



GUIDANCE BULLETIN

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APPOINTMENTS

Students can make appointments online using Teach Assist.

- Have your child log in to their Teach Assist account
- Under the sub-heading “Appointment Bookings”
- Click on the day and time the student wants to have their appointment (if the appointment slot is highlighted in blue). If there are no appointments displayed, then you will have to select another day, as all counsellors have been booked for that day.
- You will see shaded in blue “All open appointments”. Choose the appropriate alpha Guidance counsellor (based on your child’s last name) from the list on the left.
- If the student needs to cancel their appointment for any reason, click “cancel”.

If your child has any trouble making their online appointment, please let us know.

COURSE SELECTIONS

Course selections are now **closed**. Guidance will not be re-opening course planners to make any adjustments to courses.

The next and final opportunity to make changes to your courses for the 2024-25 academic year, will be in the Spring through the course verification process. We will briefly outline the process in an upcoming bulletin.

OUAC/OCAS

The OUAC/OCAS transmissions have successfully gone through. It is the student’s responsibility to report any errors regarding their accounts.

Students who have completed a private school course must submit their report card to ensure our records for your transcript are accurate. Private schools **must** mail report cards in a sealed envelope. We will **not** accept students hand-delivering private school report cards.



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Mental Health Awareness

If you have an immediate concern and you feel that your child is in crisis, please contact one of the following links or phone numbers.:

- ◆ **NEW Suicide Hotline : Call or text 988** (<https://www.cbc.ca/amp/1.7043603> for more information)
- ◆ 310-COPE: 905-310-COPE (2673) or 1-855-310-COPE (2673)
- ◆ <https://www.yssn.ca/> - available 24/7
- ◆ KidsHelpPhone: 1-800-668-6868, text 686868 - <https://kidshelpphone.ca> - available 24/7
- ◆ call 911 if immediate assistance is required.

Post-Secondary Information

Graduating Students are encouraged to join our Google Classrooms:

Scholarship Classroom = [mzcxprd](#)

University Application Google Classroom = [e5gz2ra](#)

College Application Google Classroom = [qsyzyr](#)

Community Involvement/Volunteering

The community involvement graduation requirement is a minimum of **40 hours**.

The ministry is updating the Community Involvement Graduation Requirement policy. Community involvement is an important educational opportunity that allows students to develop skills and gain experiences to become successful and contributing members of society now and in the future.

Therefore, there will no longer be any hours granted for paid work or for hours done in the home.

*****Grade 12 students: You must complete/submit your community involvement hours as it is a graduation requirement. Please ensure that you complete these as soon as possible.**

See your Guidance Counselor if you have questions or concerns.



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Specialist High Skills Major (SHSM)

APPLY TO SHSM: bit.ly/YRDSBSHSMapp

What is SHSM?

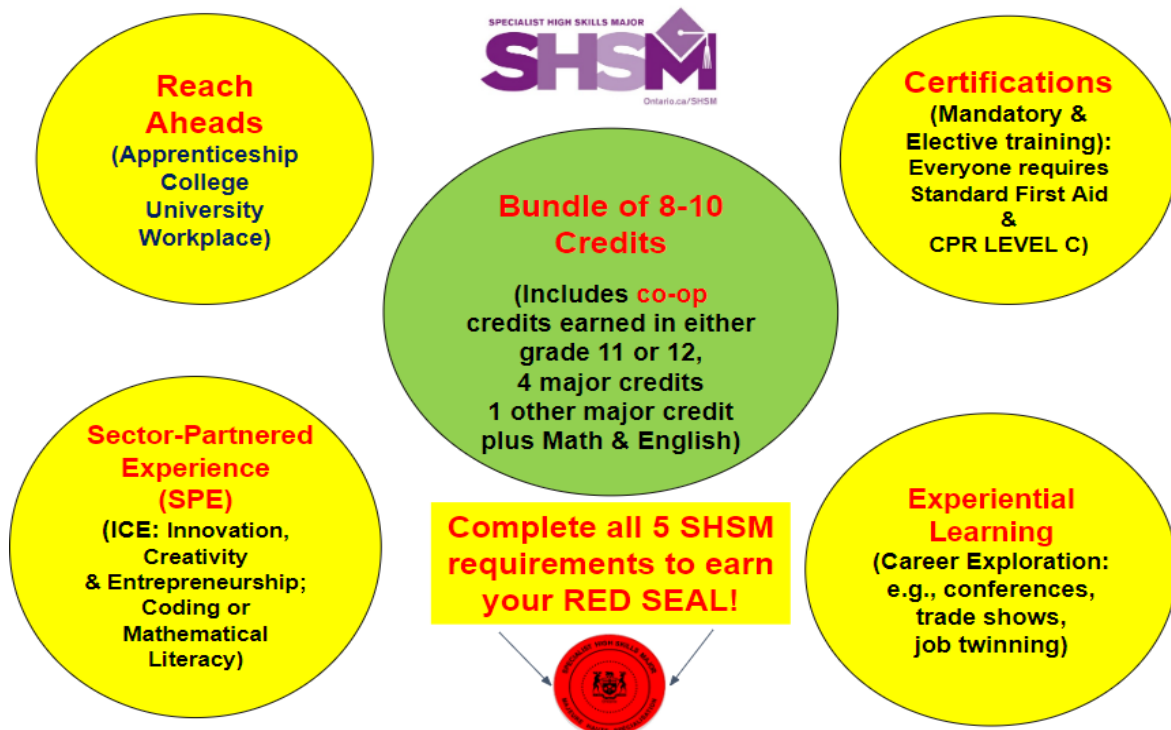
A Specialist High Skills Major lets students focus on a career path that matches their skills and interests while meeting the requirements of the Ontario Secondary School Diploma (OSSD).



Why consider SHSM?

- ◆ Customize secondary school education to suit interests and skills
- ◆ Complete sector recognized certifications to build your resume
- ◆ Prepare for post-secondary opportunities
- ◆ Explore and refine career goals
- ◆ Earn the SHSM Distinction on their OSSD
- ◆ Engage in fun, experiential learning with like-minded peers
- ◆ Participation in the training and field trips is **free**.

Specialist High Skills Major: **5** Required Components





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FOR MORE INFO CONTACT

The Office of Access and Outreach.
oao.outreach@utoronto.ca or visit us online at
www.temertymedicine.utoronto.ca/summer-mentorship-program



SUMMER MENTORSHIP PROGRAM



WHAT YOU LEARN

If you participate in the program, you'll gain some of the skills you need to further your academic and professional career. You'll get to try your hand at a variety of health science professions, including medicine, dentistry, kinesiology, medical radiation sciences, nursing, pharmacy, public health, and social work. You'll need to complete various exercises and assignments with your teacher during the four-week program.

You'll also be connected to a student-mentor who is studying in a health science field of interest to you. You'll meet the mentors at the beginning of the program, and you'll be encouraged to keep up this relationship once the program is completed. You'll also be able to connect with and learn from various health professionals to give you deeper insight into a variety of health science careers.

We want to provide you with the skills you need to be a successful student and professional. The health sciences are a broad field with a vast range of career opportunities and we're here to help you find a career that's right for you.

WHAT YOU EARN

Students who attend a provincially funded Ontario school can earn a credit in Science, Grade 12 University/College Preparation (SNC4M). That's a credit that will be applied to your Ontario Secondary School Diploma (OSSD). To be eligible, you must be 16 years of age by June 30. You must have completed a Grade 10 Science, Academic or any Grade 11 university (U), university/college (M), or college (C) preparation course in the science curriculum. Preference will be given to grade 11 students that are returning to school for at least one semester.

The Summer Mentorship Program (SMP) gives high school students of Indigenous or African ancestry a chance to explore health sciences at the University of Toronto over four weeks in July.

You will:

- Explore health science education and careers through hands-on activities, experiments, lectures, and special projects
- Learn from and connect to a variety of health science faculty, professionals, and students
- Enjoy valuable mentoring experiences from a variety of professionals
- Earn a credit you can use on your University and/or College applications

www.temertymedicine.utoronto.ca/summer-mentorship-program

DEADLINES

There are two deadlines for the Summer Mentorship Program. Space is limited, so we encourage applicants to apply as early as possible.

January 12, 2024
First application deadline

January 15 - 19, 2024
Email sent to arrange for interviews

February 10 - 11, 2024
First round interviews

February 13 - 20, 2024
Offers emailed to first round applicants

March 22, 2024
Final application deadline

March 25 - 29, 2024
Email sent to arrange for interviews

April 13, 14 and 20, 2024
Second round interviews

April 22 - 26, 2024
Offers emailed to applicants

July 2 - 26, 2024
Summer Mentorship Program Period

Application available at
www.temertymedicine.utoronto.ca/summer-mentorship-program



HISTORY OF SMP

The SMP was founded in 1994 by the Faculty of Medicine and the Toronto District School Board, together with the Association for the Advancement of Blacks in the Health Sciences. The program was created to help address concerns about the under-representation of Black and Indigenous people within the health sciences. The key individuals who contributed significantly to establish the SMP were Dr. Miriam Rossi, Dr. Dominick Shelton, Diana Ali, Harold Braitwaite, Gerry Connelly, Dr. Kristine Whitehead, Fred Chan and Kelvin Andrews.

In running the SMP, we work with the faculties of Dentistry, Kinesiology and Physical Education, Nursing, Pharmacy, Public Health, Social Work, the Office of Indigenous Medical Education, First Nations House, Black Physicians Association of Ontario, several school boards in the Greater Toronto Area, including TDSB, TCDSB, YRDSB, and DPCDSB, and Indigenous communities outside of Toronto.

Over 28 years, the SMP has had more than 1400 students complete the program — and many of those students have since entered professional faculties and health care professions. Every year, we invite more than 100 students to participate in the four-week program. In 2023, we aim to run the SMP in-person at the U of T St. George campus. In an effort to address the under-representation of Black men and Indigenous people in the health sciences, we highly encourage these two groups to apply to the program.

Summer Mentorship Program in Health Sciences



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Students of Indigenous or African ancestry can explore the health sciences through the University of Toronto's Summer Mentorship Program. Over four weeks of July, you will:

- Earn a credit towards your high school diploma
- Get hands-on experience through experiments, lectures, shadowing, and projects
- Discover university education and professional careers in the health sciences

In an effort to further address the underrepresentation of Black men and Indigenous peoples in the health sciences, we highly encourage these two groups to apply to the program.



www.uoft.me/smp



"SMP was an amazing summer filled with new experiences and friends. I learned so much about different career paths and university programs that I feel even more prepared to graduate high school."

- Devon Asemoto
University of Waterloo '21, Kinesiology



"The SMP is an enriching program that teaches the people involved a multitude of things. Throughout the course of the program you will also learn essential skills such as time management and professional communication."

- Nahom Wondimu
Ryerson University '23, Engineering



"SMP was an amazing and unique experience, that not only inspired me to pursue the health sciences, but showed me that race isn't a limiting factor in what I want to become."

-Jamar Hewitt
University of Toronto '22, Life Sciences



"SMP was an extremely influential part of my life. It played a large role in my decision of what career to pursue. It provided me with a strong foundation going into university so that I may thrive."

- Charles Adeyinka
University of Toronto '22, Kinesiology



Dr. Joel NM Kerr, BPHE, DC, D. Ac - SMP Alumni
Founder and Director of Therapy at The Health Institute. His organization provides the physical aspects of training, manual therapy and nutrition with mental aspects such as stress reduction, stress management and sleep hygiene to ensure the success of young athletes.

Mentorship provides guidance from experienced individuals who will motivate you to succeed. Their impact will last a lifetime.



SMP/ HEALTH SCIENCES



SUMMER MENTORSHIP PROGRAM

Apply for the Summer Mentorship Program at:

uoft.me/smp

**Application Deadline
March 22, 2024!**

