

# WILLIAM LYON MACKENZIE GUIDANCE NEWS - DECEMBER 2018

## POST-SECONDARY PLANNING

### TDSB NIGHT SCHOOL

Registration for Semester 2 Night School opens January 7, 2019. Please visit [www.creditprograms.ca](http://www.creditprograms.ca) for more details.

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)

SAT TEST Dates
Saturday, March 9, 2019
Saturday, May 4, 2019
Saturday, June 1, 2019

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

## UPCOMING EVENTS & OPPORTUNITIES

### WELLNESS WEEK December 10-14

Please listen for announcements for the different daily activities going on.

### EXAM PREP WORKSHOPS

Guidance counsellors will be visiting all Grade 9 homeform classes between December 10<sup>th</sup> – 13<sup>th</sup> to distribute exam schedule and give helpful tips on how to prepare for exams and culminating.

### 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.

### 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

### STUDENT DATA VERIFICATION FORMS

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

Congratulations to over 400 recipients of Academic Achievement and Citizenship awards!

## GRADUATING STUDENTS

### 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

### 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.

**Wishing all our students and families a happy and healthy holiday season and New Year!**

## 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

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10 TOP  
TOOLS FOR  
MANAGING STRESS

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Tools  
**For All**  
Teens

- Breathe (deeply).
- Mindfulness (being in the moment).
- Yoga/Exercise.
- Spend time with family and friends.
- Find a hobby or creative outlet.
- Spend time outside.
- Journal.
- Find a mentor.
- Spend time on your own, (free of your phone and computer).
- Practice positive thinking patterns.

# 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  
RISING TO A CHALLENGE  
LEARNING FROM A MISTAKE

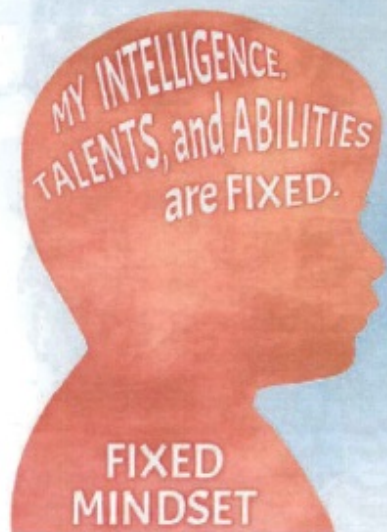
### NOT FOR

TALENT  
BEING SMART  
BORN GIFTED  
FIXED ABILITIES  
NOT MAKING MISTAKES

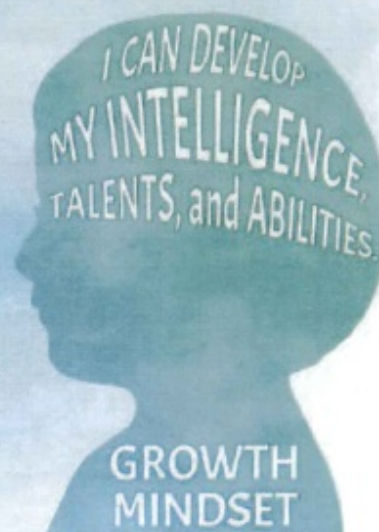
## THE POWER OF "YET" SAY

"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?"