

WILLIAM LYON MACKENZIE GUIDANCE NEWS - MARCH 2019

POST-SECONDARY PLANNING

GAP YEAR

Students across GTA can now take a purposeful Gap Year with Discovery Year Toronto.

www.discoveryyear.ca

Application Deadline: June 9, 2019

CASPer TEST DATES

University of Ontario Institute of Technology's Collaborative Nursing Program for more details visit

www.uoit.ca/

OYAP Information Sessions

Skilled Trades: Cook, Electrician, Auto Service Technician, Carpentry, Plumbing & Hairstyling

Session Date: Wednesday, March 27 @ 6:00pm @ Central Technical School (Room: 208)

Application Deadline: Friday, June 7, 2019

SAT TEST DATES (U.S. Universities)

Please visit www.sat.org for more details about International Registration deadlines and SAT Subject Tests

UPCOMING EVENTS & OPPORTUNITIES

SOCIAL CHANGE AND YOUTH LEADERSHIP CONFERENCE

Theme: Global Development and Engineering

When: May 18 – 19, 2019

Where: Engineers Without Borders University of Toronto Chapter

IVEY SUMMER LEADERSHIP PROGRAM

www.ivey.uwo.ca/summerleadership

Application Deadline: March 13, 2019

U of T YOUTH SUMMER PROGRAM

Get a unique glimpse into the world of Medicine and Law. www.jsp.utoronto.ca

Application Deadline: May 15, 2019

SCIENCE EXTRA HELP

Mondays & Thursdays at lunch in room #104

PARENT TEACHER INTERVIEW March 21

Please feel free to book an appointment with your child's Guidance Counsellor if you want to discuss any concerns.

SUMMER SCHOOL and e-Learning

SUMMER SCHOOL 2019 INFORMATION

www.creditprograms.ca OPENS April 2019

PEER TUTORS WANTED

Tutors interested in helping other students in all academic subjects. Please pick up an application in Student Services today.

MATH EXTRA HELP: BOYS NUMERACY

Tuesdays at lunch in room #227

MATH EXTRA HELP: GIRLS COUNT TOO

Thursdays at lunch in room #227

GRADUATING STUDENTS

OSAP

Visit www.ontario.ca/osap for more information on how and when to apply for OSAP and to see what financial aid is available to help pay for your college or university tuition and other expenses.

COMMUNITY SERVICE HOURS

Reminder to please submit your 40 hours of community involvement activities by March 29, 2019

STUDENT ACHIEVEMENT AWARDS

The Student Achievement Awards is a writing and creative arts competition. For more information: www.osstf.on.ca/studentachievementawards

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

www.ymcagta.org

www.careercruising.com

www.next-steps.ca

Username: mackenzie

Password: lyon

www.careerfoundation.com

www.gojobs.gov.on.ca

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

SKYLARK 416-482-0081

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

Canadian Mental Health Association

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

10 TOP
TOOLS FOR
MANAGING STRESS



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

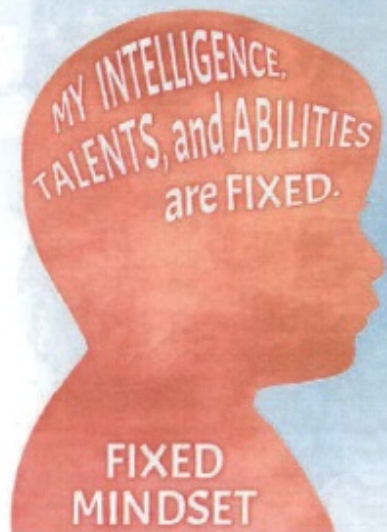
NOT FOR

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

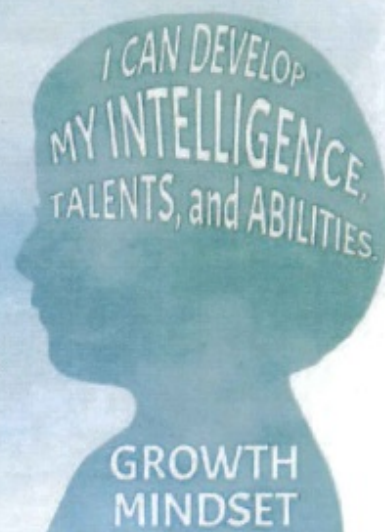
THE POWER OF "YET" SAY

- "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?"