

WILLIAM LYON MACKENZIE GUIDANCE NEWS - DECEMBER 2019

POST-SECONDARY PLANNING

TDSB NIGHT SCHOOL

Registration for Semester 2 Night School opens at 10am on Monday, January 6th, 2020 and closes at 2pm on Monday, February 3rd, 2020. Classes begin week of February 10th. Please visit www.creditprograms.ca for more details.

PARENT POST-SECONDARY PRESENTATION

If you missed the above workshop, resource materials are available in Student Services and the PowerPoint presentation is posted on our website.

UPCOMING EVENTS & OPPORTUNITIES

Congratulations to over 300 recipients who were recognized and received awards during our Academic Achievement & Citizenship Assemblies last month!

EXAM PREP WORKSHOPS

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

STUDENT DATA VERIFICATION FORMS

If you have not reviewed and returned the green data verification forms please do so as soon as possible to your Home Form teachers.

JVS TORONTO – NEWCOMER YOUTH CONNECTION

For more information on job employment and career exploration workshops contact Gabi Orbezo 416-633-1241 or gabi.orbezo@jvstoronto.org

WELLNESS HUB January 23-29

Please see your exam schedule for details of our new Wellness Hub available to all students in Room #144 during Exam Week.

MATH EXTRA HELP: BOYS NUMERACY

Tuesday at lunch in Room #227

MATH EXTRA HELP: GIRLS COUNT TOO

Thursday at lunch in Room #227

SCIENCE EXTRA HELP

Tuesdays & Thursdays at lunch in Room #106

PEER TUTORS WANTED

Looking for tutors interested in helping other students in Math and Sciences. Great for fulfilling volunteer community hours and gaining valuable experience. Pick up an application in Student Services today.

GRADUATING STUDENTS

SCHULICH LEADER SCHOLARSHIPS

A Schulich Leader Scholarship ranges in value from \$80,000 to \$100,000. Nominees should be entrepreneurial-minded and exemplifies at least two of the following criteria:

- Academic Excellence
- Leadership (entrepreneurial or community)
- Financial Need

www.schulichleaders.com

School Deadline: Friday, January 10, 2020

SCHOLAR TREE

Scholar Tree is back for another year, helping graduating students who are interested in taking a Gap Year before starting their post-secondary school find scholarships.

www.scholartree.ca

TERRY FOX Humanitarian Award

www.terryfoxawards.ca Deadline: February 1, 2019

WESTERN PRESIDENT'S SCHOLARSHIPS

National Scholarships are designed to recognize all-round excellence from academic performance, exceptional achievement in extracurricular activities to a commitment to community service.

https://registrar.uwo.ca/student_finances/scholarships_awards/admission/national_scholarship_program.html

School Deadline: Friday, January 17, 2020

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.

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

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

(B - F) Ext. 20042

Mr. Leder

(G - L) Ext. 20044

Ms. Elso-Ponzo

(A, 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

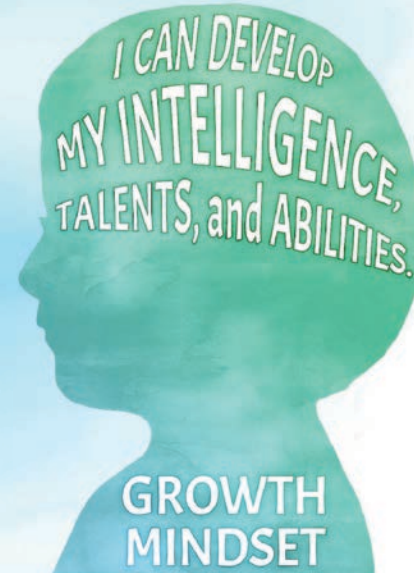
THE POWER OF "YET" SAY

"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?"