and cognitive ideas as a basis for my project, and I had actually never listened to a podcast prior to starting this project."