

Student Presentation Outline

Introduction

Siobhan: Good morning and thank you to Holy Trinity for having the North Oakville Youth Development Council present to you today for this grade 9 orientation. My name is Siobhan, and I'm the Project Coordinator for Our Kids Network North Oakville youth initiative. We know that today you'll be learning some helpful information to prepare you for school next week and we're happy to be a part of that by sharing our presentation with you, created by our student volunteers who either go to this school, or other schools in the area. Also, we know that Holy Trinity has a student mentor program. Our presenters hope to give mentors and grade 9s some tips on how to build meaningful connections to get the most out of the mentor experience. They also hope to give grade 9s tips on how to get the most out of your high school experience and how to get involved in your school and community. About getting involved in your school and community, please also look out for a poster in your bag created by one of our youth council members called **Youth Community Involvement Resources & Volunteer Information**. This poster will help you connect with places to get your volunteer hours as well as develop your skills and feel apart of your community. We hope you enjoy the presentation and if you have any questions about how to volunteer with our North Oakville Youth Development Council please contact me..

Romina: **Hi everyone, my name is Romina and I'm a tenth grader at Holy Trinity.** I know that this big change can be kind of terrifying, going from being the oldest kids at a school you've known forever to being the youngest at a totally new school. I'd be lying if I said I wasn't completely petrified on my first day. The thing I was worried about most was the fact that I could actually fail now. But I went to my classes, paid attention, and worked hard and everything worked out just fine. I survived and so will you.

Victoria: Hello everyone my name is Victoria and I am going into grade 11 here at Holy Trinity. I remember my grade nine orientation. I felt so scared yet excited for the years to come. Little did I know that there is nothing to be afraid of, everyone at this school is so welcoming and everyone going into grade 9 is in the exact same situation you are so there's no need to feel alone. I know that you will all truly have an amazing high school experience if you push yourself to work hard while leaving time to rest and live your life.

Kat: Hi, my name is Kat. You may be scared for high school. You may be a very introverted person, and are asking yourself who you will have lunch with, if itll be with anybody at all.

Perhaps you're somebody who hates giving presentations, and have heard many comments about the workload high school will give you. No worries! It is actually not that scary. It is definitely not how they show it in movies. Now for instance, I don't go to this school, but I go to White Oaks. Still a secondary school, so I had the same worries as you. Over there, they have a 3 day orientation that will introduce you to several people in advance and help you get familiar with the school. That's where I got my worries tackled. I learned that everybody is in the same boat, same fears and thoughts. Friends will come naturally, even if you're really introverted. I hope you will enjoy this presentation and that we could help you feel better about entering high school.

Tips and Advice

→ **Victoria:** Studying

- Figure out what type of learner you are! Do you learn more when you hear information, or when you see it visually? Incorporate those little things that help you understand into your studying routine to make it way easier for you.
 - For me it depends what subject I'm studying for. For example, when I had an upcoming geography test, I would type out notes and make quizlets. But when I was studying for math, I would do practice questions over and over again.
- Take breaks. Make sure not to overload yourself with work; take frequent 10-15 minute breaks to clear your mind. You will feel less stressed
 - Personally, I think breaks are one of the most important parts of studying. You can't go through high school studying 24/7, leaving no time to hang out with new friends and create memories. Make sure that you stay on top of your work while also allowing yourself to have fun. You shouldn't feel guilty about having fun because those memories will last a lifetime.
- Some students work better alone, others like to be in a study group. I suggest you try both, because sometimes hearing yourself explain a concept to someone will clarify it for you as well. Other people might have questions you didn't even think of.

→ **Kat:** Teachers

- Throughout your entire life, you will have challenges. Whether its collaborating with people, work, or organizing yourself, its important to learn to deal with them. You may have teachers who challenge you, and while these challenges may be frustrating, we learn the most from them. These teachers are there to help you, they only want to push you further. Because if you stay in one spot, constantly perfecting it, you will not move forward. Thats why challenges are important, they help us move from one level to another, constantly improving our skills. Thats why you should be nice to your "strict" teachers and always

complete your assignments on time, as well as to ask questions for clarification.

I

- **Kat:** Organization is **key**
- Be sure to manage your time correctly. Don't overload yourself with work, and have a balance in your life. Balance doing the things you love, seeing your friends, spending time with your family. It is important to start doing this now as it will only get harder the older you get. Spend more time on the concepts you have trouble with.
- Be sure to have an organized binder so that it's easier to find things and not lose anything! Also, don't throw away any important papers from previous years as they might be useful in the future.

→ **Romina:**

- An organized binder will save you a lot of time that would be spent looking for notes or worksheets. This will also help you a lot when you're studying because all of your notes will be in one place. **Please** try to avoid loose sheets.

→ **Romina-** Assignments

- Space work evenly (do not do all of it in one day)
- Be sure to spend time on your assignments because they make up as much as 70% of your mark

→ **Romina-** People

- Join clubs. You will meet many people this way as well as gain skills.
- It's not the same as in movies.
- Don't think you're "too cool" for something, do what YOU love and what will benefit YOU.

→ **Romina-** Set-up of courses

- This is something I was confused about
- There is coursework, which consists of things you do during the year like assignments and tests
- You don't need to worry about these two for a while but you will also have a culminating which is one big final project and an exam.

→ **Victoria-** Volunteering

- Get your hours done as soon as possible
- **The earlier you finish your hours, the less you need to worry about them in years to come. Also, many people like to get more than just the 40 mandatory hours to graduate because it allows them to stand out when applying for post secondary education, if that is the pathway you want to take.**

- **One thing I did was a week long summer camp, this allowed me to get all of my hours over one week in the summer and I actually ended up having a lot of fun doing it**
 - You can go on this website to find volunteer opportunities
<https://halton.cioc.ca/volunteer/>
 - You can get a sheet to write your tracked hours at the office or print this one. You need 40 in total and the office submits it on myblueprint so you can keep track of them <http://www.holytrinityoakville.ca/wp-content/uploads/2018/07/Community-Service-Hours-Form.pdf>
- **Romina-** Grades Some people will tell you that grade 9 does not matter because colleges and universities do not look at your grade nine marks. But that's not true! Grade nine is a good opportunity for you to discover your strengths, weaknesses, and learning styles. By putting in the effort early on, you can know exactly what to expect in future years in terms of what subjects you excel at and which ones you might need to work on; which would be your strengths and weaknesses of course. And although your good grade nine marks may not impress colleges and universities, they **can** help you win awards such as honour roll. These **do** impress colleges and universities. So my advice to you would be to care about your classes and to actually try, because I can promise you that you will benefit from this much more than you would slacking off.

Developmental Relationships

Ekaterina: Now that we've shared some tips, we'd like to quickly talk about some ways grade 9s and grade 11 mentors can get more connected, because this is an important relationship to your school success. We're going to talk about 5 ways that can help build these connections, known as the Developmental Relationships.

- 1) **Express Care- "Show me that I matter to you"** **Ekaterina-**Mentors: don't wait for students to come your way, if something's wrong go to them. Be sure to ask how everything is going, to ask if they need help with anything such as homework. Sometimes students can be intimidated by you, especially if youre surrounded by people. So be sure to ask the students themselves.
 - Become their friend, not just their mentor. If you are talking with your friends but your mentee needs to talk to you, they could feel awkward and not approach you. So create a relationship where you are approachable. Also, maybe give your mentees a way to contact you.
 - Don't put too much pressure on the students, try to be more lenient if they are struggling

2) Challenge Growth- "Push me to keep getting better" **Ekaterina-** please add your notes to what you'd like to say about this and how you think older students can help challenge the growth of grade 9s. Add point form notes on the student presentation power point for this slide.

- Encourage students to do clubs, events.

3) Provide Support- "Help me complete tasks and achieve goals" **Victoria-** please add your notes to what you'd like to say about this and how you think older students and teachers can provide support to grade 9s. Add point form notes on the student presentation power point for this slide.

- How to be successful in your first year of high school

4) Share Power- "Treat me with respect and give me a say" **Victoria-** As mentioned many times throughout the presentation, making sure that everyone feels welcome is a key part in the success of the relationships between not only the grade 9s and their mentors but between anyone in the school. I know when I was in grade 9, I was so scared to talk to anyone, teachers, even people in my own grade. It was last year when I realized there's really nothing to be afraid of and I was holding back. When I began talking to more people, asking questions, talking to teachers, was when I truly felt my best and like I was living my high school life to the fullest. So, to the grade 9's, don't feel scared to talk to people, and mentors, keep an open environment between you and your mentees to have a thriving relationship.

5) Expand Possibilities- "Connect me with people and places that broaden my world" **Romina-** As humans, we tend to depend on others to teach us new things and expose us to parts of the world we're not familiar with. Mentors, trailblazers, teachers, and even other students can help expand your possibilities. These people can help you by inspiring you to see new possibilities, exposing you to new things, and introducing you to people who can help you grow. An important portion of your high school experience will be about figuring out what you want to do after high school. Guidance counselors can help you so much more than you would expect, so don't be afraid to speak to them. Spending time with these people is very beneficial because they can help you discover your passions and interests; when you know these things, these people can help give you the resources needed to pursue these things.

Conclusion/outro

Romina- [add any other closing thoughts](#)

- High school may seem intimidating, but it really isn't that scary!
- You can come to us if you have any questions.
- Victoria and I are students here, so feel free to come to us with any questions (to be substituted once Victoria gives me permission)