

# Welcome to This Week's Guidance Update -- June 3rd

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### 1. **Grade 11s and 12s -- Thinking to Drop a Course? -- Please Do So ASAP!**

During January and February course selection, we do not ask students to limit themselves only to requesting courses for the fall that they KNOW they plan to take; we allow students to ask for more. We do know, though, that students plan to drop one or two of the courses once school starts.

We would sincerely appreciate it if students could let us know as soon as possible if they are planning to drop a course. Don't wait! We are trying to schedule students into courses that, in some cases, are currently full. If you know for sure you plan to drop a course, please fill in and have signed the attached form that to request a change to your timetable, and simply indicate that you wish to drop a course. You'll be doing a classmate a real solid!

[Request for Course Selection Changes.doc](#)

### 2. **Scholarships -- An Update from ScholarTree**

We received the following message from ScholarTree:

*This is definitely not the usual end to a school year, but [ScholarTree.ca](#) still wanted to provide a list of scholarships that are available at some point from now until the end of August.*

[Summer Scholarship List](#)

*Please note that every week we audit scholarships that are about to open for applications to ensure accuracy. There are often changes made at that time regarding the application period of the awards listed which can impact when the awards are available. Additionally, each award has unique requirements, students see their own personalised list they should create an account on ScholarTree.*

### 3. **Graduates -- Searching for Ontario University Programs that Still Have Space?**

We just received the following information from OUAC, the Ontario University Application Centre. Please see the attached flyer from the Admission Information Service:

[ais\\_flyer.pdf](#)

*The Admission Information Service (AIS) will open on June 5, 2020.*

*The AIS allows Ontario high school students to determine which universities have places remaining in specific programs.*

Visit [www.ouac.on.ca/ouac-101](http://www.ouac.on.ca/ouac-101) and then click on "Search Open Programs"

### 4. **Graduates -- Last Day to Save Items from Your TDSB Drive -- June 26**

We told you in a former Guidance Update that graduating students would lose their access to their TDSB email and documents on June 30th. This may have been a mistake. Since the school year ends on June 26, you should plan to save anything that is important to you by **June 26**. Also, you should download your Wednesday Enrichment Program transcript by that date, as well.

### 5. **Graduates -- We Need Your Non-TDSB Email -- Submit It Now!**

Please, grads, send us your non-TDSB email address right now. Don't wait. DO IT NOW! Otherwise, how else will you receive information from us this fall???

<https://alumni.ufacademy.org/register.php>

### 6. **For Your Mental Wellness, From Danielle Farmer**

Danielle Farmer, our Child and Youth Worker, has shared some much-needed mental wellness resources with us this week.

Please find attached "**Six Ways to Practice Self Care**":

[Six Ways to Practice Self Care.pdf](#)

Please find attached "**Fifty Ways to Take a Break**":

[50 Ways to Take a Break.pdf](#)

And, finally . . .

### ***How to Do a Loving Kindness Meditation***

This loving kindness practice involves silently repeating phrases that offer good qualities to oneself and to others.

1. You can start by taking delight in your own goodness—calling to mind things you have done out of good-heartedness, and rejoicing in those memories to celebrate the potential for goodness we all share.
2. Silently recite phrases that reflect what we wish most deeply for ourselves in an enduring way. Traditional phrases are:
  - May I live in safety.
  - May I have mental happiness (peace, joy).
  - May I have physical happiness (health, freedom from pain).
  - May I live with ease.
3. Repeat the phrases with enough space and silence between so they fall into a rhythm that is pleasing to you. Direct your attention to one phrase at a time.
4. Each time you notice your attention has wandered, be kind to yourself and let go of the distraction. Come back to repeating the phrases without judging or disparaging yourself.
5. After some time, visualize yourself in the center of a circle composed of those who have been kind to you, or have inspired you because of their love. Perhaps you've met them, or read about them; perhaps they live now, or have existed historically or even mythically. That is the circle. As you visualize yourself in the center of it, experience yourself as the recipient of their love and attention. Keep gently repeating the phrases of loving kindness for yourself.
6. To close the session, let go of the visualization, and simply keep repeating the phrases for a few more minutes. Each time you do so, you are transforming your old, hurtful relationship to yourself, and are moving forward, sustained by the force of kindness.

(This article also appeared in the June 2015 issue of *Mindful* magazine.)