

# Douglass Cater Society of Junior Fellows

## Grant Application Form

### Contact Information

Date of Application	<i>September 28, 2009</i>
Student ID Number	<i>2168836</i>
Name	<i>Sarah E. Macht</i>
Campus Address	<i>101 Morgnec Rd, Apartment - 201</i>
Campus Phone	<i>240-520-3248</i>
E-Mail Address	<i>Smacht2@washcoll.edu</i>

### Academic Information

Class (indicate SO, JR, SR)	<i>Senior</i>
Major(s) and Minor(s)	<i>Chemistry and Psychology</i>
Academic Advisor	<i>Dr. R. Locker- Chemistry Dr. L. Littlefield- Psychology</i>
How many credits will you have completed at the end of this semester?	<i>137</i>
Expected Date of Graduation	<i>May 2010</i>

### Project Information

Title of Project	<i>On the Sea: A Coastal Exploration of Leadership and Self</i>
Project Location	<i>Bahia Conception, Baja California Sur, Mexico</i>
Project Supervisor's Name (if known)	<i>Provide contact info as well</i>
Total Amount Requested	<i>\$4868.51</i>
Start and End Dates of Project	<i>January 4-25<sup>th</sup>, 2010</i>

### CSJF Use only

Approval Status	<i>Approved</i>
Amount Allocated	<i>4730.00</i>
Comments	
Curator's Signature	

Section 1: Give a concise description of your project. What are the goals, and what specific questions do you expect to answer? How did you become interested in this project?

Two years ago I had the good fortune of joining the Douglass Cater Society of Junior Fellows. As a freshman, I came into Washington College with the hope that I would grow and experience new things, but at that time, I did not understand what it meant to "go outside of the comfort zone". To me, moving outside of my comfort zone meant volunteering an answer in a class where I knew no one, or joining the tennis team.

In my sophomore year of college, I got to know a former Cater Society member, Spencer Case. Spencer was nothing short of an inspiration for me. To me, Spencer's life was a definition of moving "beyond the comfort zone". When I first joined the society, he suggested that I look into a National Outdoor Leadership School (NOLS) program, something that he had been interested in applying to for years.

Not knowing anything about NOLS, I decided to check it out. I learned that the NOLS curricula range anywhere from sailing to hiking, and extend to locations all over the world. The goal of each NOLS program is to teach their students not only how to survive in the wilderness, but the value of leadership, teamwork, self-reliance, and planning.

The NOLS program that grabbed my attention was a 21day sea kayaking expedition in the Sea of Cortez, Mexico. Growing up on the Potomac River whetted my appetite for exploring the water. Coming to school at Washington College, where I had unlimited access to kayaks solidified my love for the sport. However, the NOLS experience is far more than just "practicing a sport", it is a test. It will be a test of strength and endurance, both mentally and physically. To live in the wilderness for 21 days, and rely solely on the functionality of my team will be the ultimate challenge.

In my time at Washington College, my greatest sense of accomplishment has been in leading an organization known as Best Buddies, which provides individuals who have intellectual or developmental disabilities opportunities to form friendships with college students. By my junior year I was the only remaining member. I made a commitment to my buddy and to the organization that I would not give up on the club. In the past two years membership has grown from me alone at the beginning of 2008, to 32 committed students presently. I would be lying to say that all the events ran smoothly that first year, but I can say that from each event and each interaction, I learned so much.

All of my experiences, particularly Best Buddies, led me to discover areas in my life that need improvement. Specifically, I would like to focus on planning, risk taking, and organization. I have noticed that these areas are improving with each new experience, which is why I think the kayaking expedition will be so valuable. Through experiential learning, it is my goal to improve my areas of weakness, and to build upon my strengths. My personal goals intersect the goals of a NOLS course, which are to build leadership through planning, decision-making, judgment, teamwork, and self-awareness.

Section 2: What preliminary work have you done? How have you prepared yourself for this task? What aspects of your background are relevant? Give a timeline/schedule for your project. You may use as much space as you need.

As I mentioned earlier, I learned about the NOLS program almost two years ago. Given that I have known about this opportunity for some time, I began to ask myself why I had not applied sooner. When I began to think about what I wanted out of this experience, I realized that prior to now, I had not been prepared. Plain and simple, I was afraid. I was afraid to take a risk and move outside of my comfort zone. I lacked the confidence that I would make a strong leader, and lacked the organizational skills to plan for such an expedition. The experiences I have had in the past year have shown me how utilize my strengths and plan for my weaknesses when assuming a leadership position.

The course that I will be taking is one that takes place from January 4-25, 2010. During the winter months, strong winds known as the "Nortes" can greatly impact our travel. The wind and sea conditions will greatly determine when and if we set out kayaking for the day. Generally, on a travel day we will be waking early. After a substantial breakfast we will meet as a group to develop a plan for the days travels. We then will pack our gear and load the kayaks. Upon first setting out, our instructors will give lessons on specific kayaking techniques and environmental factors. With good planning and conditions, it is expected that we will travel between 7 and 12 nautical miles. Once reaching our destination, we will debrief and discuss the day's events. After reflecting and further planning for travel, we will have the opportunity to explore. We will be able to investigate the environment by snorkeling and hiking. We will also have the chance to catch our own meals by fishing, learn about the culture through meeting the local people, and learning navigator and paddling skills.

The course is designed for fourteen students, and three instructors. In the first week of the expedition, we will observe the leadership skills of our instructors. It is their job to impart skills like decision-making, goal setting, and goal attainment onto us, the students. By the second week of the NOLS program, students will continue observing and learning from their instructors, but will begin to take on a more active role by volunteering to take charge of certain daily tasks. By the end of the trip, I, the student, will have the opportunity to lead day's travel. This will require careful consideration to things like weather, navigation, and the needs of my peers. I will have to assess the team's progress, and carefully make changes if necessary.

As I mentioned earlier, I have grown up with a love for the water, and have been kayaking since the age of ten. To specifically prepare myself for the physical challenges of paddling and hauling kayaks, I have developed an exercise regime that includes running, biking, yoga, calisthenics, and kayaking. I have taken advantage of good weather by kayaking on the Chester River as often as possible. As the weather gets cooler, my strength conditioning will become increasingly important. In total I exercise approximately one hour a day, five to seven days a week.

As far as mental preparation, I have been investigating the culture and environment of the Baja coastal region. In our travels along the coast, we will have the opportunity to interact with the local people. One of the foundations of a NOLS course is communication and cooperation with your expedition team, who are all people I will be meeting for the first time. Over the course of training as a peer mentor, I learned a great deal about team building and communication, both of which I will be implementing in the course of the trip.

Section 3: How is this project relevant in the context of an education in the liberal arts? How does it enhance your learning experience? How does it benefit you, the CSJF, and Washington College? You may use as much space as you need.

As we move through each day we are constantly taking in, and learning something new. Philosopher David Kolb theorized that two important aspects of learning are the inputting of information and the processing of information. Being a student in college, I am often asked, "What have you learned?" My response has always been, and will continue to be: learning how to think. There are so many ways of learning, and not one is better than the other, but one may be more useful for a particular situation. As a chemistry student, I could honestly not tell you all of the specific principles I learned in physical chemistry, or all of the mechanisms involved in organic chemistry, but what I can tell you is how to approach a problem. One of the best parts about majoring in science (and usually the most dreaded) is the laboratory component, which reinforces learning through experimentation. Experiential learning can be incredibly valuable, but can become even more valuable when paired with observation and reflection.

One of the biggest draws to the Baja sea kayaking expedition from an educational perspective is the curriculum's emphasis on experiential learning, followed by reflection. In reading the course description, I noted that reflection time was built in to the course of each day. An important part of my life is taking time to reflect. Part of being a good student is taking time to evaluate what has been presented to you. Reflecting gives the student an opportunity to make adjustments and grow. It is important to know where you have started from, but even more important to see how you are being changed through the learning process.

When I returned to campus this past August, one of the first things that I read was a piece written by William Cronon called, "Only Connect' The goals of a Liberal Education". Cronon describes a liberally educated person as a lifelong student, whose education will flourish with each new experience. He suggest that education is a means for personal freedom, and that it is our communities which enable us to achieve such freedom, thus making us responsible for maintaining that level of freedom within the community. I cannot think of a better example of this concept than the Cater Society of Junior Fellows. The Cater Society will enable me to reach a new level of personal freedom through this expedition. As Cronon suggests, it will then be my responsibility to share those experiences to inspire and motivate my peers, as Spencer Case has done for me.

I hope to use this opportunity to inspire other students to take their learning experiences outside of the classroom. Specifically, I am excited at the prospect of mentoring a Cater Society Apprentice. I think that having someone who does not go on the expedition, but who knows a great deal about my project will be symbiotic in nature. I will benefit from their objectivity while I am preparing my presentation, and they will benefit through observing the process and the preparations for the project itself, and the presentation that follows. I am looking forward to sharing such an incredible experience with my peers, and the Washington College community.

Section 4: Who is supervising your project? Give the name and contact information of your supervisor on site, if any.

Three trained NOLS instructors will directly supervise us. Currently, the contact information I have is for my admission officer, Jamie Holloway. Her information is as follows:

Jamie Holloway  
Admission Officer  
National Outdoor Leadership School  
The Leader in Wilderness Education  
mailto:Jamie\_Holloway@nols.edu  
800.710.6657 extension 2238  
Monday-Friday 8am-5pm Mountain Time  
<http://www.nols.edu>

Section 5: Do you have supplemental funding (from relatives, foundations, scholarships other grants etc.? If so, please list the sources and amounts.

I have no other supplemental funding aside from my own personal money.

## Budget

On a separate sheet please give explanations that explain and justify each line of your budget.

*In proposing a grant, you should make a case for yourself and why you need the requested funding. Provide details as to what the grant will be used for and how. Explain the choices you make in each section. Provide addresses if applicable. A detailed account of where the funding will be used shows the committee that you have thought through and planned out your project thoroughly.*

Travel (specify)	811.44
Board and Lodging (specify)	119.47
Ground Transportation	6.00
Equipment (only equipment that is necessary)	139.00
Fees (registration, other fees)	3792.60
Printing/Postage/Phone	0.00
Other (please justify)	0.00
Total	4868.51

## Faculty Endorsement

I am familiar with this proposal and endorse the project described therein. To the best of my knowledge, this student applicant is capable of carrying this project out in the time frame indicated.

Name (printed)	
Signature	
Date	10/1/2009

## Student Agreement and Signature

By submitting this application, I affirm that the facts set forth in it are true and complete. I understand that if I receive a grant I am obliged to make both an **oral report** to the members of the Cater Society of Junior Fellows and a **written report** to the Curator. The latter must include an accounting of how all the grant monies were spent along with receipts. I understand that I will be issued a Tax Form 1099 and I am responsible for paying any taxes due on the grant received. If for any reason I cannot fulfill the terms of this project I will fully refund the entire grant amount that I receive.

Name (printed)	
Signature	
Date	10/1/2009

<b>Travel</b>		
BWI- LAX		295.59
LAX-LTO (Round Trip)		369.65
LAX-BWI		146.2
		811.44
<b>Board and Lodging</b>		
Overnight at Oasis Hotel: 1/3/10		119.47
		119.47
<b>Ground Transportation</b>		
Desert to Sea Transport		6
		6
<b>Required Equipment</b>		
R-windbreaker		20
R-fleece		28
R-windpants		20
R-foam pad		9
R-NOLS beach bag		20
R-compression stuff sack		15
R-NOLS zip bags		17
R-Lightweight paddle jacket		10
		139
<b>Fees</b>		
application fee		65
course fee insurance		182.6
equipment deposit		225
course fee (I will not take the college credit offered)		3320
		3792.6
<b>Printing/ Postage/ Phone</b>	N/A	
<b>Other</b>	N/A	
<b>Total</b>		4868.51