

# WILLIAM LYON MACKENZIE GUIDANCE NEWS - NOVEMBER 2018

## POST-SECONDARY PLANNING

### POST-SECONDARY APPLICATION ASSEMBLY

Listen out for announcement in late-November for upcoming OUAC/OCAS assembly updates and OUAC University PIN distribution.

If you missed the Grade 12 Post-Secondary Planning Workshop for parents, resource materials are available in Student Services and the PowerPoint presentation is posted on our website.

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

Please visit [www.sat.org](http://www.sat.org) for more details about International Registration deadlines.

## UPCOMING EVENTS & OPPORTUNITIES

### GRADE 9 TAKE OUR KIDS TO WORK DAY

Wednesday, November 14<sup>th</sup>, 2018, Take Our Kids To Work Day, a program that supports career exploration and career readiness. For more information:

<https://www.thelearningpartnership.ca/events/take-our-kids-to-work-day/students>

### SHAD ENRICHMENT PROGRAM

[www.shad.ca](http://www.shad.ca) Deadline: November 19, 2018

### ACADEMIC ACHIEVEMENT & CITIZENSHIP ASSEMBLIES

Friday, November 23 in Cafeteria

### STUDENT DATA VERIFICATION FORMS

If you have not returned the green data verification forms please do so as soon as possible to Student Services

### FULL DISCLOSURE DATE

Thursday, November 29, 2018

### SCIENCE EXTRA HELP

Mondays & Thursdays at lunch in room #104

### MATH EXTRA HELP: BOYS NUMERACY

Tuesdays at lunch in room #227

### MATH EXTRA HELP: GIRLS COUNT TOO

Thursdays at lunch in room #227

### PEER TUTORS WANTED

Tutors interested in helping other students in all academic subjects especially in Math and Sciences. Great opportunity for fulfilling volunteer hours and gaining valuable experience. Pick up an application in Student Services today.

## GRADUATING STUDENTS

### U Of T NATIONAL SCHOLARSHIP

[www.uoft.me/national-scholarship](http://www.uoft.me/national-scholarship)

Deadline: November 1, 2018

### QUEEN'S Chancellor's Award

<http://www.queensu.ca>

School Deadline: November 15, 2018

### SCHULICH LEADER SCHOLARSHIPS

<http://www.schulichleaders.com>

School Deadline: January 11, 2019

### WESTERN PRESIDENT'S SCHOLARSHIPS

[http://www.registrar.uwo.ca/student\\_finances/scholarships\\_awards/national\\_scholarship\\_program.html](http://www.registrar.uwo.ca/student_finances/scholarships_awards/national_scholarship_program.html)

School Deadline: January 18, 2019

### TERRY FOX Humanitarian Award

[www.terryfoxawards.ca](http://www.terryfoxawards.ca) Deadline: February 1, 2019

### TD Scholarships For Community Leadership

<https://www.td.com/ca/en/personal-banking/solutions/student-banking/community-leadership-scholarship-for-canadians/>

Deadline: November 16, 2018

### STUDENT ACHIEVEMENT AWARDS

The Student Achievement Awards is a writing and creative arts competition. For more information:

[www.osstf.on.ca/studentachievementawards](http://www.osstf.on.ca/studentachievementawards)

### OSAP

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

Please visit our SCHOLARSHIP board outside the main office for more scholarship & award opportunities

## 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.

**FOLLOW US ON TWITTER @WLMacGuidance**

**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

# PARENT'S GUIDE TO A GROWTH MINDSET

Big Life Journal

*Your brain is like a muscle. When you learn, your brain grows.  
The feeling of it being hard is the feeling of your brain growing!*

## PRAISE



### FOR:

- EFFORT
- STRATEGIES
- PROGRESS
- HARD WORK
- PERSISTENCE
- RIISING TO A CHALLENGE
- LEARNING FROM A MISTAKE

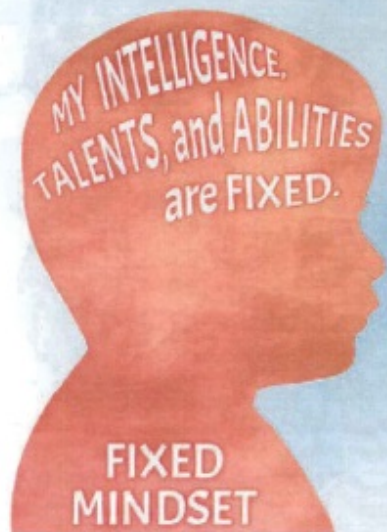
### NOT FOR

- TALENT
- BEING SMART
- BORN GIFTED
- FIXED ABILITIES
- NOT MAKING MISTAKES

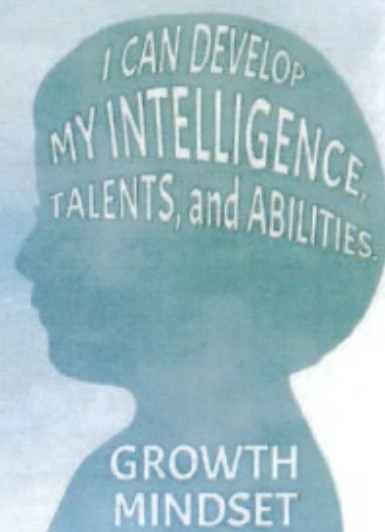
## THE POWER OF "YET" SAY

- "YOU CAN'T DO IT YET."
- "YOU DON'T KNOW IT YET."
- "IF YOU LEARN AND PRACTICE, YOU WILL!"

# BRAINS can GROW



# VS



## FAILURES AND MISTAKES = LEARNING

### SAY

- "MISTAKES HELP YOU IMPROVE."
- "YOU CAN LEARN FROM YOUR MISTAKES."
- "LET'S SEE WHAT OTHER STRATEGIES YOU CAN TRY."

## RECOGNIZE YOUR OWN MINDSET

BE MINDFUL OF YOUR OWN THINKING AND THE MESSAGES YOU SEND WITH YOUR WORDS AND ACTIONS.



### ASK

- "WHAT DID YOU DO TODAY THAT MADE YOU THINK HARD?"
- "WHAT NEW STRATEGIES DID YOU TRY?"
- "WHAT MISTAKE DID YOU MAKE THAT TAUGHT YOU SOMETHING?"
- "WHAT DID YOU TRY THAT WAS HARD TODAY?"