



2025

MARCH BREAK IMPACT REPORT



All testimonials are anonymous.

TABLE OF CONTENTS

Introduction	3
University of Waterloo Data	4
Queens University Data	8
University of Windsor Data	12
Overall Evaluation of March Break	16
Participant Testimonials	17

2025

SBL MARCH BREAK IMPACT REPORT



Program participants attended 2-3 university excursions.

For the following evaluation, it should be noted that the data represents Program Participants' experiences with the specific university's recruitment departments, various students groups and faculty departments to which participants were exposed. Each university excursion and their accompanying activities were based on the institutions' staffing abilities and departmental capacities.



These include such activities like campus tours, department visits, exposure to a variety of university facilities and student groups. Alternatively, the set of data that falls at the end of the evaluation titled **Overall Evaluation of March Break Program** queries Program Participants' evaluative considerations of SBL's 2025 March Break Program.

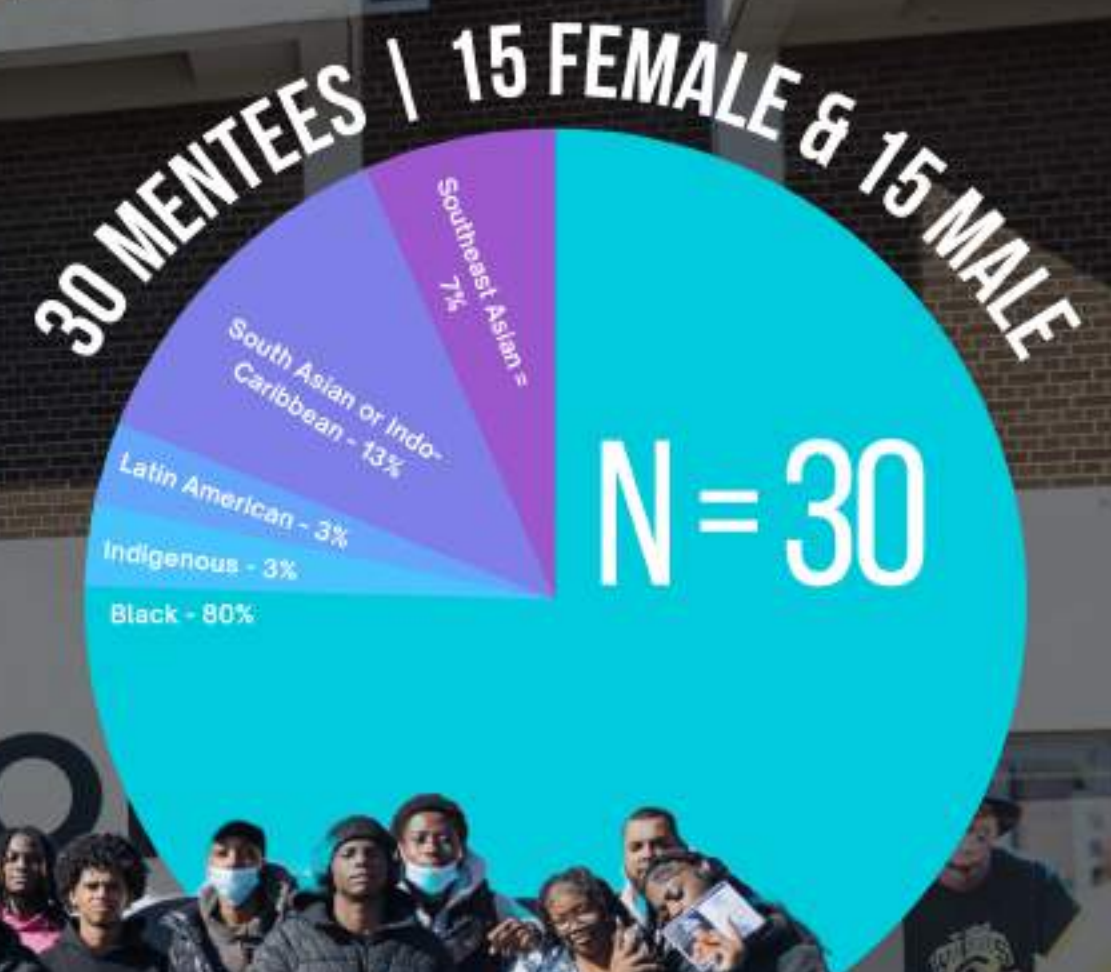


“ I wanted to see what post-secondary experience was like because I'm not sure if I want to continue school after high school. ”

DAY 1: MONDAY, MARCH 10, 2025



UNIVERSITY OF WATERLOO



1

PROGRAM PARTICIPANTS RATINGS: *When program participants were asked to rate their ...*

8/10 ... University of Waterloo Campus Visit Experience

8/10 ... Level of Satisfaction with their day at Waterloo

8/10 ... Comfort Level with Post-Secondary plans

7/10 ... Level of Post-Secondary Knowledge



The reason I participated in SBL's 2025 March Break Program trip is because of the information on post-secondary schools, university options and travelling with friends.



OF THE MENTEES PROGRAM PARTICIPANTS ...

97% agreed that going to SBL's 2025 March Break Program gave them **greater insight on making choices and decisions after high school**

63% agreed that since going to SBL 2025 March Break Program, they **feel more confident and ready for what they have planned for after high school**

87% reported they think **about post-secondary planning very often** and/or often since participating in SBL's 2025 March Break Program

83% agreed that attending SBL's 2024 March Break program motivates them to graduate high school

90% strongly agreed that attending the program motivates them to achieve their goals after high school





DAY 2: WEDNESDAY, MARCH 12, 2025

Queen's UNIVERSITY

“ I wanted to gain more knowledge before I graduate and not be stuck at home all week during March Break. ”



PROGRAM PARTICIPANTS RATINGS: When program participants were asked to rate their ...

8/10 ... University of Waterloo Campus Visit Experience

8/10 ... Level of Satisfaction with their day at Waterloo

8/10 ... Comfort Level with Post-Secondary plans

7/10 ... Level of Post-Secondary Knowledge



OF THE MENTEES PROGRAM PARTICIPANTS ...

88% agreed that going to SBL's 2025 March Break Program gave them **greater insight on making choices and decisions after high school**

77% agreed that since going to SBL 2025 March Break Program, they **feel more confident and ready for what they have planned for after high school**

81% reported they think **about post-secondary planning very often** and/or often since participating in SBL's 2025 March Break Program

92% strongly agreed that attending the program motivates them to achieve their goals after high school

"I joined the SBL March Break Program to start thinking early on what I need such as grades, money and programs."



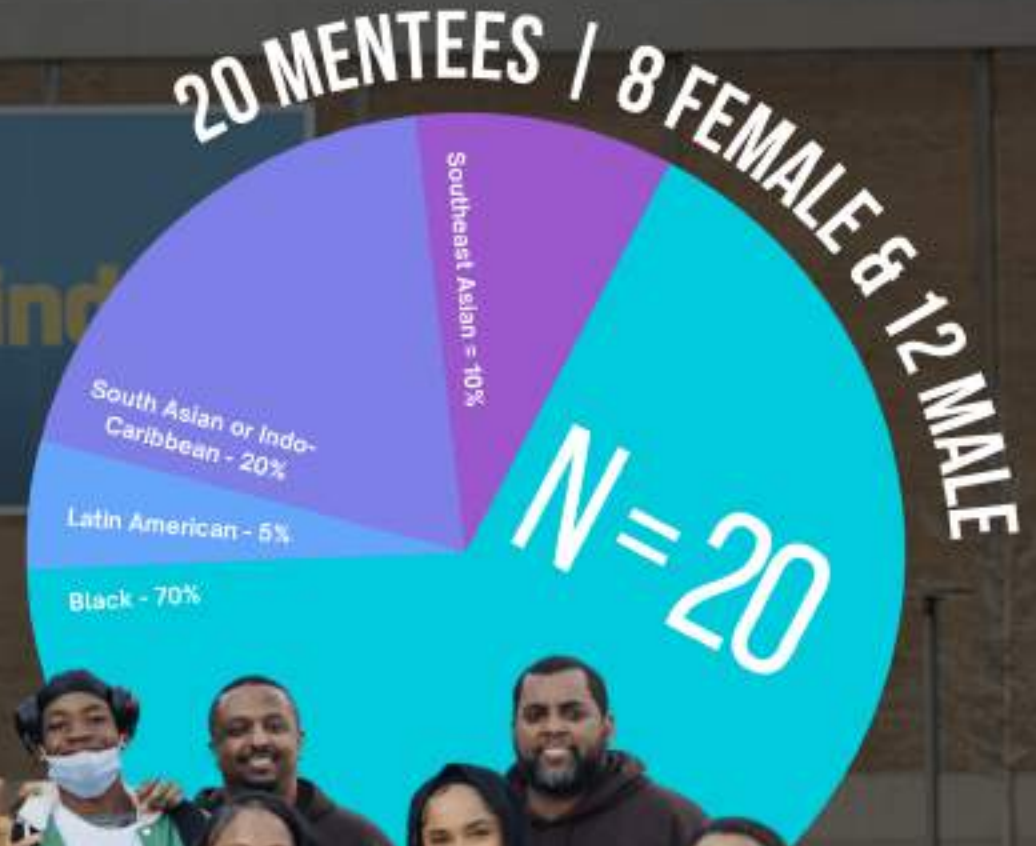
100% AGREED THAT ATTENDING SBL'S 2025 MARCH BREAK PROGRAM MOTIVATES THEM TO GRADUATE HIGH SCHOOL



DAY 3: FRIDAY, MARCH 14, 2025



University of Windsor



“ I felt the need to explore my options and see the reality of post-secondary myself since I plan on taking a gap year. ”



PROGRAM PARTICIPANTS RATINGS: *When program participants were asked to rate their ...*

8/10 ... University of Waterloo Campus Visit Experience

8/10 ... Level of Satisfaction with their day at Waterloo

8/10 ... Comfort Level with Post-Secondary plans

8/10 ... Level of Post-Secondary Knowledge



OF THE MENTEES PROGRAM PARTICIPANTS ...

95% agreed that going to SBL's 2025 March Break Program gave them **greater insight on making choices and decisions after high school**

70% agreed that since going to SBL 2025 March Break Program, they **feel more confident and ready for what they have planned for after high school**

75% reported they think **about post-secondary planning very often** and/or often since participating in SBL's 2025 March Break Program

95% agreed that attending SBL's 2025 March Break program motivates them to graduate high school

95% strongly agreed that attending the program motivates them to achieve their goals after high school

OVERALL EVALUATION OF MARCH BREAK PROGRAM



... rate their overall 2025 SBL March Break Program Experience



... how **useful** their 2025 SBL March Break Program Experience was



agreed the **trips** were **helpful** for **making decisions** after high school



agreed they would **recommend SBL's** March Break Program to future participants



I PARTICIPATED IN THE 2025 MARCH BREAK PROGRAM BECAUSE ...

- “ ... to have a better and more informed understanding of my post-secondary plans. I also wanted to have an idea of what other universities in different areas looked like. ”
- “ ... I was interested in learning about other universities and what they have to offer. I wanted to step out of my comfort zone and try to experience something different to see if it's something I would be interested in. ”
- “ ... I thought it would be a really good idea to get a look on how university life is and see how I can be ready instead of under prepared, allowing me to take full advantage of studying focusing and allowing me to get a job after school. ”
- “ ... to experience being on a university campus and seeing if one of these universities is where I want to go. ”
- “ ... to open my mind about school to see if taking university level classes are for me or if I need to take co-op to explore my school options more. ”
- “ ... I wanted to know more about university to help me decide if I should apply. The trips somewhat helped me understand more about it. ”