



Keynote Speaker: JOEL HILCHEY

Joel Hilchey wants to change how people think about success, because too many people spend their time doing stuff they don't really care about.

Joel thinks a lot about success, and he's proud to be a true renaissance man. He studied environmental engineering, teaches sustainability at McMaster University, writes about leadership, and is often remembered as the speaker at conferences who juggles mousetraps. Mostly though, he tries to be a good dad, husband, and friend, so he only really works part-time.

Joel has two books - one that's illustrated, and another one about becoming fearlessly creative. He founded a youth engagement initiative called The Beanstalk Project, is chair of the board of the world-renowned Hamilton Children's Choir, and sang for 10 years in (arguably) Canada's best barbershop quartet. He recently started taking circus classes, and he also loves to travel, cook, do yoga, and taste exotic foods, but that stuff is just for fun.

You can learn more at www.joelhilchey.com.



Thursday, October 17th, 2019
@ Brock University

Summit Information

Registration & Session Selection:

STUDENTS PLEASE check in with your Guidance Department. Registration will take place online courtesy of Brock University. Students can select their first and second choice for each of the three sessions.

Registration opens on September 16th and closes on October 4th.

Register Here:

discover.brocku.ca/niagara-student-summit/

Permission Form/Media Consent & Waiver:

A Permission Form/Media Consent & Waiver must be submitted in order to participate.

Cost:

\$20.00 incl. hst per person including lunch. HST# 11939 9392 RT0001

Online payment available by credit card or VISA debit.

Parking:

Parking is available free of charge in Lot D courtesy of Brock University.

Lunch:

Lunch will be provided. You may bring or purchase additional snacks for the day. *Please note any food allergies or restrictions during the online registration.*

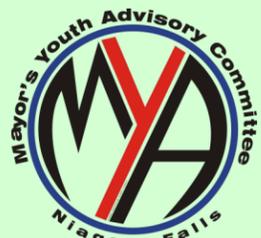
Water Bottles:

Be sure to bring your refillable water bottle. Water filling stations are available on campus.

The Niagara Student Summit is planned **BY** high school students **FOR** high school students!

Lunch and Learn

Grab your lunch and find someone that you would like to learn from. We will have business people, students, and a variety of professionals ready to chat with you!



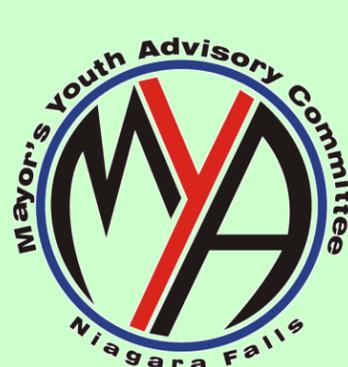
Inform, Inspire, innovate.
Use your voice.

@nfmyac



Niagara Falls Mayor's Youth Advisory Committee
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Beth Angle, MYAC Staff Liaison
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City of Niagara Falls Mayor's Youth Advisory Committee



NIAGARA STUDENT SUMMIT

Thursday, October 17th, 2019 @ Brock University

@nfmyac invites you!



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Summit Schedule

9:30 to 9:45 am - Registration

9:45 to 10:20 am - Welcome and Keynote

10:25 to 11:05 am - Session 1

11:10 to 11:50 am - Session 2

11:55 am to 12:25 pm - Lunch & Learn

12:30 to 1:10 pm - Session 3

1:15 to 1:30 pm - Closing

1:30 pm Depart

\$20 per participant HST incl.
HST# 11939 9392 RT0001

(lunch included)



Inform, inspire, innovate. Use your voice.

Session Topics and Presenters

Please select first and second choice for each session below.

<h2>Life Skills - 10:25 to 11:05 am</h2>
<p>How to turn your Social Media into Job Media Presented by: Staff from Employment Solutions and Form and Affect Ever feel like when you are looking for work you are trapped in Indeed Jail? We will show you how to improve your online image, use social media to reach to employers and get you to stand out among other job seekers.</p>
<p>The Art of Public Speaking Presented by: Enbridge Gas Inc. This session will provide techniques and theories one can use to improve their public speaking and presentation skills. An engaging presentation can make a significant difference in ensuring your message is effectively conveyed so attend this session and never give a boring presentation again!</p>
<p>Financial Literacy Presented by: Jennifer Pirosko, Coordinator of Student Success, Niagara Catholic District School Board Do you understand how money works? Gain practical knowledge and financial literacy skills that will help increase your confidence to make good decisions with your money. From earning money to managing, saving, investing, spending and even donating!</p>
<p>Experience = \$\$\$ Presented by: Janet Cripps, DSBN Funding your education can be intimidating and overwhelming. What many students don't realize is that their life & high school experiences are often cash worthy. During this session you will discover how to prepare, qualify, apply and win scholarships!</p>
<p>Peer Conversation: Sharing Lived Experience for Your Journey Presented by: A diverse panel of students and graduates Don't miss the opportunity to learn from a variety of peers with different post secondary pathways and experiences. Learn about the life skills needed to embrace and succeed in post secondary life. As about classes, residence, living on and off campus, cooking, balancing responsibilities & fun, and more! Who better to learn from than those who have lived it.</p>
<p>Time Management and Study Habits Presented by: Brock A-Z Learning Services Do you find yourself wishing for more free time? Time management matters now, tomorrow, and for the rest of your life. Stop reacting and start acting. Explore topics such as scheduling, prioritizing, increasing concentration, avoiding procrastination and reducing stress. When it comes to studying are you ready to explore techniques to increase your skills? Explore study plans, the role of memory, exam stress and various study strategies for different types of exams.</p>
<p>Adulting 101 Presented by: Nicole Soble, Niagara Falls Community Health Centre Adulting can be hard work. There are so many little things you might not even think of you need to know to give a 'leg up' when you're on your own. Join Nicole, Youth Program lead from the Niagara Falls Community Health Centre and brush up on the skills you need to transition in to adulthood. Learn how to make a phone call confidently, sew a button on a shirt, iron your clothes and create a filing system to stay organized. Learn these skills and level up in your life!</p>
<p>Nutrition myths, facts and snacks Presented by: Chloe Bessette, Registered dietitian, Niagara Falls Community Health Centre When it comes to nutrition, everyone seems to have a different opinion and the internet can be a real source of myths and confusion. - Is plant-based protein good for you? Is a gluten-free diet for everyone? Cow's milk or non-dairy beverage? What about soy? - Bring your burning questions to a nutrition myth-busting session with a registered dietitian. Be in the know about where to find reliable nutrition information and how to plan balanced, energizing, portable snacks and meals to fuel your studies and activities without breaking the bank.</p>
<p>How to use your voice Presented by: Shane Malcom, Leadership Niagara In today's socio-political environment we all have something we care about. How do you harness your passion and interest and channel them in ways that allow your voice to be heard? Join me to explore how we can build community and movements powered by your individual voice.</p>

<h2>Personal Well Being - 11:10 to 11:50 am</h2>
<p>Put the phone down and pick up your life – keys to stress management Presented by: Marnie Prokator, CASON TBC Put down your cell phone and get your life back! Learn how process addictions, also known as behavioural addictions, such as cell phones can hijack our time. Learn new ways for stress management that involve mindfulness and meditation instead of seeking that "checked out" feeling we are looking for when we hit social media/gaming/gambling. Gain more productivity and feel alive again!</p>
<p>Happiness Strategies & Laughter Yoga Presented By: Jackie Frail, Niagara College Happiness is not always easily achieved; learn practical, evidence-based activities you can do to boost your happiness; explore the meaning of good self-care & learn how laughter can be the secret weapon to a better quality of life.</p>
<p>Movement for Mental Health Presented by: Brett Forsey, Brett Forsey Fitness Learn how the transformative power of movement can impact your mental health. Leave this session inspired and ready to move your body as part of your self care routine!</p>
<p>Art Lesson Presented by: Niagara Falls Art Gallery Looking to explore your creativity? Then join the Niagara Falls Art Gallery Artists and produce a fabulous cartoon caricature self portrait!</p>
<p>Brock Tour Presented by: Brock University, Recruitment & Liaison Services Discover Brock for yourself! Current Brock students will show you a variety of locations throughout this beautiful campus. It will be a perfect chance to ask lots of questions as you explore the campus.</p>
<p>Mental Awareness and Meditation Presented by: Celeste Turner, Youth Outreach Worker for the Niagara Falls Community Health Centre Gain awareness of your thoughts and how they effect your wellbeing. Learn to pause, breathe, and create clarity with meditation.</p>
<p>Expression Presented by: Serena Pryne and Nick Lesyk Our "Expression" workshop aims to give an understanding of the process involved in songwriting, with a focus on lyrics. Beginning with a brief overview of popular writers and the songs that define them. Together we'll analyze a handful of compositions by some of music's best and uncover their secrets to the craft. So you've never written a song before... The best way is to just dive in. Although songwriting can be intensely personal, there's no one way to approaching it. We'll explore strategies and ideas on how to get the ball rolling, some familiar, some ridiculous, all creative! Culminating into a fun short writing project that will inspire.</p>
<p>Taking care of yourself with essential oils Presented by: The Essential Musician, Dr. Karin Di Bella, Dept. of Music Essential oils are everywhere these days, and there is so much information and mis-information out there. In this workshop you'll learn: what are essential oils, how to figure out the difference between oils that are therapeutic grade and fragrance oils (and why this matters), how to use them safely, and what to use them for. Also, we'll make energy rollers for you to take home with you!</p>
<h2>LUNCH & LEARN</h2> <p>11:55 am to 12:25 pm</p> <p>Grab your lunch and find someone that you would like to learn from. We will have business people, students, and a variety of professionals ready to chat with you!</p>

<h2>Life After High School - 12:30 to 1:10 pm</h2>
<p>Women in Non-Traditional Roles Presented by: Enbridge Gas Inc. Historically, and often depicted in TV and film, women have been given limited exposure to certain careers due to outdated gender roles. This session will provide an overview of the many opportunities that exist for women interested in less traditional roles, the benefits a diverse and inclusive workforce can provide and various tools women can use to excel in these roles.</p>
<p>US Admissions Presented by: Kirk Mitchell, Ridley College Guidance Department Any school application can be daunting, but applying to a US institution can be overwhelming. Learn how to skillfully manage the Common Application & ace your applications.</p>
<p>Post Secondary Opportunities for Athletes Presented by: Matt Bowie, Ridley College Guidance Department Are you an athlete who is interested in pursuing sport during your post-secondary education? This session will provide valuable information on athletic recruitment for NCAA in the USA and University sports in Canada. The session will provide practical suggestions for getting noticed and exploring the many opportunities available.</p>
<p>Law Plus and Goodman School of Business Presented by: Brock University Law Plus: Interested in a career in law or legal field? Enhance any undergraduate degree with Law Plus! Law Plus is a four-year, co-curricular program for students looking to develop key skills and competencies along with practical experiences in the law or legal fields. Gain a competitive edge and deeper understanding when applying to professional law programs and careers. Goodman School of Business: Studying business at Brock goes beyond balance sheets and bottom lines. Here, we help develop tomorrow's business leaders who are ready to think critically, adapt to changing business landscapes and look beyond geographic boundaries. In this session, participants will learn about the different programs and opportunities that the Goodman School of Business has to offer in order to help launch the careers of our students.</p>
<p>Preparing for a career in health care Presented by: Faculty of Math & Science, and Med Plus Program Interested in a career in health care? Study Life Sciences at Brock and enhance your degree with Med Plus. Developed in partnership with local hospitals and medical professionals, Med Plus is a four-year, co-curricular program for students looking to learn about and gain experiences in the health care sector. Gain a competitive edge and build the skills necessary for admission to professional health programs.</p>
<p>Niagara College Options & Information Presented by: Gabriella Lanzillotta Niagara College's College session is set up to help individuals learn about the postsecondary programs and opportunities at Niagara College, yet provide individualized pathway plans for each participant. This session will cover pathways and programs to provide participants a stronger foundation with their postsecondary research. By attending, participants will gain a better understanding around commonly asked questions about life as an NC student! Topics covered include extensive pathway planning, funding programs to help cover the cost of education, as well as other supports provided by the college. Following the session, participants will receive one-on-one liaison support from Niagara College as they research the best options for them.</p>
<p>Emerging Industries in Niagara and Pathways to Apprenticeship Occupations Presented by: Adam Durrant, Niagara Workforce Planning Board and Vince Friyia, Ministry of Training Colleges and Universities How does one make plans for a career when the job market is always changing? Join the Niagara Workforce Planning Board's research staff for a session that separates fact from fiction when it comes to getting into the job market. Learn about current and emerging industries in Niagara. Staff from the Ontario Youth Apprenticeship Program will help you to explore the various pathways to enter and work in apprenticeship occupations.</p>
<p>Explore Health Care careers offered at Niagara College! Presented by: Carolyn Triemstra, Niagara College Community and Health Studies Discover many opportunities available at Niagara College in the health care field. NC students learn in the classroom, the lab and in clinical environments. Come and hear about many health care vocational options that are available to you at Niagara College.</p>