

WILLIAM LYON MACKENZIE GUIDANCE NEWS - JUNE 2019

POST-SECONDARY PLANNING

TIMETABLES 2019-2020

Letters will be mailed out in the summer with instructions for Timetable and Agenda pick-up as well as School Cash Online payment for Activity Fees.

GAP YEAR

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

www.discoveryyear.ca

Application Deadline: June 9, 2019

SAT TEST DATES (U.S. Universities)

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

SAVE THE DATES

Ontario Universities Fair
at Metro Toronto Convention Centre
September 27-29, 2019 10am – 5pm daily

University Panel at William Lyon Mackenzie
Wednesday, October 2nd, 2019 10:15am
University Fair at William Lyon Mackenzie
Wednesday, October 2nd, 2019 3:00pm

Ontario College Fair at Enercare Centre Hall B
October 23, 2019 5pm – 9pm
October 24, 2019 9am – 2pm

College Panel at William Lyon Mackenzie
Wednesday, October 30th, 2019 10:15am

UPCOMING EVENTS & OPPORTUNITIES

****NEW COMMUNITY INVOLVEMENT FORM****

Please find links to updated TDSB Community Involvement Activity Form online at www.wlmac.ca under the Student Services drop down button or hard copies also available at Student Services. Updates to the form include a clear focus on giving back to the community through non-profit initiatives and organizations.

SUMMER SCHOOL 2019 INFORMATION

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)

GRADUATING STUDENTS

GRAD BREAKFAST

All graduating students are invited to celebrate this milestone and vote for your class Valedictorian on Tuesday, June 11 @ 8:45am in the cafeteria.

UNIVERSITY & COLLEGE PROGRAMS

STILL AVAILABLE

For graduating students who have not received an offer of admission to your University of choice, you can use the Admission Information Service (AIS) from June 6 to August 30, 2019 to find possible openings at other Ontario universities www.ouac.on.ca/ais

W.L. MACKENZIE COMMENCEMENT 2019

Montecassino Hotel & Event Venue
3710 Chesswood Drive, Downsview, ON
Date : Thursday, June 27, 2019 @ 11 :00am
STUDENTS (ONLY) MUST ARRIVE @ 9:30am
****Please note that parking is limited****

OSAP

NOW OPEN FOR APPLICATIONS !

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.

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.careercruising.com

Username: mackenzie

Password: lyon

VOLUNTEER OPPORTUNITIES

www.volunteertoronto.ca

www.toronto-charities.ca

www.charityvillage.com

JOB READINESS

www.canada.ca/en/services/youth

www.next-steps.ca

www.jobbank.gc.ca

JOB BANKS

www.allstarjobs.ca

www.careerfoundation.com

www.employmentnews.com

www.gojobs.gov.on.ca

www.jobbank.gc.ca

www.jobcanada.org

www.jobshark.com

www.monster.ca

www.talentegg.ca

www.regionalhelpwanted.com

www.torontoplace.com

www.workopolis.com

www.ymcagta.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
RISING TO A CHALLENGE
LEARNING FROM A MISTAKE

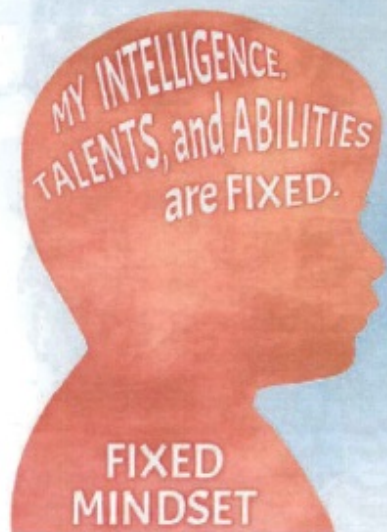
NOT FOR

TALENT
BEING SMART
BORN GIFTED
FIXED ABILITIES
NOT MAKING MISTAKES

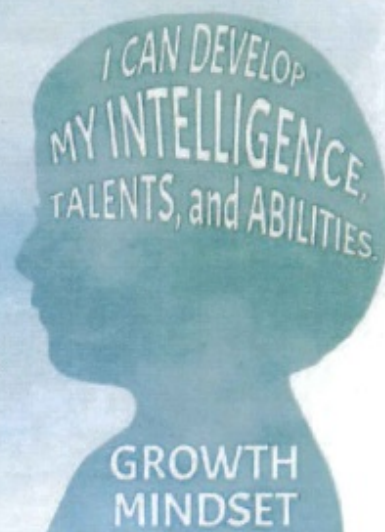
THE POWER OF "YET" SAY

"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?"