

## Welcome to This Week's Guidance Update -- May 6

### *Info in This Update*

1. Need a Transcript or Credit Counselling Summary for a Scholarship?
2. Graduation Ceremony? No Decisions Yet.
3. Reminder Regarding E-Learning Approvals
4. Want to Request a Change to Your Courses for Next Year? Process to Start Next Week
5. Heather's Top Ten Tips for Navigating Remote Learning
6. Danielle's Tips for Embracing Healthy Thoughts
7. Study and Go Abroad Fair Goes Virtual - May 21st
8. Considering the Trades? Attend the OYAP Virtual Open House

#### **1. Do You Need the School to Send Your Transcript/Credit Counselling Summary Somewhere?**

Some UFA students in grade twelve have been asking us if we can send them their transcript (or, more likely, their Credit Counselling Summary) so they can apply for scholarships and the like. We now have a way! We have access to sending files securely using "secure file transfer" software. Please note, though, that we can't send to a student or the family; it must be a scholarship organization or a post-secondary institution that doesn't use OUAC.

You will need to obtain an **exact email address and a contact name** where we can send it. Find out from the scholarship organization who can receive your encrypted information and we will send it directly to that contact. To discuss your situation, contact your Guidance Counsellor. For the time being, **Ali Callegarini** will be handling the transmission of encrypted documents.

Last names A-L: [Heather.Strupat@tdsb.on.ca](mailto:Heather.Strupat@tdsb.on.ca)

Last names M-Z: [Ali.Callegarini@tdsb.on.ca](mailto:Ali.Callegarini@tdsb.on.ca)

## 2. **Grade Twelve Graduation -- No Decisions Able to Be Made Yet**

Until we receive direction from the Ministry of Education regarding large gatherings, we are not at this time able to say with any certainty how we will be celebrating this year's graduating class.

## 3. **E-Learning - July & August Registration Continues**

It will probably not surprise you that the demand for new-credit E-Learning this summer has been higher than usual.

Younger students who are thinking of requesting a course are **STRONGLY ENCOURAGED** to choose an August session where there is more room.

There are still several requests pending, but remember, your Guidance Counsellor **CANNOT APPROVE** you if you don't send us the signed permission form. 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.

- Guidance counsellor for last names A-L -- Heather Strupat ([heather.strupat@tdsb.on.ca](mailto:heather.strupat@tdsb.on.ca))
- Guidance counsellor for last names M-Z -- Ali Callegarini ([ali.callegarini@tdsb.on.ca](mailto:ali.callegarini@tdsb.on.ca))

## 4. **Thinking You Would Like to Make a Change to Your Course Requests for Next Year?**

Next week, on May 13, in this Guidance Update, we will attach the course change request form. Students will be able to print out the sheet, ask for the changes you're hoping to make, get a parent/guardian to sign it, scan it, and then send it back to us. There will be no deadline this spring for submitting your request, but once school starts again in September, you will only have

the first two weeks to make changes to your timetable. **Note:** While we try our best to accommodate your request, there is no guarantee that we will be able to make the course change you want.

## **5. Heather Strupat's Top Ten Tips for Navigating Remote Learning**

Heather, Hillel and Ali have been having many conversations with students and parents about the struggles of managing with "Remote Learning," so Heather has put together her top ten tips of advice:

1. Get up at a reasonable hour.
2. Have a healthy breakfast.
3. Check your TDSB email.
4. Check all your Google classrooms and other platforms your teacher is using. Tip for Google Classroom - Grey means complete, Green means still to do.
5. Use your planning calendar and make sure to put in all your live teachers' sessions: [https://drive.google.com/open?id=1IJYsZL8r1PxSyBjRtl\\_ZMEOj0Sgyv-mP](https://drive.google.com/open?id=1IJYsZL8r1PxSyBjRtl_ZMEOj0Sgyv-mP)
6. Now look at what days and time slots you have free and schedule in time to complete the work for each course. Also schedule yourself a lunch break.
7. Email teachers if you are behind or have questions. They like to know you are working on it and you have not forgotten about it.
8. Make sure you take time off screen for mental breaks. Include physical activity, social chats with friends, puzzles, family game time, etc.
9. Eat a healthy dinner and limit screen time before bed.
10. Go to bed at a reasonable hour.

## **6. Daniel Farmer's Tips for Embracing Healthy Thoughts**

Danielle Farmer, our school's Child and Youth Worker, has sent along a nice list on embracing healthy thoughts:

- A. Keep things in perspective. How you think can play a big part in how you feel.
- B. Identify areas of irrational thinking. Remember everyone is going through this. It is not happening to you alone.
- C. This is not an indication of how your future will go. You may not be able to change the event but you can change how you respond to it.
- D. Accepting circumstances that cannot be changed can help you focus on circumstances that you can change.
- E. Maintain an optimistic outlook. Try visualizing what you want, rather than worrying about what you fear.
- F. Learn from your past. Look back at what was helpful in previous times of distress and where you were able to find strength.
- G. Seek help when you need it. This is crucial in building your resilience.

## **7. Study and Go Abroad Fair Goes Virtual!**

Below is pasted an email we've received from the Study and Go Abroad Fair organization:

We're excited to be hosting a free [Virtual Education Fair on Thursday, May 21st](#), offering educators and students an opportunity to meet online, and for students to start planning their next step in education, whether it be at home or abroad. The fair will feature universities, professional schools and colleges from Canada and around the world, offering undergraduate and postgraduate degrees, diplomas and certificate programs.

Similar to a regular fair, visitors to the virtual fair are able to visit booths, download brochures, watch videos, attend webinars and connect with university representatives. They will learn about scholarships, admission requirements and a full range of program options; Law, Medicine, Engineering, Sciences, Fine Arts and more.

Check the [website](#) for exhibitor information and profiles, and the webinar schedule.

[Registration](#) is FREE.

More details:

**Date:** Thursday May 21st

**Place:** Online

**Expo hours:** 8am to 2pm EST

**Admission:** FREE

Register [here](#)

The Study and Go Abroad Team

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

[info@studyandgoabroad.com](mailto:info@studyandgoabroad.com)

### 8. **Considering the Trades? Attend the OYAP Virtual Open House**

During their "Grade 11 Compulsory Post-Secondary Planning" Wednesday session this past winter, some students showed a keen interest in getting more information about the trades and apprenticeships. On **Wednesday, May 13th, at 6:00 p.m.**, Central Technical School is hosting a virtual open house. The school offers programs in cosmetology, electrical, hospitality, plumbing and transportation, but they will also be able to answer a lot of general questions about apprenticeships.

Please see their attached flyer.

[OYAP Open House .pdf](#)