



FHCI

Guidance Bulletin

October 15, 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

Click on Departments, and then click on Guidance.

 @FoHillGuidance

 @fhciguideance

 @fhciguideance

Upcoming Events of Interest to all Grades

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

Upcoming Important Dates for Grads

Lots of college and university visits in October; see below.

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|------------------|--|
| Oct 23-24 | Ontario Colleges Fair (ocif.ca) at the Enercare Centre. We are going to have a field trip on October 24 th , for those interested in attending college next year. Come and see your guidance counsellor for a fieldtrip form. Forms due October 21st |
| Oct 24 | Post-Secondary Info Night (for parents) Two identical sessions: 5-6 PM and 7-8 PM. |
| Nov 4 | Period 3 (Day 1) Post-Secondary Information Session #3; step-by-step application process |

College & University Open Houses

All colleges and universities hold open houses in the fall for prospective students. 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

www.studentawards.com

TD Scholarship for Community Leadership

Criteria:

TD Scholarships for Community Leadership are open to students across Canada who:

- Have demonstrated consistent and outstanding dedication to solving a community problem or making their community a better place.
- Are in the final year of high school
- Have a minimum overall grade average of 75% in their most recently completed school year

Value: up to \$70,000

Deadline: November 15th, 2019

Details/application: www.td.com/ca/en/personal-banking/solutions/student-advice/how-to-apply-for-td-scholarships/

University of Toronto National Scholarship Program

Criteria:

- Superior academic performance
- Original and creative thought
- Exceptional achievement in a broad context
- Enthusiasm for intellectual exploration
- Involvement in school and the community
- Canadian citizen, permanent resident or protected person

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

Deadline: October 24th, 2019

Details/application: www.future.utoronto.ca/content/national-scholarship-program

Volunteer Opportunities

Check Volunteer Board in Guidance

Skylark Drug Education for Youth SESSIONS

SESSIONS is a drug education intervention that provides youth ages 13 to 24 with skills and tools to help them navigate a complex, drug-using world. Many young people struggling with mental health challenges are self-medicating with street or prescription drugs, alcohol and other substances. Chances are if you encounter mental health issues, there's a strong likelihood you'll also encounter substance use. The program consists of ten, 3-hour workshops delivered weekly, bi-weekly or daily. It's a great way to learn and get up to 30 volunteer hours!

Details: <http://bit.ly/2VAyxXX>, email: SESSIONS@skylarkyouth.org, phone: 416-482-0081 ex. 270

Youth Volunteer Expo 2019

The Youth Expo is an annual volunteer fair featuring over 100 non-profit organizations who are specifically looking to recruit youth volunteers. If you've been wondering where to do your 40 hours, then the Youth Expo is the perfect opportunity to explore endless volunteering possibilities!

Details and online form: <https://info.volunteertoronto.ca/youth-expo-2019>

University/College Liaison Visits

LIAISON VISITS 2019-2020

October

15	Waterloo	11:45	Room 252A
16	Wilfrid Laurier	11:45	Room 252A
22	McMaster	11:45	Room 252A
23	Ontario Tech Univ.	1:30	Room 256
25	Ottawa	1:30	Room 256
28	Brock	9:30	Room 256
30	Western	11:45	Auditorium
31	Queen's	11:45	Auditorium

November

4	UBC	11:45	Room 256
5	George Brown	11:45	Room 252A
6	Seneca	11:45	Room 252A
8	Carleton	10:30	Room 256
8	Lakehead	1:00	Room 256
19	Centennial	11:45	Room 252A
21	Guelph-Humber	11:45	Room 256
26	Humber	12:15	Room 252A