Patience, humility, and growth. These are three human character attributes that define me. I always strive to develop these traits. They are important to me. My recent trip to Thailand helped me to expand and build these characteristics. Though there were more attributes that I had expanded on this trip, these three were the ones that were most important to me. Going to another country is nothing new to me. I have been to many different lands, including Peru, Belgium, France, Jamaica, and others. I have always tried to improve my personal patience, humility and growth. I say “growth” because it is the evolution of myself as a well-rounded human being; one who is a person that strives to be intelligent, knowledgeable about his surroundings, and one who can fit into that surrounding without struggle. This trip was different than my other trips. This trip was different than just going to a foreign country to explore and make new adventures, like most of my past trips were. This trip was all about service work. It was about making a difference. It was about making an immediate and long-term impact on the people who I was helping. It was also my Capstone project. I needed to individually go beyond my group work and contribute to this cause individually. Throughout the rest of the paper, I wish to describe in my words what I experienced, and how my increased personal humility, patience, and growth has made me a better physical education instructor, sports coach, and teacher of physical recreation.

Before leaving for Thailand I wanted to find out more about the country that I was going to. I wanted to find out about their culture as it pertained to their involvement in sports and physical activity. Because my three areas of educational emphasis are sport coaching, recreation and physical education, I thought this would be a great way to find out the lifestyles of the culture in Thailand. Through my research of articles based on all three areas I found
some interesting trends that Thailand was going through. One trend that is common in the United States that seemed to be gaining ground in Thailand is the rise in childhood obesity. In a study in 2011 from the Asia-Pacific Journal of Public Health, ‘a preliminary survey on student nutritional status revealed that the prevalence of obesity among the study group was 19.3%’. (Chongsuwat, 2011). In the same study the prevalence of obesity in boys was about 2 times more than girls (25.4% vs 12.2%). Obesity was also more prevalent in the 11-12 year age group than the 6-10 age groups. (Chongsuwat, 2011) This information was interesting because of how the developing countries are moving more towards the Westernized way of living such as-is in the United States. This movement towards Westernization, appears to be having undesirable on the healthiness of people in less developed countries.

While in Thailand, I was able to experience how the Thai people lived in different country. For the majority of the trip we stayed in the city/town of Tha Ton which is in the Northern part of Thailand in the Chiang Mai region on the boarder of Myanmar (Burma). This town is a rural part of Thailand that is near some small mountain ranges. In Tha Ton there aren’t any high rise buildings or supermarkets or department stores where one can go quickly buy something. The area that we were in wasn’t the town that we thought we were going to experience first. Before embarking on our journey to Thailand, we thought that we were going to first be in a mountain village at least 40 minutes away from the nearest store. In reality we weren’t in a place close to that. Although there wasn’t much in Tha Ton there were small shops run by the locals that had an assortment of items for sale such as fresh fruits, shoes, clothes, knives, hammocks, and other miscellaneous household items. There were also small cafes and restaurants scattered around with the occasional massage parlor. One restaurant even had a
massage business run from in the back of the restaurant and surprising to us there was even a 7-11 down the street from our housing. The 7-11 was a great convenience for our group while we were there. I don’t remember a day that someone from our group did not go to the 7-11. Having said this, the culture in Tha Ton was closer to the traditional Thai culture than the other cities we stayed in but there was still an influence of Western culture on the area such as the 7-11.

With the influence of our Western culture on Thailand, a developing country, I was expecting to find a decent size of the population well overweight and or obese. I was expecting this because when countries begin to Westernize there is an increase of processed foods from major U.S. food companies. These processed foods are cheap and highly accessible to the areas they are introduced to. However, in Tha Ton I noticed, at least in the area we were located, that there was the lack of access to processed foods. Except for 7-11 the majority of shops in the area mostly only sold fresh fruits or items that had to be prepared at home. These foods were not precooked meals like the ones we find in the freezer sections of supermarkets in the U.S. With the lack of processed foods available in Tha Ton it was apparent that I wasn’t going to see many overweight or obese people.

Not knowing the physical activity levels of the people in Tha Ton I couldn’t make a decision of how this would affect the youth and community of Tha Ton. Upon getting to Tha Ton and seeing that there were many farms and the distance between homes and shops were further than that of those in the U.S. or even places in Bangkok and Chiang Mai. There wasn’t really any public transportation in Tha Ton so the people had to rely on their cars, mopeds, bicycles, or walking to go the places they wanted to go. Tha Ton being a poorer part of Thailand
not everyone had a car or moped, and most didn’t even have bicycles, so the majority of people walked to different locations. This kept the people’s physical activity level up since they walked to school or the stores every day. I was humbled by the manner in which the people had patience to get around without the fast transportation we are used to. It made me realize something that I had taken for granted in our fast pace lifestyle we live in America, namely that some of the best physical activities are the simple act of walking. One does not need to join a gym or play on a sports team to be fit. Walking is a great way to start and maintain good health.

**SERVICE PART**

The service part of this trip was quite the experience for our group and me. We started off working in a field that was covered with plants, weeds and old bamboo. I had no idea how much we were going to accomplish with the two weeks or so that we had to work at the site. Beginning with the excavation of the weeds, plants, small trees and other things we came across, we continued on to digging trenches for the foundation of a building. Something that worked well was that we were able to split the group into smaller groups and had each group work on a specific project for the day. Eventually it turned into where we had certain crews on their own areas. For example, we had a group working on the mural and on painting the buildings, a group working in the back of the property where the new building was going, a group working on the rain collection system, and a group working on the gardening areas. This worked well because on each new work day the majority of the groups knew what needed to be done and were able to get their projects done more efficiently.

In the two weeks of work we were able to complete even more projects than what we had set out to complete. Besides the dining hall and kitchen that we built we also finished other
projects that were on our list and also ones that got added on as we progressed. Those projects included: redoing a garden, planting new plants and installing a sprinkler system, adding more water collection tanks around the property, clearing weeds around fruit trees, assembling bunk beds for the youth to sleep on, painting a mural, building a new bathroom for the elderly on the property, installing a new playground on the property, arranging desks in the garage/storage area for a place for the kids to learn, and building a bamboo drying rack for the kids clothes after they washed them. We were able to complete these projects not only because the size of our group but also because of the way we separated into groups and worked hard and efficiently each day. Again, I was humbled by the fact that we had to do all the work without fancy tools, and what we thought to be ‘experienced’ carpenters or contractors. I learned the value of patience and getting things done little by little on a day to day basis. I also grew as a person, teacher, and coach by the lesson of hard work, and how this type of physical activity can strengthen a person even more than going to a gym or by playing basketball.

The most difficult part of the Service aspect of the trip was the tension that came from having certain groups work on their own projects. There wasn’t any set group to work on each project. It was open to whoever wanted to go work on a given project that day. This caused major gaps in which projects were being completed.

However, in general, I thought we were very successful in accomplishing our goals and projects that we did focus on. We finished more projects than we set out to do but there are some things that I would’ve changed looking back on the trip in order have had a better impact on our service and our experience in Thailand. In my opinion we could have made an even greater impact on not only the community but also on the students and the organization that
we were there to help. I learned and have grown from this. Success requires greater organization and leadership. This does not always have to come from those in a leadership position. At times those that follow the leaders need to organize themselves and lead when the leader isn’t there. I think the next time I engage in Service work that requires groups to be effective; I will take a stronger leadership role in order to direct our groups.

Here’s how I think we could have done helped more. After leaving Tha Ton we traveled to Chiang Mai and Bangkok and stayed in 5-Star hotels at both cities. Now the cost to us didn’t seem like much. The hotel in Chiang Mai was around $90 a room a night and the Bangkok hotel was around $75-80 a night. Knowing that there were other hotels in the area for a much less of a price, we could have given more money or items to the organization or school that we worked with if we had stayed in the less expensive hotels. If you figure in the amount of rooms we had and how much we could have saved to donate back, the numbers are quite high. A quick example: by changing our Bangkok hotel from the $80 a night to a $60 a night hotel we would save $20 a night. Multiply that by 2 nights equals $40. Now times that by 20 rooms, and that turns out to be $800. This can go pretty far in the United States, but now compared that to Thailand. This is a very large amount and could give stability to an organization or greatly impact a school or village that is in need. This would have been the biggest thing that I would have changed for our trip. Having gone on pervious service trips to poorer countries I think it is best to remember how much of an impact we can have on the community coming from a wealthy nation. Keeping this in mind could help future trips and the impact that can be given to the people that are in need. Again by looking at money in these terms, I am humbled and have grown as a person. I do not take my life in the United State for granted. I also will teach my
athletes not to take for granted their fancy uniforms, wonderful sports equipment, and exceptional athletic facilities. This trip has reminded me to teach these things.

Working on Construction Site

While our group worked on the work site, we had local workers that worked with us during the time we were there. These workers knew little to no English just like us with knowing the Thai language. We had a translator, but he wasn’t always available for us while we worked. These local workers were some great people and great teachers as well. With our group being from America we are used to using certain tools that are either metal or made out of durable materials. In Thailand the majority of our tools were made with bamboo; this was new to us. We worked as Americans, which apparently is much different from how the Thai workers worked. Some of us had little experience in different areas of construction and we struggled because of this. However, the workers were right there to help us out and teach us the Thai way to use the tools and materials that we were using. They were very patient. Although they did laugh at us quite a bit, they helped us understand the tricks of the trade of a Thai worker in Thailand.

The Thai workers helped us immensely. If these workers weren’t at the site, there would have been no way we would have been able to complete this project. From all the welding, to metal cutting, to getting the trusses up and everything in between, these workers did everything we couldn’t. The bond was strong that the group was able to grow during the two weeks of work with these workers. From the jokes to the skill techniques, these workers had an impact on not just our skills as construction workers but also on our skills as people. For myself, I learned the selflessness that they could teach someone who wanted to do more. These
workers didn’t get paid very much per day of work and they were still ecstatic to see us each day. Upon finding this out I saw two people from the group do something that none of the group thought about doing. They wanted to get our group to donate any money (Baht) to give to the workers that worked and taught us during our two weeks there. In about three or four days they were able to get donations from the group and figure everything out. I was able to help them with this project that they placed on themselves. They thought they would only get a couple hundred Baht to give to the workers, yet it ended up being a bigger success than we first thought. They ended up getting enough money to give the five main workers that taught us so much during our time working there. In the end we were able to give the five workers somewhere around 2,200 Baht ($65 USD) each. This may not seem like a lot to us in the U.S., but to them, if our math was right, we were able to give them somewhere in the neighborhood of a month of pay from donations by our group.

This again was a lesson in humility and growth. They gave to us, and we gave back to them. As a coach, I will share with my students my skills, and I will hope they will give me back hard work and determination to play as well as they can. As human beings, we must give back to each other.

While in Thailand, I visited multiple cities, Chiang Mai, Bangkok and Tha Ton. In comparison, Tha Ton had by far the smallest number of obese or overweight people. A major reason for this could be attributed to the lack of access to processed foods in Tha Ton. There are some stores that have processed foods there such as 7-11 and some other smaller stores. However, the presence of so many fresh fruits and foods available outnumbers the need or want of processed foods. The availability of fresh foods gives the community a selection of food
that needs to be prepared rather than having to eat premade foods with chemicals and large amounts of sugars in them.

In Chiang Mai and Bangkok it was much easier to find processed foods and fast food places to get food. There were places to buy fresh foods but these places were hidden and hard to find if you didn’t know where they were. The lifestyle changes for each city were also very interesting as well. Chiang Mai and Bangkok were very westernized and built up, Chiang Mai didn’t have all the tall buildings like Bangkok, but it was still greatly influenced with western culture. The main mode of transportation was by car or moped rather than walking or biking such as in Tha Ton. The lack of physical activity of walking in Chiang Mai and Bangkok could attribute to the increased amounts of people that are overweight or obese.

Sport Coaching

Before this trip to Thailand, I had an idea of the impact I had on athletes/students while coaching. Teaching them skills to be successful on the field or court and to respect the opposing teams and referees, I did my best to give them the tools that I thought they needed to be successful. I was on the coaching staff of a State Championship high school basketball team, developed a successful soccer program that competed in state tournaments, improved the skills of both boys and girls in junior high in multiple sports and I am also part of the Weber State Men’s Basketball program. Even with all of these accomplishments on my resume, none of them could compare to what I experienced in Thailand. A part from the service trip was teaching sports to the children of Tha Ton. The most impactful thing I learned while on this trip that related to the sport coaching. It also allowed me to reunited with a former player.
While in Bangkok, I got in contact with a former player that I coached for one year while he was in high school. I was able to meet with him and share memories with him and make new memories with him. What touched me the most and made me realize what effect I can have on an athlete or student was what he wrote on his Facebook page the night after we were together. This following quote is from his page in his own words.

“It was very great day to hang out with these American and Canadian people tonight.. once the time that I was studied at America Patrick coached me about how to be a great soccer player, palns the games also he had a lot of freakin joke time and good memories with me.. I would like to say Thank you for Patrick that still remembered me , introduced new friends and bring all my memories back tonight at Bangkok City !”

This post made me feel like I accomplished something great. It wasn’t a championship trophy or an undefeated season, but it felt much more meaningful than those. The simple fact that I remembered him shared memories with him and introduced him to my friends. This little act that I didn’t even think of, namely remembering who he was and sharing memories with him, and having an impact on him actually had a profound effect on me. It made me feel great.

After thinking for a short time, I then knew this is why I want to coach, for I can have an impact on a person’s life. The feeling that I felt in Thailand with Marc is completely worth all the hours of lesson plans, practices, driving to games, dealing with parents and administration. Seeing the joy from a former player and the appreciation they had for what I did for them as a coach is very rewarding.

Having said this, there was time that I spent with the students in Tha Ton teaching them different sports. Teaching the children at the schools was quite hectic with the amount kids and
in some cases the lack of planning from others in the group. However, it was worth it. I knew I was affecting a child in a positive way.

One the first day of teaching we decided that we were going to teach one sport a day and split the second day with the two similar sports (whiffle ball and kickball). On our first day we taught soccer; for the most part we played games with the kids. Since we taught different ages all day, we had different experiences and different challenges to go from the 6th graders to first and second graders. This caused us to have to change the way we taught on the spot. With the younger groups we had to make the field smaller and incorporate other games that didn’t involve soccer to keep them engaged. Also with the changing of the size of fields and adding in different games for those that didn’t want to play soccer, we also split the girls and boys up into different groups. We didn’t want to have any problems with the students if we had them play co-ed during the sports. Another reason we did this was that we didn’t know if it was socially acceptable for the students to play with mix gendered teams.

On day two of teaching we taught the students whiffle ball and kickball. This day was yet another day where we had to improvise since there was only two of our students there that were supposed to teach the sport. The reason for this was that the rest of the students who were supposed to teach had stayed at the site to work longer, which none of us knew until we started to teach the kids. We thought quickly and were able to brainstorm a way to teach the kids, and each of us took turns teaching the kids different aspects of the plan.

The third day of teaching was badminton, which was the sport that my partner and I were in charge of. Before beginning teaching I was under the understanding that we would be working with around 10-15 students per group. However, after the first day it was apparent
that this wasn’t the case at all. We were working with anywhere from 20-35 students for each
class we taught. Since we only had bought 12 rackets and two nets, we had to seriously
improvise and change our lesson plan. During the two nights before we were supposed to
teach, I was able to change our lesson plan. Changing the lesson plan was a good idea, but
when the day came it didn’t matter since the kids were more advanced in badminton than most
of us that were teaching it.

Something that I noticed during our teaching was when the older students began to play
we had them playing two vs two and had them change every 3 points. This changed quite
quickly; the students thought the games weren’t as fun as they should be and decided to play
one vs one. They played this and the winner stayed and the ‘loser’ had to move to the last sport
to wait to play. The students that were off to the side didn’t seem to be upset or disengaged
because they lost and had to stay off until it was their turn. It was the opposite. All of the
students were engaged and kept cheering for their team.

In working with the younger students, we had to work harder to keep them engaged.
With the amount of teachers/Weber State students we had, we were able to separate the
students and kept them engaged with other Weber State students. I think this sport was the
hardest to teach because we weren’t prepared for the amount of students we had. Also, it was
more difficult than the others because we didn’t have enough equipment for all the students to
keep them all playing. In the other sports we taught, it was easier since the sports didn’t require
a lot of equipment.
Recreation

The town of Tha Ton, Thailand is a small town located in the north part of Thailand near the border of Burma/Myanmar. Tha Ton is a popular stop for backpackers traveling through Thailand, although it has lost some popularity in recent time. Tourism isn’t a large income for Tha Ton but there is still some that comes through. As for the area of Chiang Mai and Tha Ton, recreation tourism is a large part of the community, more so for Chiang Mai.

In Chiang Mai there are places to go zip-lining through the rain forest, go on elephant rides, and explore different areas of Chiang Mai and the surrounding areas. A lot of these companies hire locals to run the excursions or take care of the elephants or maintain the courses. Chiang Mai is about 3-4 hours away from Tha Ton, why is this important for the children in Tha Ton? In Tha Ton there isn’t much opportunity for jobs that can make them a decent living. With the majority of people in Tha Ton living in poor conditions and not making much money there is more opportunity in Chiang Mai.

I bring this up because of how active the students and youth are in Tha Ton. Having this sense of active lifestyle would be a great starting point to lead into a career or job in the recreation area. With recreational tourism high in Chiang Mai, which isn’t far from Tha Ton, there is a high possibility of these children obtaining a job in the city. According to a study students in Chiang Mai that participated in recreational and physical activities self-reported that it was easier to make friends and build on relationships with adults. (Page R. M., 2005) The activities included sports participation, vigorous physical activity, muscle-strengthening exercise, activity outside of school and others. This study is important because it shows that those youth that are engaged in these activities grow their friendships and relationships more.
easily. Another importance for the youth is their mental and emotional well-being. Having healthy relationships and friendship can lead them to have a positive well-being.

Culture recreation in Thailand, unlike culture recreation in the United States, is very diverse from a physically active activity to a less physical activity. In Thailand some traditional forms of recreation that still exists today from the past are something called ‘Nang Talung’ a shadow puppet show, Thai chess, Kite flying, boat racing (Kaeng Ruer) and others. I think it is important for the youth in Thailand to keep these traditions going. However, with the impact of western culture and sport/recreation these traditions can be easily forgotten. Western influence has shown to take over the traditions of a culture’s past. In Thailand this can be seen but at its early stages. An example is greetings, ‘Thais use “wai” as a way to greet each other. It is done by placing two palms together in front of the chest. At present, handshake is frequently used, especially in business circles.’ (Ninnart)

With the influence of western culture I find it important that the students know their past but also know what the western influence brings. The western culture brings opportunity for the Thai people to have an influence on those that come from other countries. Thai people are knowledgeable of their history and love to share it. From my experience their culture and tradition runs deep. There is the obvious tourist part of sharing the Thai culture which can help the youth earn a living telling those from other cultures about their culture through shows and other means.

As far as the recreation of the Thai youth it varies from what our view in the U.S. is. In America we have campgrounds, climbing walls inside buildings, and many other options for the community to use. In Thailand, it is interesting; from my experience there are places where all
of this is available and then places where there is nothing of the sort available. Tha Ton is a

great example of where there is little sport leagues offered from my experience. Most of Tha

Ton is open and rural, it is where backpackers come to visit and stay before heading into the
mountains or towards Chiang Mai.

The recreation part of this project was mostly based on getting the students to participate in our activities. The students participated because they wanted to play with us, Weber State students, and nothing else really mattered. There were no winners or losers, it was all for fun and enjoying the company of each other. We were bringing traditions that we have learned and shared it with the Thai students. After we finished with our teaching for the week the children were able to show us some of their tradition through dance and singing that they showed us at a celebration dinner.

In Tha Ton and the school where we taught, the presence of sports teams or leagues didn’t seem to be around anywhere. Besides the big field at the school that was covered in mostly grass, I didn’t see any other areas for sporting events. In the town there weren’t places to go play sports or any parks like there are here at home in Utah. The importance of sports in America compared to Tha Ton, Thailand is that America is almost reliant on sports at every age level leading to adulthood. At nearly every school in America there is some type of sports area whether that is a field for soccer and baseball or a gym for basketball and volleyball. Being involved in sports in America is a lifestyle that most people live compared to the part of Thailand that we saw. In Thailand sports leagues apparently non-existent. Although I could tell the students played sports just by their basic skill ability, it didn’t seem like there were leagues in which they played. Rather, they played sports to spend time with friends and have fun.
Physical Education

From my observations of the students and their reactions to being physically active and their enjoyment of the activities, it seemed to me that they loved being physically active with their friends and complete strangers (the Weber State Students). The students didn’t care who they were playing with or which team they were on, but they were just interested in playing whatever we were teaching. It took little motivation from us, the WSU students, to get the Tha Ton students to participate in the activities. Whether it was soccer or keep away, the students were excited to play with each other and with us.

Physical activity itself is actually a common occurrence in Tha Ton. Tha Ton is a poor town and is small. Since the residences of Tha Ton are poor, they usually can’t afford a mode of motorized transportation. Some families share a moped, but for the most part the majority of people and youth in Tha Ton walk to the places they need to go. Prior to teaching at the school, while working at the site, we found out that a large portion of the students from the school were working in the rice fields to help their families earn money. These students would do this during the summer break from their school.

Whether the school has a physical education program, I am not completely sure. With the fact that the school had a large field area with a basketball/volleyball court and small goals for soccer I imagine that they do have a type of physical education program. Another great thing that we were able to do besides teach the students sports and play those sports with them was the fact we were able to leave all of our equipment at the school for future use. This gives the teachers at the school so many more options to use when teaching their classes. By giving this equipment to the school, we also give the students the ability to develop skills for
use later in life. The students have the option of playing soccer with new soccer balls or badminton with brand new rackets and other equipment. The result of this can be great leading to more students to become even more physically active through different sports.

Conclusion

As my college education comes to its conclusion, I sit here reflecting on what I have learned and how I have grown while in school. While it is true that college is a place to learn an academic discipline or disciplines, it is also a place where one should transition from a young person into an adult. For me, the transition to adulthood should be measured by one’s humility, patience, and understanding that personal growth is a continuous process that should not cease until one leaves this world. I am happy to report that Weber State has given me not only academic knowledge but also has fostered my transition into adulthood. My transition into adulthood has been greatly accelerated through the opportunities provided by Weber State to travel and to provide global community service. It was my recent trip to Thailand that really put all of this into perspective for me. Something clicked for me in Thailand. I became acutely aware how humility, patience, and the desire to grow will stead me well in my chosen profession as a coach and teacher and as a human being.

With my most recent trip to Thailand I made myself get more involved with the process leading up to the trip. Granted I didn’t plan the majority of the trip, but the parts in which I was involved in the planning were quite fun and rewarding, especially when we actually completed those tasks. Being more involved with some of the decision making leading up to the trip made my experience much more positive and rewarding than my previous trips because I saw the fruits of my labor and contributions. While in Thailand I was able to apply the skills that I
learned from my studies at Weber State such as putting into practice the skills of conflict-resolution, communication, lesson planning, group planning, skills and abilities of students, skill acquisition, teaching, learning, for example. These skills help me be successful on the service trip and gave me the confidence and ability to have a greater impact on the trip.

As I mention in my opening paragraph of my paper’s conclusion, the biggest impact that Weber State and the services trips have had on me have been my improvement with patience, my humility and my understanding of the need for continuous personal growth. These are three of characteristics that I try to focus on building every day. Patience is important for me to improve because we live in a world that is so fast and everything can be found within minutes. I am referring to the ability to put away the fast pace life in which we live so that when a problem occurs or something is moving too ‘slowly, I can resolve the problem without getting too frustrated. Having the ability to calm yourself and not move so fast gives time for clarity, creativity, and more importantly less stress.

Humility is very important to my development as a person because from my past experiences I know that my situations could be much worse than they are. I find that humility can give a great perspective on life in general. I used to think that my opinion necessarily correct and that other people’s opinion didn’t matter as much. This part of me has changed greatly over the past years at Weber State. Believing in people and often putting their thoughts, goals and opinions in front of me has had an impact on me. The joy I see from giving to people from other countries and also helping in sports is something that is difficult to explain. I guess this joy from seeing others prosper reflects on my transition to adulthood.
As for my notion of personal growth, I use the term broadly. It refers to many areas of my life. These areas include daily life, family life, relationships with friends and strangers, schooling, coaching, and learning how to be happy relative to the given surroundings and circumstances in which I find myself. By travelling with others, living with foreigners, and simply interacting with a vast array of people throughout my travels, I have “grown” my knowledge of different topics, my understanding of other cultures, and “grown” my commitment to improve all of these traits on a daily basis. For me, personal growth means to be the best human being as I can, not only to myself but to all other humans on the planet.

Weber State University has given me an excellent academic education. However, more importantly for me, Weber State University has given me the basis, through my travel opportunities, to continue my quest to improve my humility, patience, and understanding of how to grow as a person. There is that adage that states: “Give a man a fish, and you can feed him for a day. Teach a man to fish, and he will be able to feed himself for a lifetime.” This adage holds true for the opportunities and lessons I have learned while at Weber State University. My life education in humility, patience and personal growth can find its roots during my time at school. However, the party does not stop here. I now know what I need to do to continue to improve these personal traits throughout the rest of my life. Thank you Weber State University.
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