



Post-Secondary Information Session #3

Applications
& You

Key Dates

► Nov 21

- 5 days AFTER you receive your mid-term report card
- Last day to **drop** a course before full disclosure applies
- You must see your counsellor for a drop form before Nov 20

Key Dates

▶ January 6

- ▶ 1st day back from winter break
- ▶ Registration for semester 2 TDSB **Night school**
- ▶ Only for courses that cannot be timetabled at FHCI

Key Dates

▶ January 15

- ▶ Deadline for applications to OUAC (Ontario Universities)

▶ February 1

- ▶ Deadline for applications to OCAS (Ontario Colleges)
- ▶ Recommended to apply earlier for Highly Competitive Programs

Reminders

- ▶ Get on the Grad E-mail List
 - ▶ Send an e-mail to Ms. Sukhdeo Sandra.sukhdeo@tdsb.on.ca
 - ▶ Subject: Grad
 - ▶ Body: Your first and last name
- ▶ Check your English Proficiency Requirements
 - ▶ Sign up for TOEFL or IELTS
- ▶ Non-TDSB courses
 - ▶ If you did not attend the lunch session on October 22, pick up the information at the end of this session


How to Apply to Ontario Colleges?

How to Apply to Ontario Universities?

Special Note

- ▶ The Royal Military College of Canada
 - ▶ Application is through the Canadian Forces website
 - ▶ <https://forces.ca/en/>
 - ▶ Long process - should begin soon

Special Note



PROGRAMS

WHAT INTERESTS YOU?

UNIVERSITIES

WHERE ARE YOU GOING?

FINANCE

FEES & SCHOLARSHIPS

APPLICATIONS

WHAT YOU NEED TO KNOW

Scholarships

These scholarships are primarily available to high school students from Ontario, Canada, applying to first-year university.

Most universities offer scholarships to applicants from outside Ontario and from outside Canada, as well as upper-year and mature students, but these scholarships are not listed on OUInfo. Contact the universities directly for further information.

Sort By

University

Caribbean Alumni Entrance Scholarship

McMaster University

\$1,800

Eileen Gray Farley Scholarship

McMaster University

Two scholarships of \$3,000 and one of \$6,000

DEADLINE
Varies

Frank Thorolfson Memorial Scholarships

Find a Scholarship

Keyword

☒ Show Advanced Search Options

University

McMaster University

Dollar Range

Location

Application Required?

Grade Range

Renewable?

SEARCH SCHOLARSHIPS

Finance

Supplementary/Personal Statement

- ▶ Opportunity for you to highlight your...
 - ▶ Awards/Achievements
 - ▶ Extra-Curricular Activities/Community Service
 - ▶ Employment Experience
 - ▶ Passion/Goals/Dreams
 - ▶ Strengths
 - ▶ Values

Supplementary/Personal Statement

- ▶ What are they looking for? Ultimately a good match!
 - ▶ Leadership qualities
 - ▶ Communication skills
 - ▶ Evidence of knowledge and interest in the program
 - ▶ Problem solving style/abilities (how you think)
 - ▶ Creativity (important for some programs)
- ▶ Research timeline and Plan! You don't want these to be additional stress during exams!

Mental Health & Self-Care

Survey on October 23, 2019

1. Which of the following best describe(s) you 8 week into the school year? Check all that applies.

- ☐ Fabulous/great!
- ☐ Hanging in there
- ☐ Stressed
- ☐ Overwhelmed
- ☐ Worried
- ☐ Down/Sad

2. How would you like your parent(s)/guardian(s) to support you when you are feeling stressed or overwhelmed?

3. What would you like your parent(s)/guardian(s) to hear or understand when you are under a lot of stress?

Getting a flat tire...



- Makes it difficult to steer straight
- Makes the ride bumpy and shaky
- Makes steering difficult
- Causes a wreck
- Causes you to not reach your destination

Adapted from Northwest Missouri State University/SHIFT Project:
<http://www.nwmissouri.edu/wellness/shift/index.htm>

“I have come to believe
that caring for myself is
not self indulgent.
Caring for myself is an
act of survival.” – Audre Lorde

**SELF-CARE
IS NOT
SELF-INDULGENCE,
IT IS
SELF-PRESERVATION**

TYPES OF SELF-CARE



PHYSICAL

- Sleep
- Stretching
- Walking
- Physical release
- Healthy food
- Yoga
- Rest



EMOTIONAL

- Stress management
- Emotional maturity
- Forgiveness
- Compassion
- Kindness



SOCIAL

- Boundaries
- Support systems
- Positive social media
- Communication
- Time together
- Ask for help



SPIRITUAL

- Time alone
- Meditation
- Yoga
- Connection
- Nature
- Journaling
- Sacred space



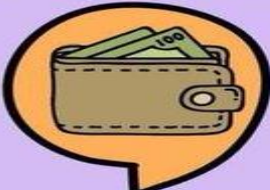
PERSONAL

- Hobbies
- Knowing yourself
- Personal identity
- Honoring your true self



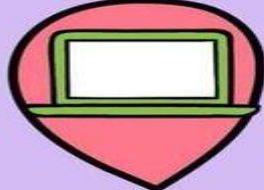
SPACE

- Safety
- Healthy living environment
- Security and stability
- Organized space



FINANCIAL

- Saving
- Budgeting
- Money management
- Splurging
- Paying bills



WORK

- Time management
- Work boundaries
- Positive workplace
- More learning
- Break time

Real Self Care

- Fueling your body with food that gives you energy and helps you improve mentally and physically.
- Drinking water
- Being kind to yourself
- Setting boundaries
- Spending time with people that enrich your life
- Treating yourself to something new because you love yourself.
- Moving your body because you can.

Fake Self Care

- Dieting
- Alcohol or drugs
- Talking shit to yourself to "motivate" you
- Saying yes to everyone because you're a "nice person."
- Socializing because of FOMO
- Buying anything that promises to make you love yourself more.
- Working out as punishment or attending a class that shames your eating habits/appearance.

Source: Whitney Hawkins Goodman

Real Self-Care

Adapted from article in Psychology Today

When Self-Care Becomes a Weapon - Which self-care practices actually work?

By Whitney Goodman

Posted Jul 12, 2019

- ▶ Get in touch with your feelings and actual needs
 - ▶ Don't use "strategies" to mask them
 - ▶ Be true to yourself

- ▶ Practice kindness to yourself
 - ▶ No feeling or thought or mistake is final
 - ▶ Stop judging yourself

- ▶ What do I need at this moment?
 - ▶ Respect your own needs

EASY PEASY SELF-CARE IDEAS

by Fiorenza Rossini

1 GO FOR A WALK WITHOUT YOUR PHONE

2 BE BRALESS FOR A DAY

3 LISTEN TO A PODCAST

4 EXERCISE FOR AT LEAST 20 MINUTES

5 PRACTICE YOGA

6 READ A BOOK

7 TRY SOMETHING NEW EVERY WEEK

8 GET A HOT & BUBBLY BATH

9 WATCH A MOVIE, NO DISTRACTIONS ALLOWED

10 PLAY WITH A PET

11 SPEND QUALITY TIME WITH LOVED ONES

12 MEDITATE

13 EAT MINDFULLY

14 MOISTURISE YOUR SKIN

15 APPLY A FACIAL MASK

16 GET YOUR HAIR DONE

17 WALK IN SILENCE BY A RIVER OR OCEAN

18 LAUGH

19 LIGHT UP A SCENTED CANDLE

20 HAVE A POWER NAP

21 GET YOUR NAILS DONE


22 PRACTICE GRATITUDE

23 SIT DOWN FOR YOUR MORNING
COFFEE. ENJOY EVERY SINGLE SIP




What do I do for self-care?

2015-03-18c


 Get plenty of sleep


 Tidy


 Enjoy sunshine


 Read

 Cook


 Read about people whose
lives are more complicated


 Write or draw (think
out loud)


 Garden

 Talk to myself

 Get a hug

 Cuddle cats

 Walk or bike (esp. in
a park)

 Talk to select people

IDEAS FOR PRACTICING SELF-CARE

PHYSICAL


go for a walk
dance
hike
swim
get a hug
play with a dog
clean & reorganize your room
take a bath

MENTAL

read a book
learn a new skill like photography or
drawing
do a DIY project
color
turn your phone off

EMOTIONAL

meditate
practice Yoga
light a candle
talk with a friend
go on a date
journal
write down a list of things you're
grateful for



We are what we
repeatedly do.
Excellence, then,
is not an act, but a
habit.

– Aristotle

TooMuchonHerPlate.com

Just for Teens

A Personal Plan for Managing Stress

- ▶ When is stress Good and Bad
- ▶ How does the body handle stress
- ▶ Steps to creating a plan to take care your body and emotions
- ▶ When to turn for help

Will be emailed to everyone on the Grad E-mail List!

Need More Support?

Kids Help Phone 

Call a counsellor: 1-800-668-6868

[Donate](#)

[Get help](#) ▾ [Get info](#) ▾ [Who we are](#) ▾

We're here for you



Search Examples: [emotional health](#), [dating](#), [suicide](#), [bullying](#), [LGBTQ2S+](#)



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 Chat



Need More
Support?

Walk-In Counselling

Skylark www.skylarkyouth.org/
Yonge and Eglinton

Yorktown
[https://www.yorktownfamilyservice
s.com/](https://www.yorktownfamilyservices.com/)
Eglinton and Dufferin