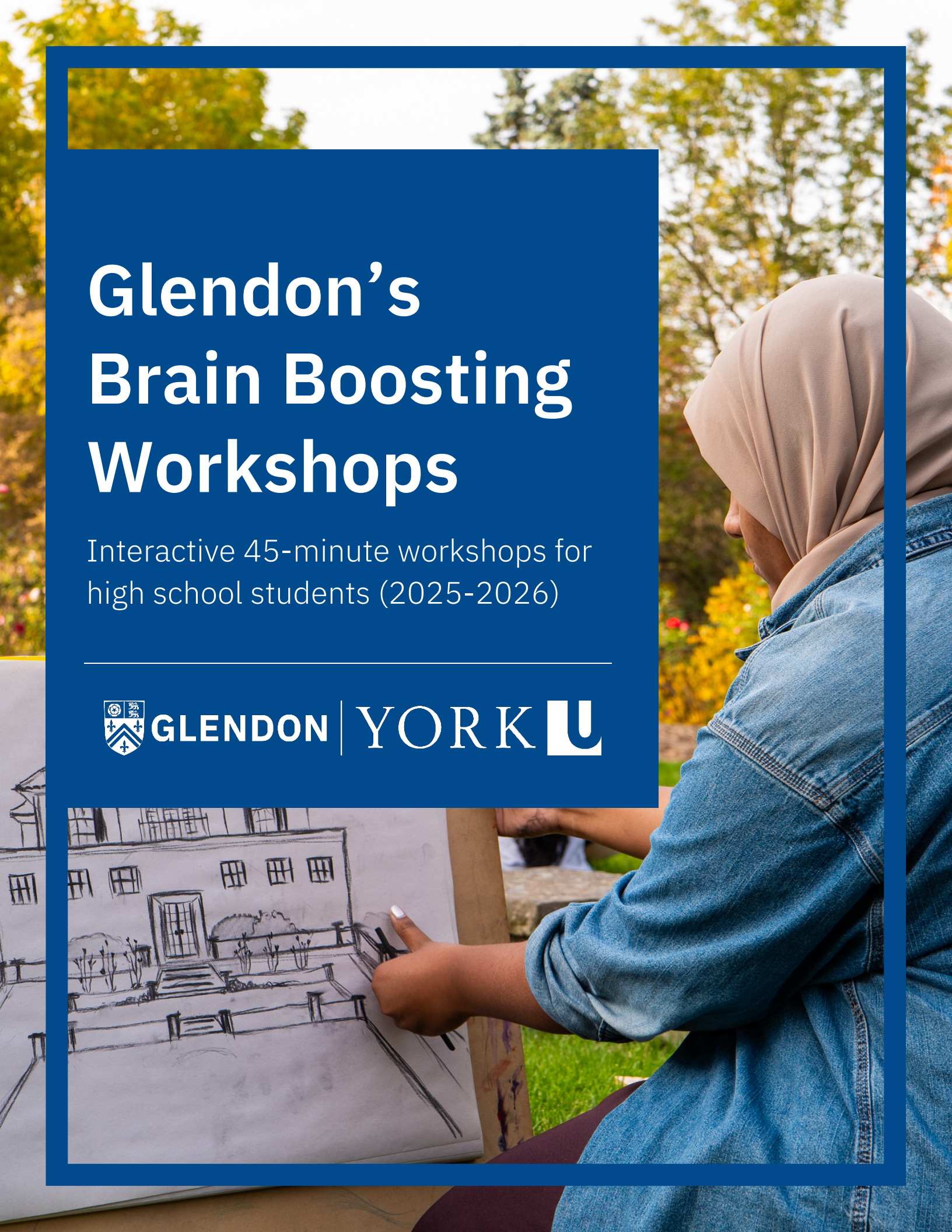
Glendon's Brain Boosting Workshops

Interactive 45-minute workshops for high school students (2025-2026)

GLENDON | YORK U



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Glendon's Brain Boosting Workshops

INTERACTIVE 45-MINUTE WORKSHOPS FOR HIGH SCHOOL STUDENTS

Introducing Glendon's Bilingual Interactive In-Person and Online Workshops

York University's Glendon Campus has been offering exceptional bilingual university education unique in Canada for over fifty years. Our commitment to education and bilingualism also extends to our bilingual transitional programming for high school students. Our programming is designed to give students an opportunity to apply their skills, expand their vocabulary, and learn important skills and competencies by participating in interactive workshops on financial literacy, leadership, urban geography, biology, psychology and a wide range of topics in the social sciences.

Our programming can be delivered to Francophone or Anglophone students in their mother tongue, or to Francophone and Anglophone students seeking to improve their second language learning (FSL or ESL) while learning important skills and competencies. Our Facilitators and Monitors provide a safe and welcoming environment so that students will be at ease during the workshops.

Available Workshops for 2025-2026

Biology

SECRET LIVES OF URBAN BIRDS (45 MINUTES)

The goal of the workshop is to teach participants techniques and skills that will enable them to identify urban birds. Participants will learn general observation skills in biology and specific skills in ornithology (the study of birds) that will enable them to identify birds, as well as learn how to create their own birding logbook.

Curriculum Links

Grade	Curriculum Links
Grade 10	• Science (SNC2D/SNC2P)
Grade 11	• Biology (SBI3C/SBI3U) • Environmental Studies (SVN3M/SVN3E)
Grade 12	• Biology (SBI4U) • Science (SNC4M/ SNC4E)

Creative Writing

LOGLINES (45 MINUTES)

The object of this interactive workshop is to help students familiarize themselves with the creative process, identify the essential elements of a good story, and to pitch an idea effectively. More specifically, participants will learn what a “logline” is and how to construct one using two different formulas. Finally, participants will be introduced to a grant specifically intended to provide funding for artists from official language minorities.

Curriculum Links

Grade	Curriculum Links
Grade 10	• English (ENG2D/ENG2P)
Grade 11	• English (ENG3U/ENG3C)

Grade	Curriculum Links
Grade 12	• English (ENG4U/ENG4C) • The Writer's Craft (EWC4U/EWC4C)

Drama

LIFE IS A STAGE SO MAKE IT DRAMATIC! (45 MINUTES)

The purpose of this workshop is to teach participants the fundamentals/basics of theatre concepts and techniques studied at the university level. Throughout the workshop, participants will explore and expand on new theatrical concepts such as object work, character development, and/or improvisation. Through discussion and guided exercises, they are challenged creatively and cognitively, individually and in groups.

Curriculum Links

Grade	Curriculum Links
Grade 10	• Drama (ADA2O)
Grade 11	• Drama (ADA3M)
Grade 12	• Drama (ADA4M/ADA4E)

Environment and Communications

CLIMATE CHANGE AND THE MEDIA (45 MINUTES)

The goal of this interactive workshop is to help participants develop the media literacy skills necessary to critically analyze and evaluate information from the various media sources they consume. In the context of this workshop, students will examine how climate change is portrayed in the media and identify criteria to differentiate between credible and non-credible sources of information.

Curriculum Links

Grade	Curriculum Links
Grade 9	• English (ENG1D / ENG1P)

Grade	Curriculum Links
Grade 10	• Science (SNC2D/SNC2P) • English (ENG2D/ENG2P)
Grade 11	• English (ENG3U/ENG3C)
Grade 12	• English (ENG4U/ENG4C)

FAST FASHION AND GREENWASHING (45 MINUTES)

This interactive workshop is designed to introduce students in grades 9 to 12 to the social and environmental impacts of "fast fashion" and how advertisers use greenwashing to hide these consequences. Participants will discover that by making a few simple lifestyle changes, they can become less wasteful, more ethically aware, and more knowledgeable consumers of fashion. They will also discover how to refresh their wardrobe without generating more waste.

Curriculum Links

Grade	Curriculum Links
Grade 9	• English (ENG1D)
Grade 10	• English (ENG2D/ENG2P) • Clothing (HNL20)
Grade 11	• English (ENG3U/ENG3C) • Understanding Fashion (HNC3C)
Grade 12	• English (ENG4U/ENG4C) • The World of Fashion (HNB4M)

Financial Literacy

MAKING SENSE OF OSAP (45 MINUTES)

The goal of the workshop is to familiarize participants with the complex OSAP system, and to help them discover how this important financial assistance program can be used to fund their post-secondary education.

Curriculum Links

Grade	Curriculum Links
Grade 10	• Career Studies (GLC2O)
Grade 11	• The Individual and the Economy (CIE3M)
Grade 12	• Making Personal Economic Choices (CIC4E)

Geography

THE GIG ECONOMY: EXPLORING WORK IN THE CITY (45 MINUTES)

The objective of this workshop is to teach students from grade 9 to 12 about the gig economy of Toronto and the various impacts new technologies have on the shape of work, more specifically gig/platform work. The focus of this interactive workshop will be looking at how the gig economy affects housing and transportation in our cities. The goal of this interactive workshop is to understand the socio-economic impacts of new technologies that we use on workers and the shape of work in the city.

Curriculum Links

Grade	Curriculum Links
Grade 9	• Exploring Canadian Geography (CGC1W)
Grade 10	• Civics and Citizenship (CHV2O)
Grade 11	• The Individual and the Economy (CIE3M) • Travel and Tourism: A Geographic Perspective (CGG3O)
Grade 12	• Analysing Current Economic Issues (CIA4U) • Making Personal Economic Choices (CIC4E)

History

FRANCO-ONTARIAN LANGUAGE AND CULTURE (45 MINUTES)

The objective of this interactive workshop is to introduce participants to Francophonie in Ontario, emphasizing it's history, celebrations and the way that French is spoken by Franco-Ontarians. Through interactive activities, participants will work in groups to discuss major historical events leading to French settlement in Ontario and struggles to maintain a distinct identity and language. The workshop will bring participants to current Francophone celebrations, events, and artists. Finally, participants will examine how French is spoken in Ontario, including accent and expressions, and learn about linguistic insecurity in French and the importance of overcoming it.

Curriculum Links

Grade	Curriculum Links
Grade 11	• Equity, Diversity, and Social Justice (HSE3E)
Grade 12	• World Cultures (HSC4M) • Canada: History, Identity and Culture (CHI4U)

Multidisciplinary Studies

LEADERSHIP SKILLS (45 MINUTES)

Leadership is undeniably one of the most sought-after skills in the job market, in virtually every career field. But what exactly is leadership? What are the skills that contribute to leadership and how can they be developed? These are questions that will be addressed in this workshop, which will be of use to participants throughout their lives.

Curriculum Links

Grade	Curriculum Links
Grade 10	• Career Studies (GLC2O)
Grade 11	• Designing Your Future (GWL3O) • Leadership and Peer Support (GPP30) • Interdisciplinary Studies (IDC30)

Grade	Curriculum Links
Grade 12	• Advanced Learning Strategies: Skills for Success After Secondary School (GLS4O/GLE4O/GLE3O) • Navigating the Workplace (GLN4O) • Business Leadership: Management Fundamentals (BOH4M) • Business Leadership: Becoming a Manager (BOG4E) • Interdisciplinary Studies (IDC4U)

MANAGE YOUR PROJECTS; MANAGE YOUR LIFE! (45 MINUTES)

The objective of this workshop is to teach participants how to apply project management skills to any project they have in their personal, educational, or professional lives. In this interactive workshop students will gain an understanding of the key aspects of project management by discovering how to set goals, plan, identify and allocate resources. They will also work effectively as a team to maximise desired outcomes and then reflect on the importance of proactive organisation. Fun is good, but organised fun is better.

Curriculum Links

Grade	Curriculum Links
Grade 10	• Career Studies (GLC2O)
Grade 12	• Information and Communication Technology: Multimedia Solutions (BTX4C) • Business Leadership: Management Fundamentals (BOH4M)

VOICES OF SOCIAL CHANGE (75 MINUTES)

Join us for a transformative workshop dedicated to using your voice and the arts to contribute to social change movements. Discover the powerful impact of music and expressive arts in both historical and contemporary social struggles. In an interactive and playful environment, we will delve into the history of social movement songs, while engaging in personal reflection and creative expression through poetry and storytelling. Whether it's for equality, the environment, or justice, your voice can make a difference! Join us for an enriching experience where music and social engagement meet. Come sing with us!

Note: *Since the content of this workshop could apply to a variety of courses, we recommend this workshop for any and all classrooms wherein the teacher feels the content would be enriching to the students' coursework.*

Curriculum Links

Grade	Curriculum Links
Grade 9	• Integrated Arts (ALC10)
Grade 10	• Integrated Arts (ALC20)
Grade 11	• Exploring and Creating in the Arts (AEA30) • Equity, Diversity, and Social Justice (HSE3E)
Grade 12	• Exploring and Creating in the Arts (AEA40) • World Cultures (HSC4M) • Canada: History, Identity and Culture (CHI4U)

Translation

› UNLOCK YOUR COMMUNICATION POTENTIAL (45 MINUTES)

Translation is fundamentally about bringing different cultural spheres into contact with each other through language. Every day we consume translated movies and books, use software and play video games that were released in dozens of languages at once, and engage with international news and multilingual political structures—the work of translators is all around us. But what exactly does the work of a translator look like? In this workshop, we will build from the ways translation touches our lives toward a picture of what it means to work as a translator today. Participants will be introduced to some common computer-assisted translation tools and practice their newly acquired translation skills.

Curriculum Links

Grade	Curriculum Links
Grade 9	• Français (FRA1P/FRA1D) • English (ENG1D / ENG1P)
Grade 10	• Français (FRA2P/FRA2D) • Career Studies (GLC2O) • English (ENG2D/ENG2P)

Grade	Curriculum Links
Grade 11	• Français (FRA3P/FRA3D) • English (ENG3U/ENG3C)
Grade 12	• Français (FRA4P/FRA4D) • English (ENG4U/ENG4C)

Contact Us

Have questions about our Brain Boosting Workshops or want help choosing the right session for your group or classroom? We're happy to help!

Our team can provide more information about workshop topics, formats (in-person or online), scheduling options, and registration.

Email:
destination@glendon.yorku.ca

Phone:
(416) 487-6708

Location:
Glendon Campus, York University
York Hall A112
2275 Bayview Avenue
Toronto, ON, M4N 3M6

Ready to get started?
Register for a Brain Boosting Workshop here.

Thank you for your interest in Glendon's Brain Boosting Workshops.
We look forward to learning and growing together!