



Sunflower

Surrounded by soil
Inside a seed
A tiny plant grows
Nurtured by water
It's roots spread and sow

Sprouting out of the ground
The bud reaches to the sky
Feeling the warm wind
Taller it stretches
Catching the sun's glow

Buds begin to show
Leaves sprouting on each side
Growing stronger and stronger
Pigments of yellow starting to reflect sunlight
Oh, Sunflower, open your petals and show your beauty

Sunflower, Sunflower, how you are the tallest flower of them all
Your open face reflects the sun's bright rays
Dancing in the wind and laughing with the bumble bees
Oh, Sunflower, how you have grown so beautifully

By: Shealyn Fong



Artistic Statement

As a senior undergraduate student at Mount Royal University, I was curious about the Catamount Fellowship program and its capability to help students address complex issues that we are experiencing in our community. As I embarked on this journey, I understood that it was going to challenge and push me out of my comfort zone, but I was open to evolving and eager to become a systems thinker.

To reflect on some of the personal changes that I experienced, I chose to write a poem about a Sunflower. During their growing stages, they begin as a tiny seed and through the proper support of resources and environment, they are able to blossom into beautiful and colorful flowers. As I reflect on the past few months, I can proudly say that this fellowship has made me more confident, has given me the ability to enhance my research skills, has developed my knowledge behind complex social issues, and has provided me with professional development tools. Just like the developmental stages of a Sunflower, change is inevitable and as changemakers, we need to be able to adapt and allow ourselves to grow.