

# WILLIAM LYON MACKENZIE GUIDANCE NEWS MAY 2018

## POST-SECONDARY PLANNING

### OYAP Information Sessions

Skilled Trades: Cook, Electrician, Auto Service Technician, Carpentry, Plumbing & Hairstyling  
**Session Date:** Wednesday, May 16<sup>th</sup> at 1:00pm @ Central Technical School (Room: 208)  
**Application Deadline:** Friday, June 1, 2018

### GAP YEAR

Students across GTA can now take a purposeful Gap Year with Discovery Year Toronto.  
[www.discoveryyear.ca](http://www.discoveryyear.ca)  
**Application Deadline:** June 3, 2018

### STEP

Specialized Trades Exploration Program is a Co-Op program with hands-on opportunities to discover the wide range of careers available in construction.  
Contact Elvy Moro at: 416-395-3290 ext# 20048  
[elvy.moro@tdsb.on.ca](mailto:elvy.moro@tdsb.on.ca)  
**Deadline:** Friday, May 18, 2018

### SAT TEST DATES (U.S. Universities)

Please visit [www.sat.org](http://www.sat.org) for more details about International Registration deadlines and SAT Prep & Subject Tests.

## SUMMER PROGRAMS & OPPORTUNITIES

### SUMMER SCHOOL 2018 INFORMATION

[www.creditprograms.ca](http://www.creditprograms.ca)

#### e-Learning online:

July session (deadline: Tues, June 19 @ 4:30pm)  
August session (deadline: Wed, July 11 @ 4:30pm)

**Summer School July session ONLY**  
(deadline: Wed, June 27 @ 12pm)

### U of T YOUTH SUMMER PROGRAM

Get a unique glimpse into the world of Medicine and Law. [www.ysp.utoronto.ca](http://www.ysp.utoronto.ca) **Deadline:** May 22, 2018

### SICK KIDS SUMMER MENTORSHIP PROGRAM

Students will be assigned to a wide range of laboratory tasks from preparing solutions and media to assisting in basic research and participate in a variety of science-related workshops.

**Application Deadline:** Sunday, May 27, 2018

### HUMANITIES FOR YOUNG PEOPLE

Residential summer program at University Of King's College in Halifax. Theme for 2018: Migration  
<http://hyp.ukings.ca>

**Deadline:** Friday, May 18, 2018

## GRADUATING STUDENTS

### GRAD Breakfast

All graduating students are invited to celebrate this milestone and vote for your class Valedictorian on Friday, May 18<sup>th</sup> Period 1 (following attendance) in the cafeteria.

### Commencement Awards

Self-Nominated packages for William Lyon Mackenzie Commencement Awards are available at Student Services. **Deadline:** Wednesday, May 23, 2018.

### Jean Lumb Awards

Student of Chinese Heritage are eligible for up to \$7000 of awards for various categories. For more details visit [www.jeanlumbfoundation.ca](http://www.jeanlumbfoundation.ca)  
**Deadline:** Monday, May 21, 2018

### OSAP

Are you attending college or university next Fall? Visit [ontario.ca/osap](http://ontario.ca/osap) to see what financial aid is available to help pay for your tuition and other expenses.

## CAREER EDUCATION & EMPLOYMENT

Free services available for job seekers. Services offered include job search support, resume & cover letter development, interview skills, career exploration and much more.

[www.myBlueprint.ca/tdsb](http://www.myBlueprint.ca/tdsb)

[www.ymcagta.org](http://www.ymcagta.org)

[www.careercruising.com](http://www.careercruising.com)

Username: mackenzie

Password: lyon

[www.next-steps.ca](http://www.next-steps.ca)

[www.careerfoundation.com](http://www.careerfoundation.com)

[www.gojobs.gov.on.ca](http://www.gojobs.gov.on.ca)

[www.skillsforchange.org](http://www.skillsforchange.org)

## WELLNESS RESOURCES

Free child and youth mental health counselling.

**GRIFFIN CENTRE WALK-IN CLINIC** 416-222-4380

1126 Finch Ave West, Unit 16

[www.griffincentre.org](http://www.griffincentre.org)

**SKYLARK** 416-482-0081

[www.skylarkyouth.org](http://www.skylarkyouth.org)

**KIDS HELP PHONE** 1-800-668-6868

<https://www.KidsHelpPhone.ca>

### MINDFULNESS APPS

**Mindshift:**

<https://www.anxietybc.com/resources/mindshift-app>

**Calm:** <https://www.calm.com>

**Smiling Mind:** <https://www.smilingmind.com.au>

**Stop, Breathe, Think:**

<https://www.stopbreathethink.com>

**Mind Your Mind:**

<https://mindyourmind.ca/interactives/apps>

**Pacifica:** <https://www.thinkpacifica.com>



**Mental Health Services In Your Community**

<http://www.ementalhealth.ca>

**Children's Mental Health Ontario**

[www.cmho.org](http://www.cmho.org)

**Canadian Mental Health Association**

[www.cmha.ca](http://www.cmha.ca)

**SickKids Centre for Community Mental Health**

<http://www.sickkidscmh.ca>

**Ontario Centre of Excellence For Child and Youth Mental Health**

<http://www.excellenceforchildandyouth.ca>

## CONTACT GUIDANCE COUNSELLORS at 416-395-3330

Please visit our **WHAT'S NEW, JOBS & VOLUNTEER** boards in **Student Services** as the volunteer, employment, summer internship, leadership, & enrichment program opportunities are updated and change frequently.

Ms. Klement

(A-F) Ext. 20042

Mr. Leder

(G-L) Ext. 20044

Ms. Elso-Ponzo

(M-R) Ext. 20045

Mr. Chippier

(S-Z) Ext. 20043