

Reflections from a Luther Lion

By Austin Josephson

Luther College High School will always hold a special place in my heart. From 2006-2010, I had the opportunity to attend a high school that is rooted in tradition, and provides a strong academic foundation within a close-knit community. I am proud to say that Luther College High School helped shape the person I am today and I will always be grateful for the many inspirational teachers who made my high school experience memorable.

I will be focusing on three components: Academics, Community and Personal Growth

Academics:

Luther College High School gave me a wonderful educational experience which allowed me to learn important critical thinking skills and academic writing which have helped me in University and beyond. On my academic journey, I encountered many wonderful teachers who helped guide me. I have so much respect for these individuals who have helped generations of students succeed both inside and outside the classroom. I had to work very hard at my studies, but found each subject rewarding and the material fascinating.

One class was Christian Ethics Ten World Religions. Taught by Ms. Kim Greeman; her unique perspectives and insight into the six-core Eastern and Western world religions, helped expand my worldview and for this I am grateful.

I found English class to be very insightful. My Grade 9 English teacher Mrs. Cheryl Ashton instilled in her students, a new way of looking at literature by analyzing the deeper meaning of the text, expressing that meaning through paragraph and essay writing, and connecting the material to our own lives when applicable. These skills were established immediately within the first few days of class. I have found these skills helpful in all my high school classes and later in my University classes where essay writing is a core component. I am grateful to have been taught these essential skills in English classes in Grade 9.

Attending Luther allows for the students to take advantage of small class sizes and discussion based learning. Sharing ideas openly and hearing what other students have to say, makes for a richer and more rewarding educational experience. There were many instances where I felt comfortable contributing to the discussion and sharing ideas. I chose to attend Luther College at the University of Regina, and felt Luther High School had prepared me well for University and I enjoyed the continuation of small class sizes and discussion based learning.

Community:

Luther High School introduced me to a community of students and teachers that come together to learn from each other, honour the past, and prepare for the future. Even from the first day of Grade 9, I saw students from all four grades, many of whom would become my friends. I still have three very close friends who I am in close contact with and my best friend Thomas Fahlman and I have been friends for ten years and he is like family to me.

In my high school years, I was an active member of the community. I have always been passionate about the arts and Luther allowed me to pursue drama, music and choir.

I have fond memories of performing in the Fall musicals throughout my four years. In Grade 11, I got a chance to play F.D.R. in *Annie* which became my favorite role.

Luther allows you to pursue what you are passionate about and will help foster creativity and confidence. Thanks to the musicals, I not only developed singing and public speaking skills, but gained more confidence in myself as a performer and working alongside amazing casts and crews made the experience that much more rewarding.

Another gift was singing in Senior Choir in Grade 12 under the direction of the amazing choir director Dr. Melissa Morgan. Her passion and love for Choral music, exuberant energy and positivity made singing a treat. The annual Candlelight Service was very special as we filled the Meris Bellshier Heritage Center with joyful music and holiday cheer.

Even after graduating high school, I still feel part of the Luther community. Attending yearly events and reconnecting with teachers and staff is very special. It's funny even though you graduate from Luther, you never really leave. You become part of a group of alumni who still are deeply rooted in the Luther experience and have opportunities to share those experiences with others from different generations.

Personal Growth:

Luther College High School allowed me to grow as a person. Before I came to Luther I struggled a lot in elementary school with bullying and having difficulty with Phys Ed. due to physical challenges of being born premature.

Once I started Grade 9, I was among people who showed me respect, loyalty and true friendship. I am grateful for these people and the positive impact they have had on my high school experience and my life.

I had the privilege of being taught Phys Ed by Mr. Troy Casper in Grade 9 and he is one of my favorite teachers. Through his guidance, respect and understanding, he changed the way I saw physical education and made me more confident in my abilities and skills. He knew that I was always trying my best and giving it my all. I worked very hard at physical education and gained more self confidence within myself, even wanting to continue with Special Phys Ed in Grades 11 and 12. Hearing the words “Good job” or “well done” from Mr. Casper and my fellow classmates taught me the power of positive encouragement and its impact in physical education.

I truly believe that the start of high school changed my life for the better in ways I could never imagine. I had an opportunity to get a second chance and my expectations were exceeded and Luther High School taught me that I had unique gifts and abilities to offer the world that were waiting to be unlocked.

This high school gave me some of the best years of my life. I feel proud to be a Luther Lion, and part of the community. Often I will look back on my high school with a smile on my face and joy in my heart. I'll leaf through my yearbooks and the memories will come rushing back. Remembering a favorite subject or piece of literature that stood out, seeing my friends every day and learning together in the classroom, celebrating the arts through singing and bringing joy to the community of Regina and walking across the stage to receive my high school diploma with my head held high, a smile on my face and hearing the cheers of family and friends. These moments make up a collective of memories I still hold dear to my heart.