

More Letters from CAP Students

"During my trip to North Carolina, I learned how to apply my ideas and thoughts to others, cook and most importantly patience. The best thing I learned there was to apply my ideas and thoughts. I never thought I could help people with my opinions. Now I know my ideas could actually help others. Now I think I can talk to and communicate my ideas to people much better than before."

– Tiffany M. Diaz, 11th grade

"The most important thing that I learned was that I was capable of completing such a demanding course. I went through diverse weather conditions. I also hiked for long periods of time and learned the art of brush pushing. Overall, this experience was difficult, but rewarding and fun. thank you for the fantastic opportunity you have given me."

– Manuel Martinez, 10th grade

Dear Mr. and Mrs. Svitek,

Thank you for your generosity. During my North Carolina Outward Bound experience I faced a lot of different and challenging things. This school created an impact on my life. I realize that things can be easy for me at home, but once away from home is a really different situation and not necessarily easy. things are beautiful outside of the place you grew up in. You just need to accept things and move on.

I learned a lot of different things such as making good decisions, dealing with adversity and overcoming fears. The Outward Bound course involved a lot of decision making and I just had to make the best possible decision for myself and my group when needed. Whether it was leading the group or setting up my tent at night. These new decision making skills were practiced often. All of the things I learned on course I took home with me and still practice to this day.

I can remember when I did river rafting and was really scared of flipping the canoe and hitting my head on a rock. this thought was overwhelming to me. It was all in my head and with the support of my team mate, I was able to work through the fear and canoed to my heart's content. Now when I think about it I smile about it because I am thankful for this wonderful experience you provided for me. Thank you very much again. You have no idea how much this course has helped me.

Sincerely,

Jocelyn Cuadrado, 12th grade

