

# WILLIAM LYON MACKENZIE GUIDANCE NEWS - JANUARY 2019

## 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.

### CASPer TEST DATES

University of Ontario Institute of Technology's Collaborative Nursing Program for more details visit [www.uoit.ca/](http://www.uoit.ca/)

### 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

### IMPORTANT DATES FOR COURSE SELECTION

Course Selection presentations for  
**Grade 9:** February 4-5  
**Grade 10:** February 6-7  
**Grade 11:** February 8  
**Departmental lunch sessions:** February 11-14  
**Signature Day:** February 20  
**myBlueprint.ca/tdsb** open for course selection submission on February 20 but may log in earlier for planning  
**Course selection sheets and myBlueprint printouts DUE:** February 22  
**Graduating students** must complete EXIT SURVEYS and indicate non-returning status on myBlueprint: February 22

### PEER TUTORS WANTED

Tutors interested in helping other students in all academic subjects. Please 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

### IVEY SUMMER LEADERSHIP PROGRAM

[www.ivey.uwo.ca/summerleadership](http://www.ivey.uwo.ca/summerleadership)

Deadline: March 13, 2019

## 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.

# 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)

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

Username: mackenzie

Password: lyon

[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
- RIISING TO A CHALLENGE
- LEARNING FROM A MISTAKE

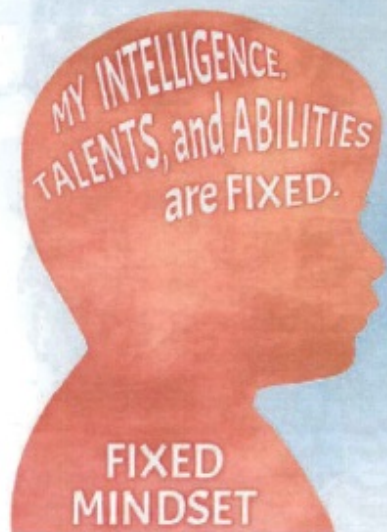
### NOT FOR

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

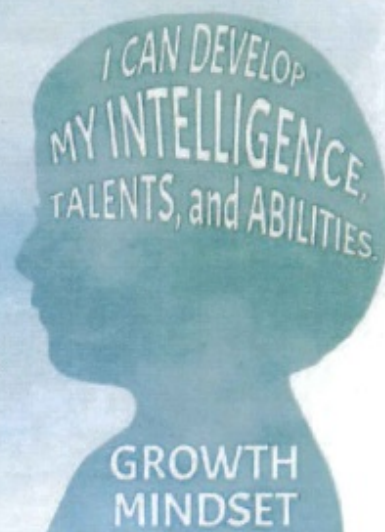
## THE POWER OF "YET" SAY

- "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?"