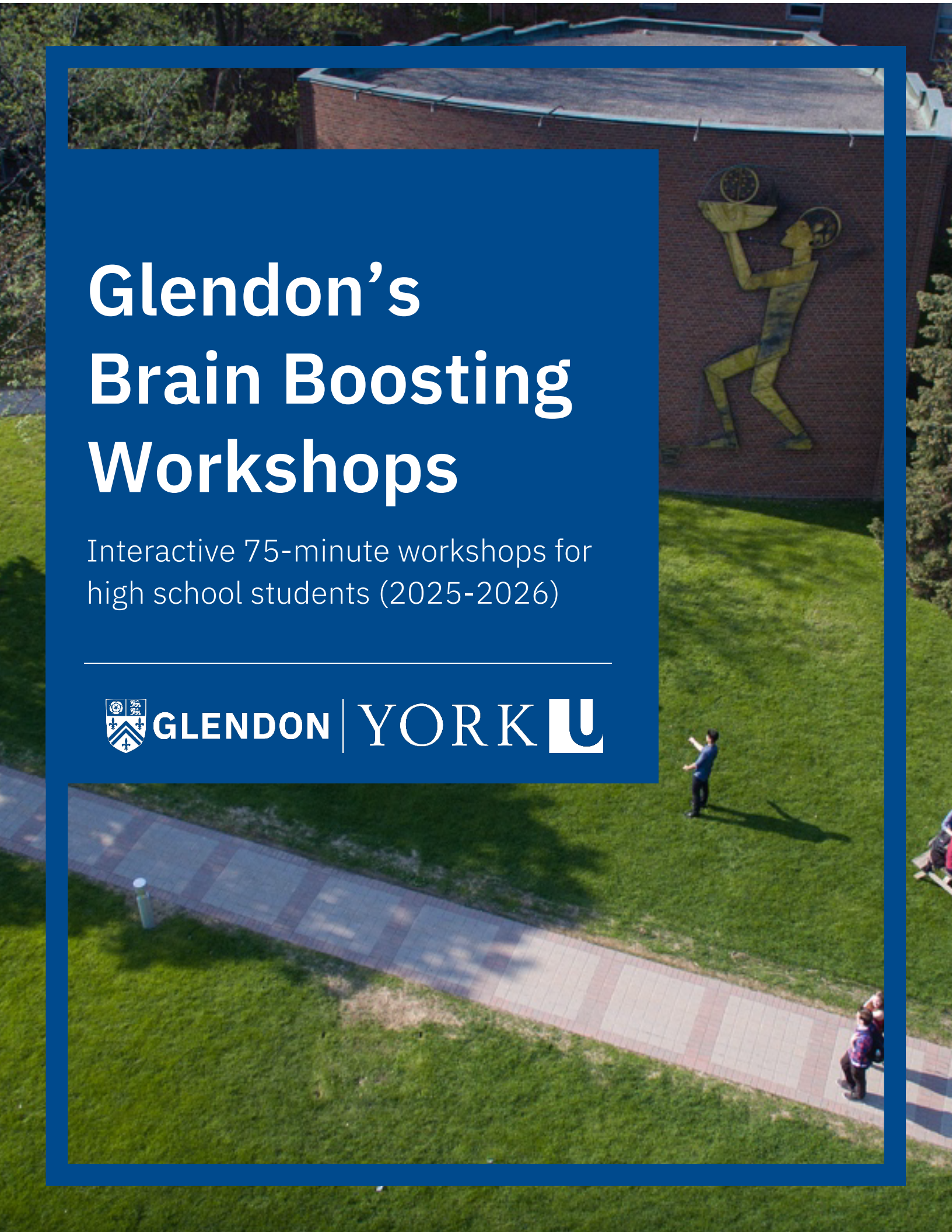


Glendon's Brain Boosting Workshops

Interactive 75-minute workshops for high school students (2025-2026)

GLENDON | YORK U

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Glendon's Brain Boosting Workshops

INTERACTIVE 75-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 (75 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)

Career Development

HOW TO ACE AN INTERVIEW (75 MINUTES)

This workshop is for those who need help with interviewing. The Glendon Career Development Centre will teach students best practices and everything they need to know about the world of interviews.

Curriculum Links

Grade	Curriculum Links
Grade 9	• English (ENG1D/ENG1P) • Learning Strategies 1: Skills for Success in Secondary School (GLS1O)
Grade 10	• English (ENG2D/ENG2P) • Career Studies (GLC2O) • Discovering the Workplace (GLD2PO)

Grade	Curriculum Links
Grade 11	• English, College Preparation (ENG3C) • Designing Your Future (GWL3O)
Grade 12	• Navigating the Workplace (GLN4O) • Personal Life Management (HIP4O) • English, College Preparation (ENG4C)

HOW TO BE A STRATEGIC EMPLOYEE (75 MINUTES)

This workshop is designed to equip students with strategies to be an effective employee. The Glendon Career Development Centre has designed an interactive workshop aimed to help students contribute effectively to a Canadian organization.

Curriculum Links

Grade	Curriculum Links
Grade 9	• English (ENG1D/ENG1P) • Learning Strategies 1: Skills for Success in Secondary School (GLS1O) • Drama (ADA1O)
Grade 10	• English (ENG2D/ENG2P) • Career Studies (GLC2O) • Discovering the Workplace (GLD2PO) • Drama (ADA2O)
Grade 11	• English, College Preparation (ENG3C) • Designing Your Future (GWL3O) • Drama (ADA3M)
Grade 12	• Navigating the Workplace (GLN4O) • Personal Life Management (HIP4O) • English, College Preparation (ENG4C) • Drama (ADA4M)

HOW TO COMMUNICATE PROFESSIONALLY AND EFFECTIVELY (75 MINUTES)

This workshop is for those who need help with getting their point across to the intended recipient. The Glendon Career Development Centre will teach students how to communicate professionally and effectively either with a professor and/or an employer.

Curriculum Links

Grade	Curriculum Links
Grade 9	• Learning Strategies 1: Skills for success in Secondary School (GLS1O) • English (ENG1D/ENG1P)
Grade 10	• Civics and Citizenship (CHV2O) • English (ENG2D/ENG2P)
Grade 11	• Designing Your Future (GWL3O) • English (ENG3C/ENG3U) • Media Studies (EMS3O)
Grade 12	• English (ENG4C/ENG4U) • Navigating the Workplace (GLN4O) • The Writer's Craft (EWC4U)

HOW TO CREATE A LINKEDIN PROFILE (75 MINUTES)

This workshop is for those who want to learn how to create a professional LinkedIn profile. The Glendon Career Development Centre has designed this interactive workshop where we give students the opportunity to create a profile or update their profile with us.

Curriculum Links

Grade	Curriculum Links
Grade 11	• English (ENG3C/ENG3U) • Designing Your Future (GWL3O) • Media Studies (EMS3O)
Grade 12	• English (ENG4C/ENG4U) • Navigating the Workplace (GLN40) • Personal Life Management (HIP4O) • Business Leadership: Management Fundamentals (BOH4M)

HOW TO CONVERT YOUR EXPERIENCES INTO SKILLS (75 MINUTES)

This workshop is for those who need help making connections between their current and/or past experiences and the sought-after concrete skills of today. The Glendon Career Development Centre will teach students how to convert their experiences into skills so that they can update their resume accordingly.

Curriculum Links

Grade	Curriculum Links
Grade 9	• Learning Strategies 1: Skills for success in Secondary School (GLS1O)
Grade 10	• Civics Civics and Citizenship (CHV2O) • Career Studies (GLC2O) • Discovering the Workplace (GLD2PO)
Grade 11	• Designing Your Future (GWL3O)
Grade 12	• Navigating the Workplace (GLN4O) • Personal Life Management (HIP4O)

HOW TO FIND AND APPLY TO JOB POSTINGS (75 MINUTES)

This workshop was designed by The Glendon Career Development Centre to help provide some insight on how to find work and how to effectively apply for positions once they are found.

Curriculum Links

Grade	Curriculum Links
Grade 9	• Learning Strategies 1: Skills for success in Secondary School (GLS1O)
Grade 10	• Career Studies (GLC2O) • Discovering the Workplace (GLD2PO)
Grade 11	• Designing Your Future (GWL3O)

Grade	Curriculum Links
Grade 12	• Navigating the Workplace (GLN4O) • Personal Life Management (HIP4O) • Business Leadership: Management Fundamentals (BOH4M)

HOW TO MANAGE YOUR TIME WISELY (75 MINUTES)

This workshop is for those who need help with their time management skills. The Glendon Career Development Centre will teach students how to be better organized which can influence their personal and professional life.

Curriculum Links

Grade	Curriculum Links
Grade 9	• Learning Strategies 1: Skills for success in Secondary School (GLS1O)
Grade 10	• Learning Strategies (Special Education focus) (GLE2O)
Grade 11	• Designing Your Future (GWL3O) • Leadership and Peer Support (GPP30)
Grade 12	• Advanced Learning Strategies: Skills for Success After Secondary School (GLS4O/GLE4O/GLE3O) • Navigating the Workplace (GLN4O) • Personal Life Management (HIP4O)

HOW TO OPTIMIZE YOUR DEGREE (75 MINUTES)

This workshop is for those who need help with their next steps. The Glendon Career Development Centre will teach students how to make great use of their degree.

Curriculum Links

Grade	Curriculum Links
Grade 9	• Learning Strategies 1: Skills for success in Secondary School (GLS1O)

Grade	Curriculum Links
Grade 10	• Civics Civics and Citizenship (CHV2O) • Career Studies (GLC2O) • Discovering the Workplace (GLD2PO)
Grade 11	• Designing Your Future (GWL3O) • Understanding Canadian Law (CLU3M)
Grade 12	• Navigating the Workplace (GLN4O) • Personal Life Management (HIP4O) • Interdisciplinary Studies (IDC4U)

HOW TO PITCH LIKE A PRO (75 MINUTES)

This workshop is for students who wish to improve the way in which they introduce themselves during an interview. The Glendon Career Development Centre has designed an interactive workshop aimed to help students highlight their experiences and skills in a clear, concise, and professional manner.

Curriculum Links

Grade	Curriculum Links
Grade 9	• English (ENG1D/ENG1P) • Learning Strategies 1: Skills for Success in Secondary School (GLS1O) • Drama (ADA1O)
Grade 10	• English (ENG2D/ENG2P) • Career Studies (GLC2O) • Discovering the Workplace (GLD2PO) • Drama (ADA2O)
Grade 11	• English, College Preparation (ENG3C) • Designing Your Future (GWL3O) • Drama (ADA3M)
Grade 12	• Navigating the Workplace (GLN4O) • Personal Life Management (HIP4O) • English, College Preparation (ENG4C) • Drama (ADA4M)

HOW TO RESOLVE CONFLICT IN THE WORKPLACE (75 MINUTES)

This workshop is for those who wish to explore basic strategies around identifying and navigating conflict in the workplace. The Glendon Career Development Centre has designed an interactive workshop which will challenge students to apply the strategies they can use throughout their career.

Curriculum Links

Grade	Curriculum Links
Grade 9	• English (ENG1D/ENG1P) • Learning Strategies 1: Skills for Success in Secondary School (GLS1O) • Drama (ADA1O)
Grade 10	• English (ENG2D/ENG2P) • Career Studies (GLC2O) • Discovering the Workplace (GLD2PO) • Drama (ADA2O)
Grade 11	• English, College Preparation (ENG3C) • Designing Your Future (GWL3O) • Drama (ADA3M) • Introduction to Anthropology, Psychology, and Sociology (HSP3U/HSP3C)
Grade 12	• Navigating the Workplace (GLN4O) • Personal Life Management (HIP4O) • English, College Preparation (ENG4C) • Drama (ADA4M) • Business Leadership: Management Fundamentals (BOH4M)

HOW TO WRITE A GREAT COVER LETTER (75 MINUTES)

This workshop is for those who want to learn how to write a cover letter that best highlights their skills and experiences. The Glendon Career Development Centre will provide students with best practices so that they can write great cover letters in the future.

Curriculum Links

Grade	Curriculum Links
Grade 9	• English (ENG1D/ENG1P) • Learning Strategies 1: Skills for Success in Secondary School (GLS1O)

Grade	Curriculum Links
Grade 10	• English (ENG2D/ENG2P) • Career Studies (GLC2O) • Discovering the Workplace (GLD2PO)
Grade 11	• English, College Preparation (ENG3C) • Designing Your Future (GWL3O)
Grade 12	• Navigating the Workplace (GLN4O) • Personal Life Management (HIP4O) • English, College Preparation (ENG4C)

HOW TO WRITE A GREAT RESUME (75 MINUTES)

This workshop is for those who want to learn how to write a resume that best highlights their skills and experiences. The Glendon Career Development Centre will provide students with best practices so that they can write great resumes in the future.

Curriculum Links

Grade	Curriculum Links
Grade 9	• Learning Strategies 1: Skills for success in Secondary School (GLS1O)
Grade 10	• Career Studies (GLC2O) • Discovering the Workplace (GLD2PO)
Grade 11	• Designing Your Future (GWL3O)
Grade 12	• Navigating the Workplace (GLN4O) • Personal Life Management (HIP4O) • Business Leadership: Management Fundamentals (BOH4M)

Communication

HEY ALEXA, WHERE DOES MY DATA GO? (75 MINUTES)

This interactive workshop is designed to familiarize participants with surveillance capitalism, privacy, and online data collection, as well as alternative resources, tools, and apps that will

make their online experience safer. Specifically, students will review the settings of their social media profiles and explore the information that is collected about them.

Curriculum Links

Grade	Curriculum Links
Grade 9	• Information and Communication Technology in Business (BTT1O)
Grade 10	• Information and Communication Technology in Business (BTT2O) • Communications Technology (TGJ2O)
Grade 11	• Communications Techology: Broadcast and Print Production (TGJ3O) • Information and Communication Technology: The Digital Environment (BTA3O)
Grade 12	• Communications Techology (TGJ4M) • Information and Communication Technology: Multimedia Solutions (BTX4C)

Creative Writing

LOGLINES (75 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 12	• English (ENG4U/ENG4C) • The Writer's Craft (EWC4U/EWC4C)

Drama

LIFE IS A STAGE SO MAKE IT DRAMATIC (75 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)

TECHNICAL THEATRE (75 MINUTES)

The goal of this workshop is to introduce students to certain aspects of technical theatre – and, to the different types of stages and why certain stages work better for certain performances. Moreover, the workshop will examine theatrical lighting and audio design. The workshop will attempt to answer the question: “What is a stage?” and will challenge participants to choose an unconventional space to stage a particular show and to justify their choice.

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 (75 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 10	• Science (SNC2D/SNC2P) • English (ENG2D/ENG2P)
Grade 11	• English (ENG3U/ENG3C)
Grade 12	• English (ENG4U/ENG4C)

FAST FASHION AND GREENWASHING (75 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 (HNL2O)

Grade	Curriculum Links
Grade 11	• English (ENG3U/ENG3C) • Understanding Fashion (HNC3C)
Grade 12	• English (ENG4U/ENG4C) • The World of Fashion (HNB4M)

Financial Literacy

THE BASICS OF INVESTING (75 MINUTES)

The rise of financial technology has resulted in an unprecedented supply of readily available investment vehicles. While investments can be an important part of a long-term financial plan for investors, they carry both risks and rewards. Although it's easier than ever to get started in investing, most people know relatively little about the fundamentals of investing. The purpose of this workshop is to provide participants with a basic understanding of investing and to equip them with the tools and information necessary to assess the inherent risks of various financial instruments. Through a series of engaging interactive activities, participants will gain a basic understanding of investing, how interest rates work, the risks associated with investing, and the importance of knowing one's risk tolerance.

Curriculum Links

Grade	Curriculum Links
Grade 9	• Introduction to Business (BBI1O)
Grade 10	• Introduction to Business (BBI2O)
Grade 11	• The Individual and the Economy (CIE3M)
Grade 12	• Making Personal Economic Choices (CIC4E)

FINANCING AN ADVENTURE AFTER HIGH SCHOOL (75 MINUTES)

The objective of this workshop is to teach participants how to create a financial plan for an adventure after high school. In this interactive, engaging, and relatable workshop, participants will gain an understanding of the key aspects of how to plan for travel by

discovering how to budget, identifying funding sources, and the importance of saving. In this workshop, participants will apply their math and research skills to a 'real-life' situation.

Curriculum Links

Grade	Curriculum Links
Grade 10	• Introduction to Business (BBI2O) • Career studies (GLC2O)
Grade 11	• The Individual and the Economy (CIE3M)
Grade 12	• Making Personal Economic Choices (CIC4E)

FINANCING YOUR POST-SECONDARY EDUCATION (75 MINUTES)

The objective of this workshop is to teach participants how to develop a financial plan for their post-secondary education. In this interactive, engaging, and motivating workshop, participants will gain a better understanding of the key components of financial planning for their education, including identifying possible sources of funding and the importance of saving money. In this workshop, participants will apply their math and research skills to a real-life situation.

Curriculum Links

Grade	Curriculum Links
Grade 10	• Introduction to Business (BBI2O) • Career studies (GLC2O)
Grade 11	• The Individual and the Economy (CIE3M)
Grade 12	• Making Personal Economic Choices (CIC4E)

MAKING SENSE OF OSAP (75 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)

NEGOTIATING CELLPHONE CONTRACTS (75 MINUTES)

The goal of this workshop is to teach participants basic budgeting and financial management principles in an interactive, engaging, and motivating workshop. By gaining an understanding of the key elements of reading and negotiating cellphone contracts, as well as the need to budget for unexpected expenses, participants will have the opportunity to apply basic math skills to a 'real-life' scenario. This hands-on workshop will give participants a greater appreciation for the importance of financial literacy.

Curriculum Links

Grade	Curriculum Links
Grade 10	• Career Studies (GLC2O) • Introduction to Business (BB21O)
Grade 11	• The Individual and the Economy (CIE3M)
Grade 12	• Making Personal Economic Choices (CIC4E)

History

FRANCO-ONTARIAN LANGUAGE AND CULTURE (75 MINUTES)

The objective of this interactive workshop is to give a Francophonie in Ontario, emphasizing history, celebrations and the Franco-Ontarian language. Through interactive activities, participants will work in groups to complete a timeline of events. Then, in the 2nd part of the workshop, students will be made aware of Franco-Ontarian celebrations and events, an important factor in culture. 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)

Mathematics

CALCULUS: USING DERIVATIVES TO CREATE A SUCCESSFUL BUSINESS (75 MINUTES)

This workshop is intended for grade 12 students who are currently enrolled in a calculus course. It is an opportunity for them to apply their math skills to a real-world scenario by using their knowledge of derivatives to create a profitable furniture business. Throughout the workshop, participants will solve for the maximum and minimum of equations using derivatives, as well as use their knowledge of the first and second derivatives to graph a function. The success of their business plan will depend on their ability to solve a series of equations to ensure that their business' projected profits will exceed its costs.

Curriculum Links

Grade	Curriculum Links
Grade 12	• Calculus and Vectors (MCV4U)

DEMYSTIFYING THE PYTHAGOREAN THEOREM (75 MINUTES)

This workshop was created to deconstruct some of the perceived difficulties that students and teachers have with mathematics. The main objective of this workshop is to demystify mathematics by examining a well-known concept: the Pythagorean theorem. A variety of activities are developed to achieve this goal. These activities will encourage participants to better understand this concept and learn more about mathematics. By better understanding the key elements of the Pythagorean theorem, they will have the opportunity to feel more comfortable with learning mathematics, a subject that manages to strike fear in many!

Curriculum Links

Grade	Curriculum Links
Grade 9	• Mathematics (MTH1W)
Grade 10	• Principles of Mathematics (MPM2D) • Foundations of Mathematics (MFM2P)

ESCAPE ROOM: CRIME AND TRIGONOMETRY (75 MINUTES)

The workshop is based on the principle of the escape room game: participants must solve a series of problems to move from one room to another and “escape”. They will work in groups in order to complete the game. This workshop is intended for grade 11 students studying mathematics. It is a fun way to test what they have learned in their math classes, with an emphasis on trigonometry. Participants will review appropriate technique for solving problems involving triangles with different angles and side lengths. They will become more familiar with particular triangles, trigonometric ratios, the mnemonic SOH-CAH-TOA and the laws of sine and cosine.

Curriculum Links

Grade	Curriculum Links
Grade 11	• Functions (MCR3U) • Functions and Applications (MCF3M)

ESCAPE THE SCHOOL: RETRIEVE YOUR PHONE USING LINEAR RELATIONS (75 MINUTES)

This workshop takes the form of an escape room, meaning that participants will have to solve a sequence of problems to get from one room to the next before they can "escape". They will have to work in groups to succeed. This workshop is designed for grade 9 students who are currently enrolled in a math course. It is a fun way for students to engage with the subject of math. This workshop focuses on the unit of linear relationships and gives students the opportunity to apply their knowledge in the context of a game. Throughout this activity, students will be asked to develop and solve linear equations, as well as identify and solve unknown variables.

Curriculum Links

Grade	Curriculum Links
Grade 9	• Mathematics (MTH1W)

ESCAPE THE SCHOOL: QUADRATIC RELATIONS (75 MINUTES)

Taking the form of a virtual escape room, this workshop is designed for Grade 10 mathematics students and provides a hands-on review of units on factoring and quadratic relations, with a special emphasis on graphs. Working in this virtual escape room, students will progress through a variety of activities designed to test their knowledge. While working in teams, students will apply their knowledge and practice their problem-solving and mathematical reasoning skills.

Note: *Note that this workshop is available in two separate versions, for academic and applied streams.*

Requirements: *Students must have completed the quadratics unit prior to this workshop.*

Curriculum Links

Grade	Curriculum Links
Grade 10	• Principles of mathematics (MPM2D) • Foundations of Mathematics (MFM2P)

Multidisciplinary Studies

LEADERSHIP SKILLS (75 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	Curriculum Links
Grade 11	• Designing Your Future (GWL3O) • Leadership and Peer Support (GPP30) • Interdisciplinary Studies (IDC3O)
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! (75 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 (ALC1O)
Grade 10	• Integrated Arts (ALC2O)
Grade 11	• Exploring and Creating in the Arts (AEA3O) • Equity, Diversity, and Social Justice (HSE3E)
Grade 12	• Exploring and Creating in the Arts (AEA4O) • World Cultures (HSC4M) • Canada: History, Identity and Culture (CHI4U)

Philosophy

› MORAL MAZES: USING ETHICAL THEORIES TO SOLVE MORAL DILEMMAS (75 MINUTES)

This workshop is designed to introduce students to the philosophy of ethics and provide an understanding of different ethical theories and how they drive people's behaviour. Guided by major ethical philosophies, participants will embark on a personal and collective journey of reflection, exploring how these theories shape how we understand and respond to various scenarios. From moral decision-making to navigating complex situations, this discussion-based session supports students in self-awareness and the use of ethical reasoning in their daily lives.

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 11	• Philosophy: The Big Questions (HZB3M)

Grade	Curriculum Links
Grade 12	• Philosophy: Questions and Theories (HZT4U)

STRATEGIC SHOWTIME: READY, SET, GAME THEORY! (75 MINUTES)

This workshop is designed to introduce students to the philosophy of game theory and provide an understanding of different methods of strategy. Guided by the concepts of game theory, participants will embark on a personal and collective journey of reflection, exploring how these theories shape how we understand and respond to various scenarios. From traffic to the prisoner's dilemma, this strategy-based session supports students in understanding how someone else's strategy impacts their own, and how to adjust their approach to best reach their ends.

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 11	• Philosophy: The Big Questions (HZB3M)
Grade 12	• Philosophy: Questions and Theories (HZT4U) • Analysing Current Economic Issues (CIA4U)

Psychology

DEBUNKING PSYCHOLOGY (75 MINUTES)

The field of psychology plays an important role in multiple social areas. In addition to working in the mental health field, psychological researchers and practitioners contribute to fields as diverse as education, organizational development, and marketing, among others. However, despite its broad scope, there are still many misconceptions about psychology and a general lack of knowledge about the role it plays beyond the mental health field. This workshop addresses some of these misconceptions and seeks to clarify what it means to study and work in the field of psychology. Participants will take a hands-on look at how scientific research is conducted and, at the same time, explore possible career opportunities after completing a post-secondary education in psychology.

Curriculum Links

Grade	Curriculum Links
Grade 9	• Science (SNC1D/SNC1P)
Grade 10	• Science (SNC2D/SNC2P)
Grade 11	• Introduction to Anthropology, Psychology, and Sociology (HSP3U/HSP3C) • Biology (SBI3U/SBI3C)

MINDFULNESS TECHNIQUES IN PSYCHOLOGY (75 MINUTES)

This workshop is designed to introduce participants to the concept of mindfulness, as well as provide them with a variety of related techniques. They will first examine what mindfulness is, its origins, and how it is applied in the context of modern Western psychology. Next, they will learn three different mindfulness techniques that they can use in their daily lives. Finally, there will be a group discussion about the experiences they had during the techniques, and the group will talk about the potential applications these practices could have.

Curriculum Links

Grade	Curriculum Links
Grade 9	• Healthy Active Living Education (PPL1O)
Grade 10	• Healthy Active Living Education (PPL2O)
Grade 11	• Introduction to Anthropology, Psychology, and Sociology (HSP3U/HSP3C) • Healthy Active Living Education (PPL3O)
Grade 12	• Healthy Active Living Education (PPL4O)

PSYCHOLOGY AND BILINGUALISM (75 MINUTES)

The goal of this workshop is to introduce participants to the research methods used in psychology, while teaching them the cognitive benefits of bilingualism in a fun and interactive way. Participants will conduct a classic psychological experiment, the Stroop test, and learn how to formulate and test a hypothesis using the scientific method.

Curriculum Links

Grade	Curriculum Links
Grade 9	• Science (SNC1D/SNC1P)
Grade 10	• Science (SNC2D/SNC2P)
Grade 11	• Introduction to Anthropology, Psychology, and Sociology (HSP3U/HSP3C) • Biology (SBI3U/SBI3C) • Chemistry (SCH3U) • Environmental Science (SVN3M/SVN3E)
Grade 12	• Science (SNC4M/SNC4E) • Biology (SBI4U) • Chemistry (SCH4U/ SCH4C)

Sociology

SOCIOLOGY OF YOU (75 MINUTES)

This interactive workshop allows participants to think critically about their role in society at the personal, professional, and social levels. They will be encouraged to reflect on the roles they play in these different contexts in order to better understand the impact of broader social structures on their daily lives. Participants will leave with a basic understanding of Erving Goffman's dramaturgical approach, which argues that individuals are "actors" constantly playing "roles" in order to function in the settings and environments they occupy.

Curriculum Links

Grade	Curriculum Links
Grade 11	• Introduction to Anthropology, Psychology and Sociology (HSP3U/HSP3C) • Equity, Diversity and Social Justice (HSE3E)
Grade 12	• Equity and Social Justice: From Theory to Practice (HSE4M)

Translation

UNLOCK YOUR COMMUNICATION POTENTIAL (75 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 11	• Français (FRA3P/FRA3D) • English (ENG3U/ENG3C)
Grade 12	• Français (FRA4P/FRA4D) • English (ENG4U/ENG4C)

United Nation's Sustainable Development Goals

CREATING A SUSTAINABLE FUTURE (75 MINUTES)

The focus of this workshop is sustainability, and specifically, the United Nations Sustainable Development Goals (UNSDGs). Sustainability is important to the quality of our lives, the health of our planet and its resources, and creating a prosperous future. Participants will learn how to integrate and promote the SDGs in their personal lives and how to be a sustainability activist in local and global communities. During the workshop, participants will reflect on what the meaning and value of sustainability are, how the SDGs impact us, and how they themselves can take action. Through a collaborative approach, the workshop

emphasises teamwork each step of the way, since the UN SDGs can only be achieved through collective action in all three sustainability spheres.

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 11	• Equity, Diversity, and Social Justice (HSE3E) • Politics in Action: Making Change (CPC3O) • Interdisciplinary Studies (IDC3O/IDP3O)
Grade 12	• World Issues: A Geographic Analysis (CGW4C) • Living in a Sustainable World (CGR4E) • Interdisciplinary Studies (IDC4U/IDP4U/IDC4O/IDP4O)

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!