



## Class of 2018: Excerpts from the Graduation Essay

***Question: What is the most important lesson that you have learned at CIS and how will it impact you going forward?***

“I’m in awe that I was able to experience 2 years at this inclusive school which helped me to gain a direction in life.”

“This experience has truly prepared me for university and beyond, far surpassing learning material from a book, and that’s what I’m most grateful for during my time at CIS.”

“CIS has taught me that teachers will always be there for you even when it is not their job to listen to your pointless stories or complain about everything going wrong in the world. My teachers this year have been the most sincere, the most kind, and knowledgeable people and I am glad to have had their positive energy, around my generally negative demeanor.”

“I’ve been able to realize what’s most important in life, to treasure the small things.”

“The journey through Cayman International School has taught me not only how to be a more aware person, but to take care of myself.”

“Honestly, the time of me attending Cayman International School has been the better years of my life and I’m so grateful I was able to attend this school.”

“Coming to Cayman International School has given me a safe environment in which to learn and grow as a person, where I do not have to worry about what people think of me.”

“Now, looking back on it CIS has taught me how to cope with the stress of exams and my preparedness for these exams. CIS has taught me I need to prepare myself for tests, as much as I say I do not know something, I often know more than I think. I learned the importance of continual studying, and how I study best (mainly due to Ms. Sarah’s relentlessness). CIS has taught me that past papers are everything! Questions will repeat themselves.”

“The most important lesson I have learned at CIS is not academic at all, but one about myself.”

“The teachers here are more than supportive, and actually care about their students. They go out of their way and take time to listen to me and support me with what I’m going through.”



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“CIS has done a lot more than we tend to give credit too, I am not very good at explaining everything, and all the emotions I have felt over the years. Yet I know I was lucky to have grown up in this school, I have been preparing since first grade for this graduation, and I know the school is rooting for me. It is definitely hard to understand that the teachers are trying to help and support your future with everything that does go wrong, but I am grateful for all of it.”

“I honestly don’t have a most important lesson that I’ve learned from going to CIS, as I’ve grown through different stages while being here. I found a love for math, art and volleyball, as well as a developing interest in nutritional health and US politics. I learned about dealing with many social challenges. But if I had define one main lesson, it would be finding out who I am.”

“I have been fortunate that alongside my interest in business, my creativity has flourished through both my art studies and English creative writing. I think this has grown mostly in part to the fact that CIS has a very supportive environment that helped me to grow as a student and gain more interest in my studies. CIS has left me with an ability to appreciate and enjoy different cultures.”

“The community at CIS also gave me many opportunities for me to be a strong leader.”

“I truly feel that the most meaningful skill I have acquired at CIS is the ability to show kindness and acceptance towards everyone that I meet, a skill that I had lost due to my struggles with depression. CIS was able to fully revitalize that skill in me which is not only important to my future career and education but is also extremely important in how I interact with people generally in everyday life. I have enjoyed my time at CIS, and appreciate the outlook that they have taught me, and they have given me the patience in dealing with others.”

“CIS has also taught me how to be prideful in my own work. The IB art exposition is a great example of this as the school gave students the opportunity to display their work to the public.”

“Without CIS, I would not have been able to go on the trip to Nicaragua, which taught me to work hard and be independent, to respect and give back to the community as much as possible by determining not only what the majority of the people want, but what they need, and to be eco-friendly and take care of our environment as we only have one Earth to call home. Had I not gone to Nicaragua, I would not have fully understood the magnitude of each of these important life lessons, and I can now apply them to all areas of my life: my studies, my hope to be an entrepreneur, and as social practice in understanding people and their perspectives. My hope is that I can be a better person and world citizen from my experiences.”



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“Without the willingness, flexibility, and open-mindedness of the leaders at Cayman International School, I would not have the optimistic mind and changing nature that I have today, and for that change within myself, I will be forever grateful.”

“CIS has taught me many lessons for which I will always be grateful and which will hold me in good stead throughout my life. In keeping with the International Baccalaureate learner profile, CIS has truly prepared me to be a caring, respectful, and effective communicator; to be principled and inquisitive, always seeking knowledge and truth; to be open-minded to learn from others; to have a balanced life; to take risks and go beyond my comfort level; to be a reflective thinker, understanding my strengths and challenges so that I am always striving to become a better global citizen.”

I once thought that life was a race won only by sprinters, the people who can pick up on new ideas or concepts quickly, finish the project the night before or study for the test five minutes prior and still be awarded the highest mark. Unlike some of my classmates, I was never built to run with do so well with minimal effort, and always thought of myself as the slowest member of the pack, but Cayman International School (CIS) taught me not to view life that way. It was not until I realized that I could change the race from the 100 meter race to a marathon that I understood I did not need to sprint, but only set the right pace for myself and run enough to catch up to the others while they rested. In order to succeed in both school and life, CIS has taught me to continually give a consistent effort and not rely on moments of full commitment.

As the years go by, and as we move forward with our lives we are continuously asked what lessons we have learned during our time here at CIS. At first I begin to think of all the cliched responses to this question; I've learned to be kind, open minded, and confident; an educated leader of my generation. But what I've learnt cannot be classified into one word because the variety and level of the lessons learnt expand into a lifestyle rather than a characteristic trait. Therefore, I believe the most valuable lesson I have learned during my time at CIS is how to live a life based on one's perspectives, one's optimistic view of life, the enjoyment of all that the world has to offer, and to seek a life that benefits others as well as yourself. The process to learning these lessons has been hard but worthwhile. So when I recall numerous adults telling me that our high school years don't matter in the grand scheme of things and that the real world is a lot tougher than school, I can't help but disagree.