

# Sydney Howarth: All About Me

21 September 2023

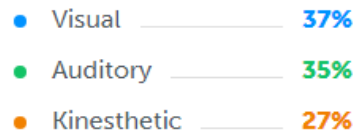


Your learning style is...

**Visual-Auditory**

### Overview

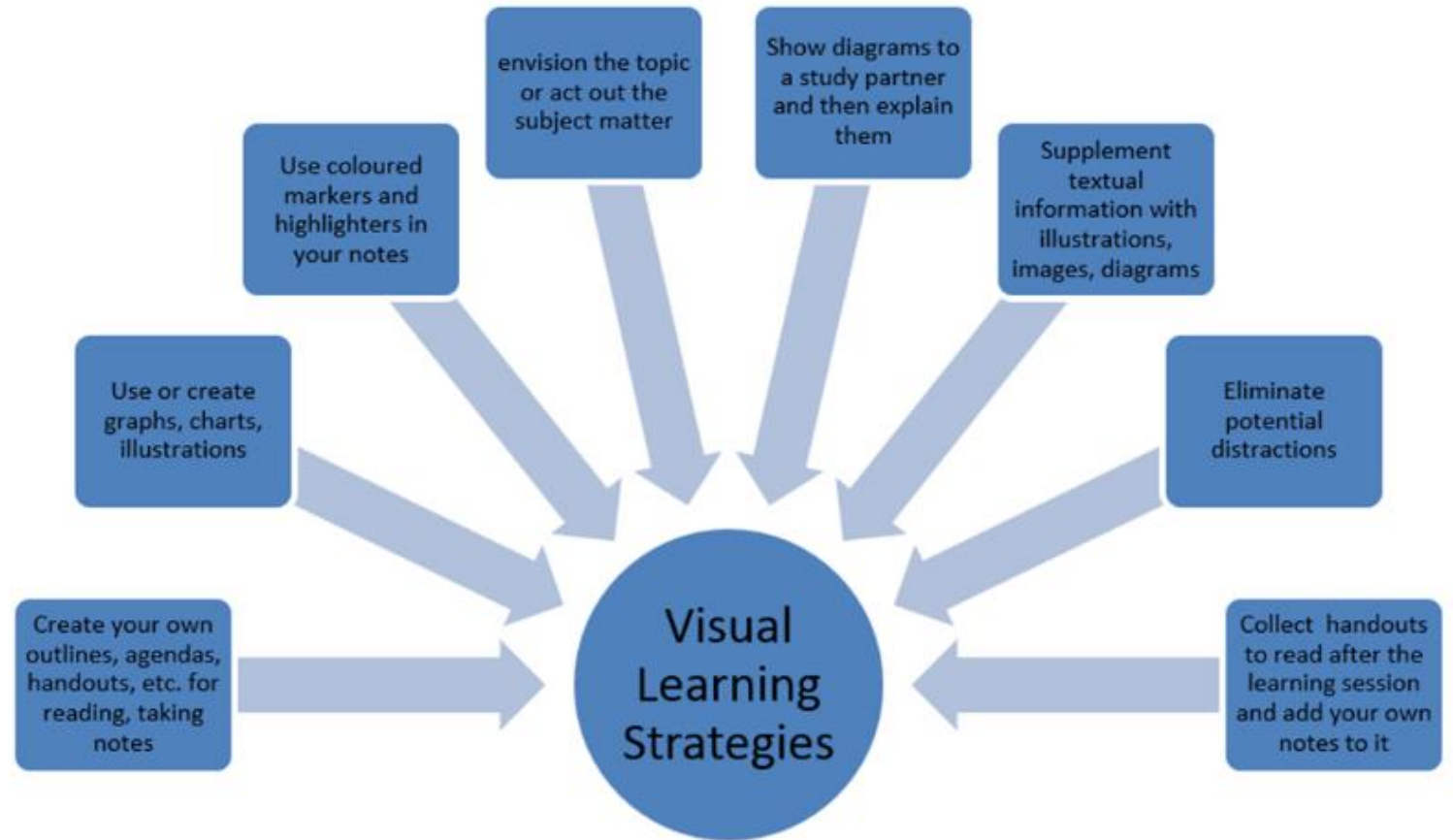
Whatever your strongest Learning Styles results are, the best way to learn something is to try using all three Learning Style approaches whenever you can. Because different activities use different parts of our brain, when we try different approaches to learn or do the same thing, our minds do a better job of mastering it.



# How Do I Learn?

- The best way for me to learn according to the quizzes I took is Visually. Learning visually represents 37% of how I learn.
- Coming in a very close second is Auditory learning. Auditory learning for me represents 35% of the way I learn.
- In last place is Kinesthetic Learning which represents 27% of my learning

# What Strategies Can I Incorporate To Help Me Learn





Your personality type is...

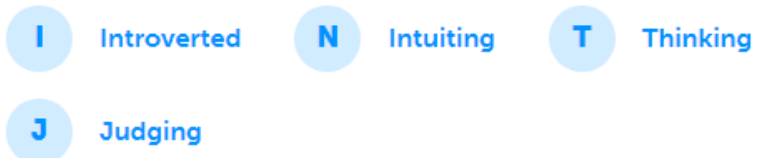
## INTJ (The Mastermind)

### Overview

INTJs prefer to work independently and tend to feel more at ease when alone or in a small group. They also tend to be reflective and self-aware, and enjoy thinking about ideas. Although INTJs may have good social skills, they generally prefer to avoid the spotlight as well as small talk, and may prefer written communication over verbal. They're also more likely to think before speaking and have good impulse control.

When faced with a decision, INTJs tend to be more concerned with being fair and impartial than with how a decision will affect others. They also tend to place emphasis on the final product and that, along with a preference for structure, makes them good at meeting deadlines. When working as part of a team, INTJs may be more concerned that everyone does their part to get the job done, rather than being concerned that everyone gets along. They also tend to see things as being "black and white" and are likely to be perceived as being opinionated.

What does INTJ mean?



# My Personality Type

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My personality according to the quiz I took is the INTJ personality type. People with the INTJ personality type are introverted people which definitely fits me. One example of my introvertedness is that while most people hated covid because they couldn't see anyone, I thrived during it. I like to stay very organized when doing my work so that I can meet any deadlines set for me.

# My Interest Type + Interest Traits

My interest type is the translator, translators combine their imagination with communication skills. The translator also enjoys working individually which is exactly how I like to work because it allows me to have control of what's happening. My primary interest traits are Artistic 75% and Social 63%.

Your interest type is...

## The Translator

### Overview

A Translator combines their imagination with their strong communication skills to connect with the people around them. They're comfortable in the spotlight or behind the scenes. The Translator can take complicated ideas and activities and turn them into something that people can easily understand. Original in their thoughts and actions, the Translator enjoys sharing information and working independently. When you need to bridge gaps between different groups of people, or explain something complicated, a Translator can help you get it done.

### Primary Interest Traits

1

Artistic

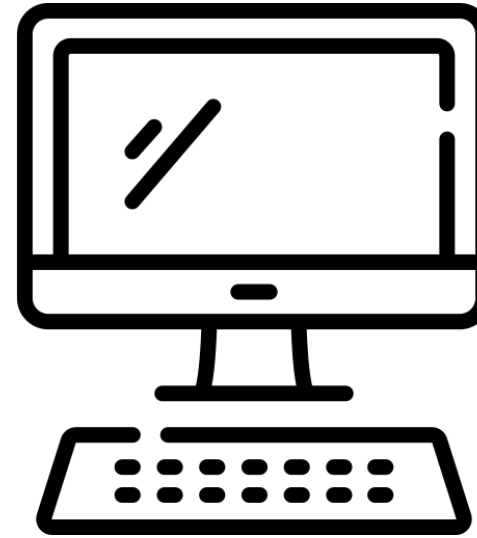
2

Social

# My Top Three Subject Areas

- My top three subject areas are:
  - Language Arts
  - Computers
  - Physical Education

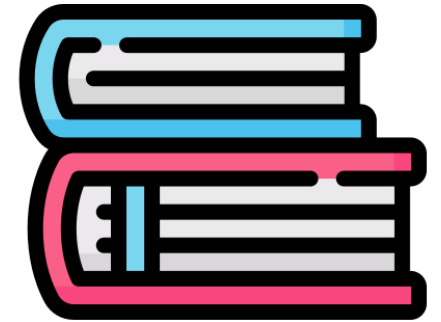
I wasn't surprised when my top two subject areas were language arts and computers due to my passion for English and my love for technology but, I was very surprised when physical education was third because I absolutely hated my PHE class last year and the year before. But when I thought about it, I realized that maybe my results didn't mean that I enjoy PHE but, that I really enjoy my extra-curricular activities. I understand now why I got those results seeing as I do roughly 19 hours of dance a week (that's a lot of physical activity) and I really enjoy it!



[Computer - Free computer icons \(flaticon.com\)](#)



[Dancing - Free music icons \(flaticon.com\)](#)



## LANGUAGE ARTS

[Language arts - Free education icons \(flaticon.com\)](#)

# My Motivations

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My top two motivations are Achievement and Relationships. I like to interoperate these results by noticing how I like to get results from my work, and I like those results to be good ones. I'm also very relationship motivated, and I interoperate this because I try to look towards my peers for feedback on my work when so I can have the best quality of work possible.

Living is the art of  
getting used to what  
we didn't expect.

—*ELEANOR C. WOOD*

# My Hobbies #1 - Dancing

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Dancing is the hobby I do the most often, seeing as I do it for 19 hours a week. When I'm dancing, I love that I'm able to express myself using my body instead of my words. I also love that it makes me feel strong, healthy, and good!



# My Hobbies

## #2 - Singing

Like most people I've been singing along to songs since I was a baby but, now that I'm older I do it more intensely. I sing on Fridays in my musical theatre classes, in the Sutherland's choir, and with my vocal coach Kimberly! I really love singing because I can add so much acting and emotion into my words.







## My Hobbies #3 - Acting

There are many different types of acting such as, stage, film, tv, etc... I love to do it all! If I had to pick one though I think I would pick stage acting. There's nothing like the feeling I get when I get to perform Infront of an audience and I get to hear them applaud. I don't think I would give that feeling up for anything!

# My Hobbies

## #4 - Reading

I love to read but, I didn't always use to. When I was in the grades younger than grade 5, I detested reading but, when I was in grade 5, I found a cool book series called Five Kingdoms by Brandon Mull and that series really kick started my love for reading. I primarily read fantasy books, but I'll occasionally dip my toes into romance.







# My Hobbies #5 - Crochet

I don't get to do this hobby a lot because I've got such a busy schedule but, in the future, I'd really like to get better and do it more.

Crocheting is also a relatively new hobby for me, I got my first supplies from my grandparents for Christmas!





[Hidden Figures and the Soothing Equality of Math - The Atlantic](#)



My Favourite Movie: Hidden Figures

[Amazon.com: Hidden Figures : Henson, Taraji P., Monae, Janelle, Spencer, Octavia, Dunst, Kirsten, Costner, Kevin: Movies & TV](#)



# My Role Model – Taylor Swift

"POWERFUL"





# Smart Goal 1 - Volunteering

**I will be a volunteer at Sunrise on  
Lonsdale, Senior home.**

**Time Frame: Apply by at least July  
1<sup>st</sup>**

- Research how to care for elders
- Make a resume
- Find information on how to apply for the job
- Apply for the job
- Get an interview

## Smart Goal 2 – Getting Good Grades

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**I will get 90% or higher in all my classes.**

Time Frame: The end of the year

- Pay attention in class when teacher announces test dates
- Keep an agenda of all my due dates
- Study for my test for at least
- If I fail the test do a re-take
- Complete all my homework





# Smart Goal 3 – Develop A Sense of Spirituality

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**I will connect to myself spiritually.**

Time Frame: Ongoing

- Research different religions
- Take a quiz to help narrow my views
- Ask other people about their religion/spirituality
- Talk to heads of religious buildings
- Make friends with people of all religions



# Smart Goal 4 – Sleep More

**I will get at least 7 hours of sleep a night.**

Time Frame: start asap

- Fall asleep at 11:00pm at the latest
- Put any devices away at 10:00pm
- Get exercise to help me sleep
- Get fresh air to help me sleep
- Have a calm and relaxing environment right before bed.



# Smart Goal 5 - Talk To New People

**I will make 5 new friends this year at school.**

Time Frame: end of October

- Talk to the people sitting next to me in my classes
- Talk to my group members when doing group work
- Sit at a new table during lunch
- Join a club
- Help someone new when they need it

# Red Panda

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If I were to be an animal,  
I would be a red panda  
because, 1 they're my  
favourite, 2 they get to  
climb trees, and 3 they  
are so cute!







# My Pet!

I have a dog named Thor he's the Dog of Thunder (just like Thor is the Norse God of Thunder it's funny because god spelled backwards is dog) he's roughly five years old and his breed are called Habibi Bears which is Latin for my beloved. Habibi Bears are a mix of Bichon Frisé dogs. A fun fact is that we had to go to the United States to get him specifically, a Trader Joe's parking lot.



[Structured - Day Planner: Visual Calendar & To-Do Lists | Press Kit \(impresskit.net\)](#)



[Things 3 for iPad | iOS Icon Gallery](#)

# Productivity Apps

I haven't always attended Sutherland, for grade 8 and 9 I was at Seycove in the program PLP. In PLP we used iPads to elevate our learning, so I got very used to some amazing apps to help me stay organized. My favourite apps to keep me organized are Structured and Things. Structured is sort of like a calendar, you can put in a bunch of activities, and it'll give you notifications when that activity is about to start. Things is like an agenda app; you can put in an assignment and then you can also put in their due dates.



# My Favourite Vacation Spot

I don't vacation super often and I'm very fortunate to have the opportunity to go sometimes but, I generally prefer to stay at home. I do enjoy vacationing occasionally, and my favourite place to visit has been New York. I love Broadway and anything to do with musical theatre and New York is full of all those things. I would 100% love to go back and see more shows. When I was there, I got to see my favourite musical HadesTown and it did not disappoint. So, I would say my Favourite vacation spot is New York





# My Favourite Food(s)

I don't have a specific favourite food but, I have a favourite type of food. My favourite type of food is Greek food! I like Greek food because it covers all the food groups and I like the things in all those food groups which is rare. If I had to choose one aspect of Greek food, then I would choose Tzatziki and Pita bread because I love their flavors when they are mixed together.





A fantastical landscape featuring a jagged, dark mountain peak in the center. A glowing, golden ring encircles the peak, with light emanating from its base. The sky is filled with dramatic, colorful clouds in shades of orange, yellow, and blue. In the foreground, there are dark, rocky formations. On the right side, a bright, glowing light source, possibly a sun or a magical fire, illuminates the scene.

# My favourite Book Genre – Fantasy!

<https://goodereader.com/blog/book-recommendations/got-your-start-into-high-fantasy-heres-what-you-can-read-next>



# My Favourite Musical: Hadestown

Hadestown tells the  
Greek tale of  
Orpheus and  
Eurydice.



A promotional poster for the Broadway musical Anastasia. The background is a misty, purple-hued Parisian scene at dusk or dawn. In the center, a woman with long, flowing blonde hair, seen from behind, stands with her arms outstretched, looking towards the Eiffel Tower. To her left are the onion domes of St. Basil's Cathedral. Ornate, glowing street lamps are positioned on either side of the central figure. The title 'ANASTASIA' is written in large, golden, serif capital letters across the top, with 'DE BROADWAY MUSICAL' in smaller, white, sans-serif capital letters below it.

# ANASTASIA

DE BROADWAY MUSICAL

## My Second Favourite Musical: Anastasia

Anastasia is a musical about a lost Russian princess with amnesia on her journey to find herself.





[Flag of Canada - Wikipedia](#)



# I'm An Active Learner

We did the terry fox run today! I walked 2.44km in 30 minutes, I did it with my friend Leah! It was super nice to be outside in the fresh air walking and being a part of my community!



# Dear Terry Message



Dear Terry,

Thank you for teaching me about perseverance and what it truly means to be a Canadian. Thank you for all your hard work and for how much hope you've inspired in everyone. You're truly an inspiration and I'm so thankful for the impact you've had on our country.





Cops For Cancer