

# (Gr. 11-12) Week 1: Looking Back & Planning Forward

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

## Looking Back

"A reflective, creative holistic thinker who solves problems and makes responsible decisions with an informed moral conscience for the common good." - TCDSB Catholic Graduate Expectations

- As you enter your senior high school years, you should continue to prepare for this Graduate Expectation by evaluating the courses you have started to take in the senior years and what courses you would like to work on in your final year.
- Review your course selection in <http://www.myblueprint.ca/tcdsb>
- Are you happy with your selections? Would you like to complete a course in the summer that does not fit into your schedule?
- Reach out to your guidance counsellor for course suggestions and register for the second session of summer school

## Reflection

Now that summer has arrived, take some time to sit back and reflect about the past few months. **Start a journal!** Use this journal throughout the summer to record your thoughts, reflections, and new learning.

1. What did you learn over the last few months about yourself?
2. What was your biggest academic accomplishment? Why?
3. What was your biggest personal accomplishment? Why?
4. How does being in senior level courses require you to adjust your organization, self-reflection, and independent work in order to achieve success?

## Planning Forward

Log in to <http://www.myblueprint.ca/tcdsb>

Click to make a copy of the myBlueprint activity on [Pathways Exploration](#) and take a look at your options after secondary school in Apprenticeship, College, University and the Workplace.



## Mental Health and Well-being

Resilience is the ability to "bounce back" during or after difficult times and get back to feeling as good as before.

There is no doubt that the last few years of school have caused you lots of stress and anxiety. However, you have the power to learn, reflect and grow from the experience. You are not alone in your feelings. You are GREAT, so engage in **G.R.E.A.T.** practices to manage feelings of stress and being overwhelmed:

- G-Be Grateful
- R-Practice Relaxation
- E-Engage in Exercise
- A-Acknowledge your Feelings
- T-Track Thoughts and Challenge Them

## Parents & Guardian Connections

As summer holidays begin, take some time to reflect on the school year with your child. It's been a difficult time for families and for teens, but stress the importance of going through everything together as a family.

Talk about progress on goals that were set, celebrate successes, and discuss challenges. Talk about hopes and plans for the summer.

Read about resilience, and help your child understand the power of being resilient.  
<https://www.camh.ca/en/health-info/guides-and-publications/growing-up-resilient>

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