Glendon's Specialist High Skills Major Workshops

Interactive Workshops for
High School Students (2025-2026)

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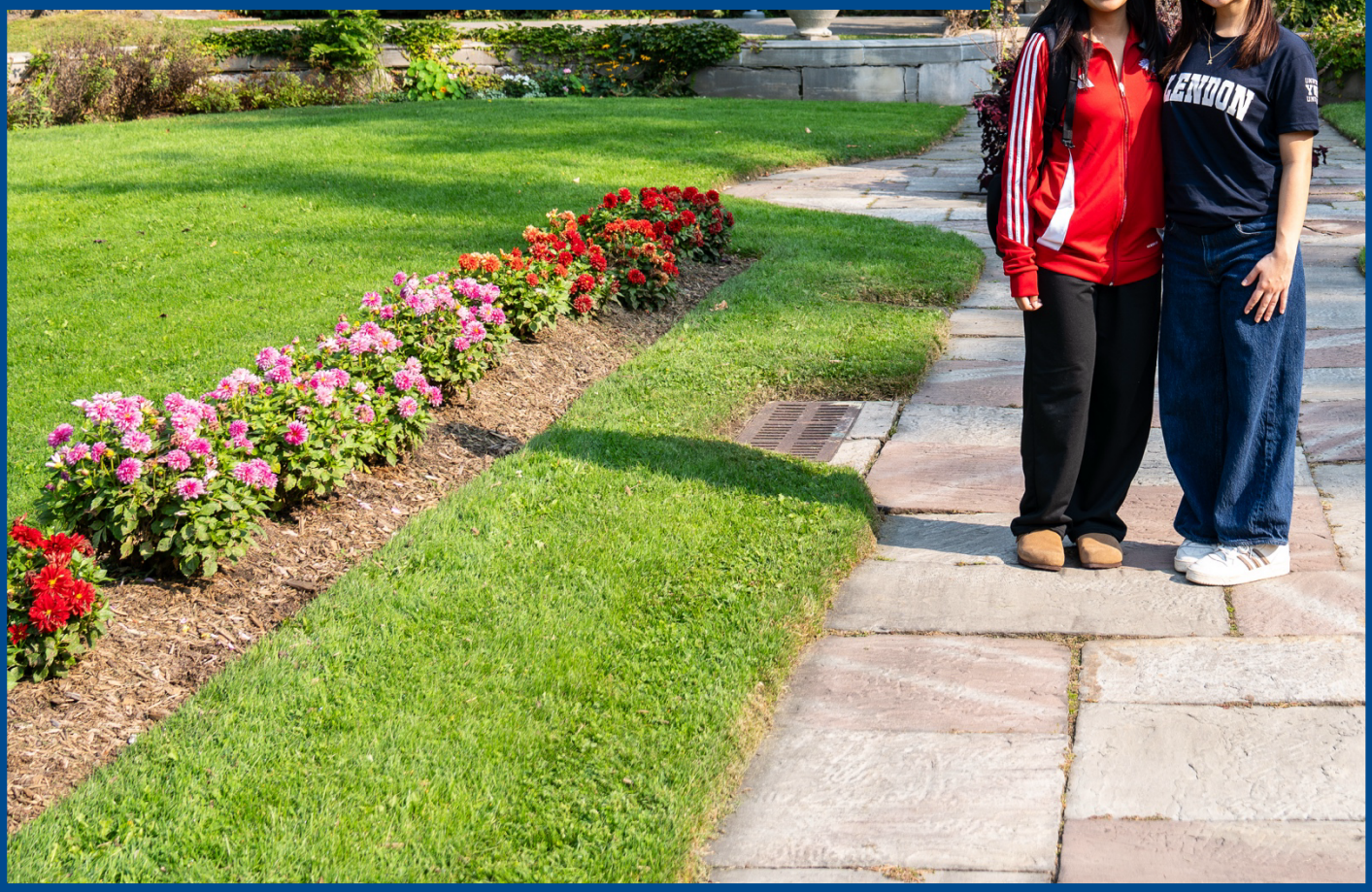

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Glendon's Specialist High Skills Major Workshops (SHSM)

INTERACTIVE WORKSHOPS FOR HIGH SCHOOL STUDENTS

Introducing Glendon College's Bilingual Interactive SHSM Trainings

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.

Glendon College's SHSM trainings are designed to offer in-depth expertise to participants, providing experiential learning opportunities in their preferred language. The courses are developed with subject matter expert partners and are delivered by our experienced facilitators in a safe and welcoming environment so that students feel at ease during the courses.

Available Workshops for 2025-2026

Leadership Skills (180 minutes)

Leadership is undeniably one of the most sought-after skills on the job market, in virtually every field. But what exactly is leadership? What are the different types of leaders, and how can we identify their style? How can we maximize effectiveness? Are there simple steps to identifying and acting as a leader? This workshop addresses many of the questions that will help you throughout your life.

LEARNING OBJECTIVES

- Define the concept of leadership
- Describe seven leadership competencies
- Identify personal values and strengths
- Develop one or more of your leadership competencies

Can be applied to the following SHSM specializations: All SHSM specializations

CURRICULUM LINKS

Grade	Curriculum Links
Grade 11	• Designing Your Future (GWL3O) • Leadership and Peer Support (GPP3O) • 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)

Project Management (180 minutes)

The objective of the workshop is to teach participants how to apply project management skills to any project in their personal, academic, and professional lives. Through this interactive workshop, participants will learn about essential aspects of project management, including the major phases in the life of any project, from initiation to completion. Participants will also learn how to work effectively in a group setting to maximize the desired results and participants will also learn how to work effectively in a group to maximize the desired results and will reflect on the importance of proactive organization. Because fun is good, but organized fun is even better!

LEARNING OBJECTIVES

- Define project management
- Learn about process groups and key project management knowledge
- Use project management tools, techniques and templates, then modify them for future needs.

Can be applied to the following SHSM specializations: All SHSM specializations

CURRICULUM LINKS

Grade	Curriculum Links
Grade 11	• Designing Your Future (GWL3O) • Interdisciplinary Studies (IDC3O)
Grade 12	• Information and Communication Technology: Multimedia Solutions (BTX4C) • Business Leadership: Management Fundamentals (BOH4M)

University Sports & Wellness Initiative (180 minutes)

This offering is designed to empower students by integrating competitive and recreational sports with essential health and wellness practices. The program aims to foster leadership, promote an active lifestyle, and equip participants with lifesaving skills – all while navigating the typical constraints of campus life.

Can be applied to the following SHSM specializations: Health and Wellness, Sports

LEARNING OBJECTIVES

- Empower students to take initiative by creating a detailed plan for engaging peers in sports, fostering community, and building organizational skills.
- Challenge participants to develop a dynamic, resource-efficient campaign that inspires and facilitates regular physical activity on campus
- Build the skills necessary to create and implement a program by analyzing research and adopting best practices.

CURRICULUM LINKS

Grade	Curriculum Links
Grade 11	• Healthy Active Living Education (PPL3O)
Grade 12	• Healthy Active Living Education (PPL4O) • Recreation and Healthy Active Living Leadership (PLF4M)

Voices of Social Change (180 minutes)

Join us for a transformative three-hour 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!

LEARNING OBJECTIVES

- Explain the historical and contemporary role of music in social movements.
- Create connections between personal experiences and broader social change efforts.
- Apply tools to develop self-reflection and creative expression through writing.
- Collaborate with others to create and present original chants that address current social issues.

Can be applied to the following SHSM specializations: All SHSM specializations

CURRICULUM LINKS

Grade	Curriculum Links
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)

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!