



# Saman Cooper

## LOCKERBY ALUMNI REFLECTIONS

The STEP program at Lockerby Composite School provided me with all the tools I needed in pursuing a Biology degree in University. Lockerby's teachers ensure that all relevant material is not only taught in depth but also understood, ensuring success at the post-secondary level. One of my favourite courses I took at Lockerby was Medical Technology: a course unique to Lockerby that teaches students biomedical concepts and also offers an interactive lab component where the concepts can be applied to real life medical situations. I personally found my freshman year of university a review from my grade 12 science courses at Lockerby. Lockerby engages its students academically and also provides multiple opportunities for students to get involved. Whether it's the student council, Cancer Drive or a music or sports team, there are many opportunities for students to meet new people and develop important skills. I was a member of the cross-country, track and field, soccer, swimming, volleyball and basketball teams while at Lockerby. As a member of the Lockerby basketball team for 4 years, I learned important qualities such as teamwork, developing a strong work ethic and the importance of time management. Altogether, these skills I developed while at Lockerby allowed me to be successful in the classroom and on the basketball court in university. Go Vikes!

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