

(Gr. 11-12) Week 3: Hands On, Eyes Forward

Continue your journey of learning over the summer.
You can choose to explore as many activities as you wish each week.

Apprenticeships: Hands-On Learning

An apprenticeship is a pathway to a career in the skilled trades (there are more than 140 to choose from in Ontario!) As an apprentice, you take classes and learn your trade by working under the direction of experienced workers, "on the job" – and get paid while you do it!

[This short video will tell you more about what it means to be an apprentice.](#)

[Read a bit more about why Apprenticeships are a great learning option!](#)

Once you have learned a bit more about Apprenticeships, try this [quiz from the Canadian Apprenticeship Forum](#) to explore some trades that may be of interest to you!

Reflection

Use your journal to reflect on the following:

1. When have I had the opportunity to learn hands-on? (Think about in school and extracurriculars like sports, music, dance etc) How did you find this learning experience?
2. Looking at the courses you have taken in High School so far, which were hands on courses? Look ahead to your course selection, which courses have a hands on component? If you don't have many, take another look at the course calendar to see what offerings your school has. (Hint: Look at the Technology section)
3. What is a skill you would like to work on/acquire this summer? What resources can you use to help you learn and develop?

Hands On in High School

Did you know you have the opportunity to experience hands-on learning in many different courses and programs in High School? Check out some of the following, we will dive into some of the programs in future weeks!

Courses:

- Co-operative Education
- Technology classes (this doesn't just mean computers! It includes Hairstyling, Hospitality, Construction and more!)
- Phys Ed and Leadership
- Arts (Drama, Dance, etc)

Programs:

- [Ontario Youth Apprenticeship Program \(OYAP\)](#)
- [Specialist High Skills Major \(SHSM\)](#)
- [Dual Credit](#)

There are also likely other courses in your school with great hands on components- talk to your Guidance department!

Mental Health and Well-being

In your senior years of High School you will be faced with a number of decisions. Using tools like Christian Meditation to help navigate these tough choices.

[Guided Christian Meditation on Making Wise Decisions](#)

Mindfulness can help you with:

- Paying attention
- Being less distracted
- Learning more
- Staying calm under stress
- Avoiding getting upset too easily
- Slowing down instead of rushing
- Listening better to others
- Being more patient
- Getting along better
- Gaining self control
- Getting tasks finished
- Feeling happier and enjoy things more

Parents & Guardian Connections

This is a great time to talk to your child about opportunities for hands on learning. Each High School is different, but they all offer excellent opportunities for some hands on learning- you just need to look for it! These courses and programs may provide your child with the chance to explore some future careers, or at least some skills that will be helpful as they progress into adulthood.

Interested in learning more about Christian Meditation? Take a look at this [Parent/Guardian resource](#).

TCDSB Summer Playground: [Click to share your learning](#) or use [#tcdsbSLP](#)