

# WILLIAM LYON MACKENZIE GUIDANCE NEWS - APRIL 2019

## POST-SECONDARY PLANNING

### 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 9, 2019

### ONTARIO YOUTH APPRENTICESHIP PROGRAM

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

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

**Application Deadline:** Friday, June 7, 2019

### 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)

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

## UPCOMING EVENTS & OPPORTUNITIES

### STUDENT SENATE ELECTIONS 2019-2020

Voting will be held on Wednesday, May 15 @ 8:00am. If you are interested in being the "Voice of Every Student" and run for a Student Senate position, please apply online through Google Form.

### SOCIAL CHANGE AND YOUTH LEADERSHIP CONFERENCE

**Theme:** Global Development and Engineering

**When:** May 18 – 19, 2019

**Where:** Engineers Without Borders University of Toronto Chapter [www.ewb.ca](http://www.ewb.ca)

### 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)

**Application Deadline:** May 15, 2019

### HARRIET BROOKS INTERNSHIP

For more details: [www.ryerson.ca/scixchange/HBI](http://www.ryerson.ca/scixchange/HBI)

**When:** July 22 - 26 and July 29 – Aug 1, 2019

**Application Deadline:** April 28, 2019

### SUMMER SCHOOL 2019 INFORMATION

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

Registration: begins May 6 and closes June 28

#### Summer School

July Session ONLY (Tuesday, July 2 – Friday, July 26)

#### e-Learning Summer School:

Session #1: (Tuesday, July 2 – Monday, July 29)

Session #2: (Thursday, July 18 – Friday, August 16)

### 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. Please pick up an application in Student Services today.

## GRADUATING STUDENTS

### OSAP

#### **NOW OPEN FOR APPLICATIONS !**

Visit [www.ontario.ca/osap](http://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.

### SAVE THE DATE

**Grad Breakfast:** June 11 & **Commencement:** June 27

### JEAN LUMB AWARDS

Students 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)

**Application Deadline:** Monday, May 20, 2019

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

---

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  
RISING TO A CHALLENGE  
LEARNING FROM A MISTAKE

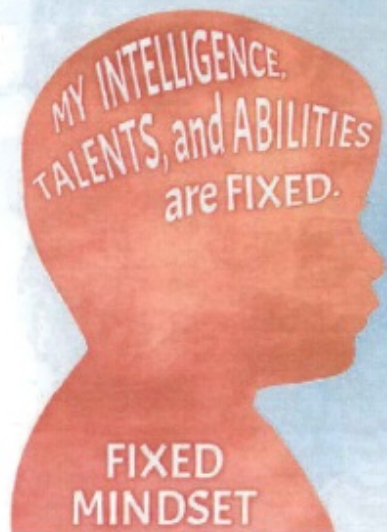
### NOT FOR

TALENT  
BEING SMART  
BORN GIFTED  
FIXED ABILITIES  
NOT MAKING MISTAKES

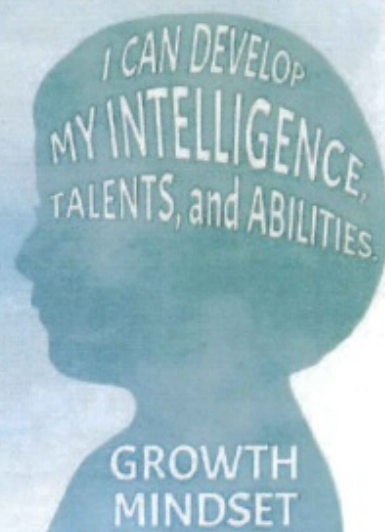
## THE POWER OF "YET" SAY

"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?"