

Twelve to Success – Post-Secondary Transition Onward



This year at Albert Campbell our guidance department offered graduating students a unique experience that will be most valuable to them in College, University or the Workplace.

Organized in conjunction with our Health and Wellness Student Group and the Student Services department, this day focused on creating awareness about potential mental health issues student may face in their post-secondary lives and offered perspective and strategies to cope should students find themselves in need of support. Student and teacher organizers

achieved their goals for the day, namely to help students know what to expect, how to advocate, and to recognize where to access supports on and off campus throughout their post-secondary journey, before they actually get there when they might be too overwhelmed to inform themselves.

Expert representatives from Ontario colleges, universities, public agencies that work with supporting mental health and well-being, former grads, professors and specialized school staff were present, providing a series of workshops and hands-on activity sessions on various topics, including resiliency, nutrition, study and coping skills, post-secondary expectations, and healthy active living activities.

Our guidance teachers and student leaders planned this valuable experience because at Albert Campbell Collegiate Institute, we recognize the need to facilitate the development of the whole student – academically, socially and emotionally – as they transition out of secondary education.