

SuperTeen Summer Boot Camp

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I joined a camp which is from 1/8 to 5/8. The camp teaches me many things that I hadn't discovered yet, such as relationships, attitude and communication with people, etc.

On the first day, we had a ceremony which helps us to make new friends, then we form groups to have competitions, like making slogans and creating group names. Then, we started our first lesson of the camp. In the first lesson, we learnt about 4 fundamentals. These 4 fundamentals are quite important, they can change our mind of thinking and the ways to do stuffs. The first one is 'the greatest failure in life is not participating', that means if we do not participate in events, you won't success in your life, then you will be a failure. The second one is 'action has consequences', every action you have done, will affect your whole life in the future. The third one, 'one for all, all for one', when a person is scared or fear, everyone should encourage the person to complete the task, it talks about teamwork. The fourth fundamental is 'do it now, do it right the first time', when you do it right at the first time, the probability that you do wrong will be reduced a lot in the future.

On the second day, we learnt much about Neuro-connection. What is Neuro-connection? Neuro-connection tells us that our body and our mind are one. That means we are given a body to experience the mind, also, a mind to understand the body. For example, 'you always get what you focus on', when you are focusing on an event such as revision, when you are really concentrated to focus on your work, you can complete the plan that you have set, then you have reached your goal already. Second example, 'where your focus goes energy flows', after your focus on your goal or task, the result will be shown in the future after you had a tough work. How can you improve your Neuro-connection? You can just change a little bit, such as change your posture for 2 minutes. This helps me a lot when I do my revision.

On the third day, we went outside to do some experiments. The experiments of Neuro-connection. They set two high towers which are made of iron sticks, then they hang a beam between the two towers, the task is called 'the swing beam', we need to walk on the beam to go to our destination, but a person swings the beam when you are walking. This experiment helps us to improve our Neuro-connection, when we were walking on the swinging beam, you need to answer the questions, 'when your like is shaky, what should you do?', you must reply 'I balance my life'. When you shout it out, your mind and your body become one,

your legs won't be shaky, and you can balance on the swinging beam. Also, it makes your words come true. 'What you say is what you get', words get impact life. Therefore, you should stay positive, or you must fail when you say you cannot do that.

I made many new friends in this camp, form groups to have teamwork. Such as MOY, if a part doesn't be cooperate, music won't be played successfully. Also, I learnt to be braver and have more confidence to complete the missions that I have got. My favourite sentence of this camp is 'the past doesn't equal to the future, the point of power is now.' If you work hard now, it isn't too late for you to change. And discipline is doing what you don't like to do, but when they are done, they bring benefits. I recommend you joining this camp. Although they will keep your phone for four days, don't be hesitate, come and join the SuperTeen Camp, remember, 'the greatest failure in life is not participating'.