

RESUME BUILDING, COVER LETTER BUILDING, INTERVIEW SKILLS



Presented By YRES:

FREE WORKSHOPS

Join us to uncover and practice effective study techniques proven to enhance learning and academic performance. From time management strategies to active learning methods, you will explore and have the chance to discover your individual learning style.

WHAT TO EXPECT FROM THE WORKSHOP:

- Distinguishing between active vs. passive study methods
- Time management tools and strategies
- Motivation and goal setting

SPEAKERS



Aanushan Elangoban

- 4th Year UTSC student studying Clinical Psychology
- Experienced in youth advising and career planning



January 24th 2026

1 PM – 2 PM (EST)
12 PM – 1 PM (CST)
11 AM – 12 PM (MST)
10 AM – 11 AM (PST)



Zoom Meeting

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York Region Educational Services is a non-profit organization, committed to providing educational services to York Region and beyond.



STRESS AND MENTAL HEALTH (G6-12)

Presented By YRES:

FREE WORKSHOPS

Feeling stressed? Join us for a session on managing stress and boosting mental well-being. We'll explore mindfulness techniques and practical tips for handling academic pressures, staying calm, and building confidence. Discover how to take care of your mental health and thrive in challenging situations.

WHAT TO EXPECT FROM THE WORKSHOP:

- Distinguishing between active vs. passive study methods
- Time management tools and strategies
- Motivation and goal setting

 Feb 7, 2026

1 PM – 2 PM (EST)
12 PM – 1 PM (CST)
11 AM – 12 PM (MST)
10 AM – 11 AM (PST)

 *Zoom Meeting*

SPEAKERS



Aanushan Elangoban

- 4th Year UTSC student studying Clinical Psychology
- Experienced in youth advising and career planning

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PREPARING FOR PART-TIME OPPORTUNITIES (GRADE 6-12)



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- Distinguishing between active vs. passive study methods
- Time management tools and strategies
- Motivation and goal setting

SPEAKERS



Aanushan Elangoban

- 4th Year UTSC student studying Clinical Psychology
- Experienced in youth advising and career planning



February 21st 2026

1 PM – 2 PM (EST)
12 PM – 1 PM (CST)
11 AM – 12 PM (MST)
10 AM – 11 AM (PST)



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LINKEDIN FUNDAMENTALS: START GAINING CONNECTIONS!

Presented By YRES:

FREE WORKSHOPS

In this session, we will go through how to find the program requirements and prepare for university applications beforehand. All high school students and parents are welcome to attend!

WHAT TO EXPECT FROM THE WORKSHOP:

- University applications including supplementary applications
- Fulfilling your course requirements
- Course selection in university

 April 4th , 2026

1 PM – 2 PM (EST)
12 PM – 1 PM (CST)
11 AM – 12 PM (MST)
10 AM – 11 AM (PST)

 *Zoom Meeting*

SPEAKERS



Aanushan Elangoban

- 4th Year UTSC student studying Clinical Psychology
- Experienced in youth advising and career planning

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ACHIEVING ACADEMIC GOALS (TRANSITION FROM HIGH SCHOOL) (G11-I2)

FREE WORKSHOPS

Join us for an informative workshop on post-secondary pathways, where we'll explore options like university, trade schools, apprenticeships, and career-focused programs. Learn about the benefits of each path, how to choose the best fit for your goals, and gain insight into scholarships, applications, and planning for success. This session will help you make an informed decision and set you on a path toward a successful future.

WHAT TO EXPECT FROM THE WORKSHOP:

- Learn how to choose the right path based on your interests, skills, and future goals.
- Get insights into scholarships, application processes, and key deadlines.
- Receive tips on planning for success and making informed decisions about your next steps.

SPEAKERS



Aanushan Elangoban

- 4th Year UTSC student studying Clinical Psychology
- Experienced in youth advising and career planning

 April 25th, 2026

1 PM – 2 PM (EST)
12 PM – 1 PM (CST)
11 AM – 12 PM (MST)
10 AM – 11 AM (PST)

 *Zoom Meeting*

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FINANCIAL LITERACY IOI (GIO-I2)

Presented By YRES:

FREE WORKSHOPS

Join us for an informative workshop on post-secondary pathways, where we'll explore options like university, trade schools, apprenticeships, and career-focused programs. Learn about the benefits of each path, how to choose the best fit for your goals, and gain insight into scholarships, applications, and planning for success. This session will help you make an informed decision and set you on a path toward a successful future.

WHAT TO EXPECT FROM THE WORKSHOP:

- Learn how to choose the right path based on your interests, skills, and future goals.
- Get insights into scholarships, application processes, and key deadlines.
- Receive tips on planning for success and making informed decisions about your next steps.

SPEAKERS



Aanushan Elangoban

- 4th Year UTSC student studying Clinical Psychology
- Experienced in youth advising and career planning



March 7, 2026

1 PM – 2 PM (EST)
12 PM – 1 PM (CST)
11 AM – 12 PM (MST)
10 AM – 11 AM (PST)



Zoom Meeting

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