

Welcome to This Week's Guidance Update -- May 20

Info in This Update

1. Ontario Universities Admission
2. E-Learning Registration for Semester I and II Day School 2020-2021 -
Opening Next Wednesday!
3. Mental Health Check-In

1. Ontario University Admissions Questions? -- Heather Strupat Brings You a Report from OUAC and the May 13th Regional Dialogues Meeting

Please see below a summary of what Heather Strupat, Guidance Counsellor, learned at last week's Regional Dialogues Meeting. Heather will be at the SAC Meeting on Tuesday, May 26, at 7:00 p.m., and she can answer questions at that meeting.

Admissions

- They are processing admissions in remote environment – vast majority of schools have worked through the new mark update
- May 27 deadline of offers will be met
- June 1 deadline to accept 1 offer can still be upheld
- Will do offers for programs that are still open after Final Grades

Scholarships

- Will be done as normal – some from mid-term marks, some from final
- Students should check in with their universities to see how it works for their school

Deferrals

- Students should check the university website to see if they offer deferrals, fill out the form if they are unable to attend this coming fall
- Need to confirm offer first and meet all their acceptance conditions

Fall Format

- Safety is their first concern – students, staff and communities
- They want the students to join their communities and they are working hard on a variety of scenarios
- Once they know they will follow-up with their students
- Might be different in various parts of the province
- They have dedicated pages on their website for Covid-19 and students should check their admissions website for questions and answers
- Students should check their emails as universities will keep them updated

Content Gaps -- Learning Missed Due to Remote Learning in Spring 2020

- Focus should be on their required courses and keeping their writing skills up to par for their first essay
- Universities will lay-out resources June 1st
- They should continue to work on their Grade 12 courses

Student and Accessibility Services

- Up and running remotely
- Services can be delivered online and via smartphone

2. E-Learning Registration for Semester I and II Day School 2020-2021

For students going in to grade 11 and 12 next year, the registration for E-Learning courses will be opening up next week. They will offer Grade 11 and 12 courses in a variety of subject areas, as has been typical for the past several years. The list of courses offered each semester will be available on the [e-Learning website](#) for students and their families to review on May 21, 2020.

Please note:

- E-Learning courses during the school year can fill up fairly quickly, so don't delay too long if you are interested.
- Only grade 11 and 12 students can take E-Learning.

- If UFA is able to schedule you into a course at school, we won't typically be allowed to approve the same credit being done via E-Learning, so please only request a course that you know UFA doesn't offer.
- It is never advisable to take a core, compulsory course via E-Learning (e.g., English, maths, sciences) -- students get a better grounding in the material if they take it over the full year with in-person faculty.
- In order for a student to take E-Learning, there must be a "spare" spot on your timetable in which we can schedule it (E-Learning forms part of your dayschool timetable). You will need to have at least one "spare" in order to take an E-Learning course.
- If you wish to take an E-Learning course in semester 1 AND another in semester 2, you still only need to have ONE spare period (you don't need two spares).
- As with summer E-Learning, you will need to do the following:
 - Click on the link above, where you can find important dates, the list of courses, and how to register using "e-Reg."
 - *Registration Dates*
 - Semester 1: May 27 to September 23, 2020
 - Semester 2: August 31 to February 23, 2021
 - You will need to print out and have your parent/guardian sign the permission form that is sent to you after you request a course. Scan that sheet and send it to your guidance counsellor, or have your parent send your counsellor an email giving explicit permission for you to take the course. Once we receive that email, we can approve the course request. **Note:** You are not enrolled until a counsellor approves the request.
 - Last name A-L -- Heather Strupat (heather.strupat@tdsb.on.ca)
 - Last name M-Z -- Ali Callegarini (ali.callegarini@tdsb.on.ca)

3. Mental Health Check-In

Danielle Farmer, our Child and Youth Worker, has sent along the following:

Ten Simple Questions to Check In on Someone's Mental Health:

1. How are you feeling today, really? Physically and mentally?
2. What's taking up most of your headspace right now?
3. What was your last full meal, and have you been drinking enough water?
4. How have you been sleeping?
5. What have you been doing for exercise?

6. What did you do today that made you feel good?
7. What's something you can do today that would be good for you?
8. What's something you're looking forward to in the next few days?
9. What's something we can do together this week, even if we're apart?
10. What are you grateful for right now?

If you want to talk to someone about how you're doing, please don't hesitate to reach out to your guidance counsellor, our Special Ed Teacher or our CYW.

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