



FHCI

# Guidance Bulletin

November 18<sup>th</sup>, 2019

For interesting news, events, post-secondary information, scholarship information and volunteer opportunities, please check out our social media:

Guidance website page [www.fhci.net](http://www.fhci.net)

*Click on Departments, and then click on Guidance.*

 @FoHillGuidance

 @fhciguideance

 @fhciguideance

## Upcoming Events of Interest to all Grades

### **Free Tutoring from U of T Students**

If you need a tutor's help, but don't have the money to spend, you can get free help from real university students! On a typical Saturday in the Medical Sciences Building at the University of Toronto (1 King's College Circle), high school students receive one-on-one homework help from volunteer tutors from 9:15am-11:15am and then attend an exciting hands-on learning workshop from 11:30am-12:30pm. A free light breakfast and a hot lunch will be served to all program participants after the workshop. You must sign up here:

<http://bit.ly/2khDk2n>

**Attention Grade 9 and 10 students!** Need help with your math homework? You can access free math tutoring online at [www.TVOMathify.com](http://www.TVOMathify.com) You can register, and then get lots of help from Sunday to Thursday!

## Upcoming Important Dates for Grads

**There are still some college and university visits in November; see below.**

- Nov 21** Full Disclosure Date. If you drop your course before this date, the course will not show up on your transcript. After that date, the course and the mark you had when you dropped it will appear on your transcript. Don't wait until the 21<sup>st</sup>; you won't have time to complete the form in one day.
- Dec 16** Last day to drop a course in Semester 1
- Jan 28, 2020** Last day to make changes to your semester 2 timetable

## **College & University Open Houses**

Now is the time of open house visits! All colleges and universities hold open houses in the fall for prospective students, and usually again in spring. This is a great way to explore the facilities, visit residences, chat with students and professors, attend information sessions, etc. For details and to register, go to the individual college and university websites or go to <http://www.ontariouniversitiesinfo.ca/universities> (Ontario universities) and <https://www.ontariocolleges.ca/en> (Ontario colleges).

Here are 2 examples:

- Centennial College: Sunday, December 1, 2019, 10:00 AM - 2:00 PM
- York University: Saturday, November 16, 2019 10:00 AM - 2:30 PM

## **SCHOLARSHIPS/AWARDS**

**Scholarship Search Website**

[Scholartree.ca](http://Scholartree.ca)

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

## Gap Year Scholarship

### Criteria:

- Must be planning on taking a gap year after high school, but plan to go to post-secondary after that
- Must show evidence of deferred acceptance from an accredited post-secondary institution
- Scholarship will be given at the end of the gap year

Value: \$1000

Deadline: May 31<sup>st</sup>, 2020

Details/application: <https://scholartree.ca/scholarship/gap-year-scholarship/NY66Mzk3fo>

## Dick Martin Scholarship Award (Occupational Health & Safety or OHS)

### Criteria:

- Must be enrolled in an occupational health & safety-related course or program at an accredited Canadian college or university leading to a certificate, diploma, or degree in OHS.
- Write 1,000-1,200 word essay on ONE of the following:
  - Prevention Essay: Choose a high risk workplace hazard. How would you work to solve and create awareness about the issue?
  - Technical Essay: Research an existing or emerging hazard or risk (coverage may include how to identify, assess and control the risks).

Value: \$3000

Deadline: January 31<sup>st</sup>, 2020

Details/application: <https://www.ccohs.ca/scholarship/>

## Volunteer Opportunities

**You need to make sure that your volunteer activity is supporting a not-for-profit cause.**

**\*Check Volunteer Board in Guidance\***

### FHCI Volunteer Fair

November 28 at lunch in the Foyer, we have several representatives of different volunteer organizations in our Foyer. You can come, ask questions, sign up and plan to do some community service hours!

### Holiday Turkey Drive for Second Harvest

No, you would not be an Uber driver for poultry. The Turkey Drive is a family-friendly event on two weekends in December: 7th-8th & 14th-15<sup>th</sup>. Volunteers would be stationed at Loblaws locations across Toronto to ask customers to purchase a turkey and donate it to Second Harvest. The turkeys will be distributed to people in need during the holiday season. Volunteering positions include promoting the event in store, helping customers pick out frozen turkeys, loading donated turkeys onto our Second Harvest trucks and dressing up as our turkey mascot!

Details and contact info: [https://www.volunteertoronto.ca/networking/apply\\_now.aspx?view=2&id=232187](https://www.volunteertoronto.ca/networking/apply_now.aspx?view=2&id=232187)

### Holiday Gift Wrapping Fundraiser for Epilepsy Toronto

The Gift Wrap for Epilepsy Campaign is an annual fundraiser held by Epilepsy Toronto during the holiday season to support people living with epilepsy in Toronto. Volunteers wrap gifts for patrons in two different malls: Scarborough Town Centre and Dufferin Mall, to raise funds to provide important programs and services for those with epilepsy.

Details and contact info: [https://www.volunteertoronto.ca/networking/apply\\_now.aspx?view=2&id=396504](https://www.volunteertoronto.ca/networking/apply_now.aspx?view=2&id=396504)

### Walk for Memories – Alzheimer Society of Toronto & IG Wealth

Saturday, February 1st, 2020 is the Walk for Memories. It's Canada's largest, one-day fundraising event raising funds for Alzheimer's disease and other dementias. This unique INDOOR Walk in the PATH connects families, organizations and volunteers from across the GTA. There are volunteer roles before, during, and after the event.

Details and contact info: [https://on.alz.to/site/SPageNavigator/AST\\_WFM20\\_volunteer.html#.Xc6j-IVKhpj](https://on.alz.to/site/SPageNavigator/AST_WFM20_volunteer.html#.Xc6j-IVKhpj)

## University/College Liaison Visits 2019-2020

### November

19	Centennial	11:45	Room 252A
21	Guelph-Humber	11:45	Room 256
26	Humber	12:15	Room 252A