

# WILLIAM LYON MACKENZIE GUIDANCE NEWS – MARCH 2020

## POST-SECONDARY PLANNING

### COMMUNITY SERVICE HOURS

Reminder to submit completely hours by March 31<sup>st</sup>

### 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

### LEADERSHIP SUMMER PROGRAM

Camp HumanITeam is a fun leadership camp that empowers youth to build bridges for humanity.

When: August 4 – 11<sup>th</sup>, 2020

For more details: [www.alphaeducation.org](http://www.alphaeducation.org)

Deadline: April 15<sup>th</sup>, 2020

### PARENT TEACHER INTERVIEW March 26

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

### SUMMER SCHOOL and e-Learning 2020

[www.creditprograms.ca](http://www.creditprograms.ca) OPENS April 2020

### SUMMER SCHOOL CO-OP 2020

Register online at eReg: [www.ereg.tdsb.on.ca](http://www.ereg.tdsb.on.ca)

Completed application packages must be received in by March 27<sup>th</sup>, 2020.

### THE ARISTOTLE CONTEST

U of T's Philosophy Department is hosting The Aristotle Contest. If you are interested in submitting an essay please visit [www.uoft.me/Aristotle-contest](http://www.uoft.me/Aristotle-contest) for more details. Deadline: May 25<sup>th</sup>, 2020

### MATH EXTRA HELP: BOYS NUMERACY

Tuesday at lunch in Room #227

### MATH EXTRA HELP: GIRLS COUNT TOO

Thursday at lunch in Room #227

### YOUTH EXPO

Skills For Change is hoping to introduce newcomer youths to the exciting world of STEM (Science, Technology, Engineering, Mathematics)

When: Wednesday, March 18<sup>th</sup> from 10 am – 4 pm

Where: Centre For Social Innovation 192 Spadina Ave

For more details: [www.skillsforchange.org](http://www.skillsforchange.org)

### SCIENCE EXTRA HELP

Tuesday & Thursday at lunch in Room #106

### 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)

Registration is OPEN and there is no official deadline but based on a first come, first served basis.

### PEER TUTORS WANTED

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

## GRADUATING STUDENTS

### OSAP

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.

### DENNIS WALDMAN SCHOLARSHIP

Graduating students who demonstrate involvement in Jewish communal life. [www.waldmanfoundation.org](http://www.waldmanfoundation.org)  
Deadline: Friday, May 1<sup>st</sup>, 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](http://www.scholartree.ca)

### JEAN LUMB FOUNDATION

2020 Awards for High School Students of Chinese Heritage [www.jeanlumbfoundation.ca](http://www.jeanlumbfoundation.ca)  
Deadline: Monday, May 18<sup>th</sup>, 2020

Please visit our **SCHOLARSHIP** board outside the main office for more scholarship & awards 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.careercruising.com](http://www.careercruising.com)

Username: mackenzie

Password: lyon

## **VOLUNTEER OPPORTUNITIES**

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

[www.toronto-charities.ca](http://www.toronto-charities.ca)

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

## **JOB READINESS**

[www.canada.ca/en/services/youth](http://www.canada.ca/en/services/youth)

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

[www.jobbank.gc.ca](http://www.jobbank.gc.ca)

## **JOB BANKS**

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

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

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

[www.gojobs.gov.on.ca](http://www.gojobs.gov.on.ca)

[www.jobbank.gc.ca](http://www.jobbank.gc.ca)

[www.jobcanada.org](http://www.jobcanada.org)

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

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

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

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

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

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

[www.ymcagta.org](http://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](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**

(B - F) Ext. 20042

**Mr. Leder**

(G - L) Ext. 20044

**Ms. Elso-Ponzo**

(A, 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  
RISING TO A CHALLENGE  
LEARNING FROM A MISTAKE

### NOT FOR

TALENT  
BEING SMART  
BORN GIFTED  
FIXED ABILITIES  
NOT MAKING MISTAKES

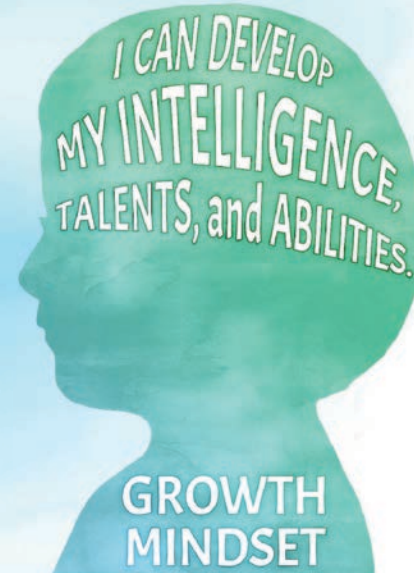
## THE POWER OF "YET" SAY

"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?"