



FHCI

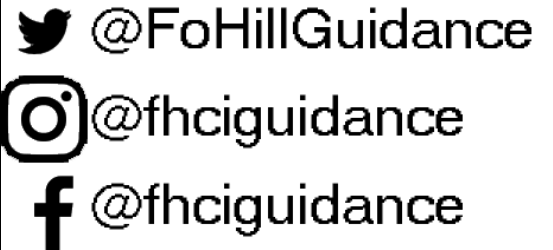
# Guidance Bulletin

November 11<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.*



## 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!

### **HeadStart Mentorship Program – U of T Human Biology Students**

Interested in STEM? Need help with university applications? Want to learn more about what university is really like? HeadStart is a program at the University of Toronto run by the Human Biology Students' Union. We pair you with some of our brightest undergraduate students at UofT and give you an opportunity to see what university is like. Mentors are able to provide advice about UofT programs, the university application process, prerequisite courses, and university life in general.

It starts on Saturday, November 23<sup>rd</sup> from 10am-3pm: introductions to mentors, meet UofT profs and researchers, tour of St. George campus, and free lunch! You also get a chance to attend a university lecture over March Break!

Spots are limited! If you have any questions, please e-mail [mentor.hbsu.uoft@gmail.com](mailto:mentor.hbsu.uoft@gmail.com) THE DEADLINE TO APPLY IS SATURDAY NOVEMBER 16, 2019 AT 11:59pm.

Application form at the following link: <https://tinyurl.com/hbsu-headstart-2019>

## 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.

### **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)

### 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/>

### Canadian Women in Municipal Government Scholarship....

#### Criteria:

- Female Canadian citizen in any year of study at high school
- Prepare a 3 minute video and write a short essay

**Value:** full tuition, incidental and residence fees for 4 years of study

**Deadline:** January 10<sup>th</sup>, 2020

**Details/application:** <https://www.scholarshipscanada.com/Scholarships/59381/Canadian-Women-in-Municipal-Government-Scholarship>

## Volunteer Opportunities

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

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

### **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-Volunteer Gift Wrapper for the Heart & Stroke Foundation**

You would provide gift-wrapping for people who donate at two locations in Toronto in December 2018 (including Yonge & Eglinton). There are weekend shifts available in December starting on the 9<sup>th</sup>. They want enthusiastic people to spread cheer and wrap gifts for holiday shoppers!

**Details and contact info:** [https://www.volunteertoronto.ca/networking/apply\\_now.aspx?view=2&id=239245](https://www.volunteertoronto.ca/networking/apply_now.aspx?view=2&id=239245)

## University/College Liaison Visits

### LIAISON VISITS 2019-2020

#### November

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