

ACADEMIC & CAREER PREP TORONTO, ONTARIO

AGES 16-18 • JUL 13 - AUG 02, 2025



2025

Building strategies for future success!



ACADEMIC & CAREER PREP 25 WEEKLY HOURS



SESSIONS LENGTH
3 week session
July 13 - August 02



INCLUDED WEEKLY EXCURSIONS:
1 full day excursion
3 half day excursions

BE FUTURE READY WITH "ACP"!

This programme is designed to help international high school students prepare for the coming challenges of post-secondary studies and professional life in a supportive and academically stimulating environment. Combining critical exercises in self-reflection with an exploration of the study and career options available to them, students come away from the programme with a better understanding of their own identities and life goals, and build solid strategies planning their future. Mindfulness sessions are incorporated throughout the course, giving students the tools needed to manage potential stress or anxiety that may come when faced with the challenges of pursuing a successful future.

PROGRAMME OUTCOMES

- Improved self-confidence
- Clarification of personal goals
- Valuable stress management skills
- Enhanced soft-skills for future success
- Increased awareness of career options

IDEAL CANDIDATE

- Students aged 16 to 18 years of age
- Must have high-intermediate to advanced level of English (equivalent to IELTS 5.0+)
- Students who are prepared to actively participate in class discussions
- Passionate and ambitious individuals who are starting to consider their future
- Students who could benefit from self-reflection and goal-setting exercises

SCHEDULE HIGHLIGHTS

| | MORNING | AFTERNOON | EVENING |
|---|--|--|-------------------|
| S | At leisure | Toronto Walking Tour | Sports Night |
| M | Mindfulness: Stress Management Strategies | Project Prep | Tie Dye T-Shirts |
| T | Academic English Skills: Application Forms | Wet 'n Wild Waterpark | Fashion Show |
| W | FULL DAY UNIVERSITY CAMPUS TOUR | | CN Tower |
| T | Niagara Falls | | |
| F | Future Proofing: Innovation & Adaptability | Casa Loma | 70's Disco Party |
| S | HALF DAY LOCAL CAMPUS TOUR | Athletic Centre OR Afternoon Sign-Out | Minute to Win It! |



ACCOMMODATION

- Single rooms in university residence (limited doubles)
- Each floor has washroom and shower facilities (1:8/1:10)
- Males and females are accommodated separately
- Staff live in residence providing full supervision
- Card-operated laundry machines
- Bed linens, blanket, pillow and bath towel included

FACILITIES

- Large classrooms
- Dining hall and modern cafeteria
- Beautiful garden ("The Quad")
- Air-conditioned student lounge
- Full WiFi access
- Athletic centre (within walking distance)
- Cafés, shops, boutiques and shopping malls all within walking distance of the campus
- Medical centre/hospitals within 1 km

MEALS

- 3 meals daily (Monday to Saturday)
- Brunch and dinner on Sundays
- All meals are provided in the university's beautiful dining hall. A modern cafeteria features stations that offer a wide choice of nutritious main courses.

Trinity College of the University of Toronto is not affiliated with the CISS summer programme.



PROGRAMME PACKAGE INCLUDES:

- 25 hours of instruction per week
- Accommodation
- 3 meals daily (brunch and dinner on Sunday)
- 1 Full Day, 3 Half Day excursions per week
- Afternoon sports and on-campus activities
- Full supervision
- Athletic Centre membership
- Toronto airport meet and greet + transfer to/from campus
- Emergency medical and dental insurance up to \$100,000 CAD
- WiFi on campus
- Bed linen changed weekly
- CISS T-Shirt upon arrival
- CISS Certificate upon completion of course study

MAIN FEATURES



WiFi



Central Toronto



Included Excursions



University Dormitory



Campus Tours

PROGRAMME INFO

ACADEMIC AND CAREER PREP

- 25 hours of programming per week including in-class lessons, campus tours, and workshops
- 1 hour = 60 minutes
- High Intermediate or Advanced English level required (equivalent to IELTS 5.0+)
- Small classes (20 students maximum)

MODULES AND THEMES

| | |
|-------------------------------------|--|
| Self-Reflection and Mindfulness | Students are pushed to critically examine their own identities, values and belief systems to gain a deeper understanding of who they are, what they want to do in the future, and how they will get there. Mindfulness sessions provide students with essential skills and tools to help manage stress and anxiety as they face upcoming challenges in both their academic and professional future. |
| University and College Preparation | Students are asked to think about the coming challenges of post-secondary life with a focus on successful university/college applications, study strategies for the language proficiency tests commonly required for higher education admission (e.g. TOEFL, IELTS etc), and skills for success once they are admitted, including cross-cultural communication and identifying campus resources. |
| Academic English Skills | In the written communication section of this class, students will learn how to improve their ability to express themselves, whether on a college/university form or an employment cover letter. Students will gain a better understanding of the forms and standards suitable for writing essays in college/university. In the oral communication section, students master key competencies for academic success including group discussion, presentations, and active listening. |
| University and College Campus Tours | Campus tours are designed to feature the wide range of post-secondary disciplines that are available including: <ul style="list-style-type: none"> • Undergraduate programmes (e.g. arts, sciences, business) – York University • Professional programmes (e.g. law, medicine, architecture) – University of Toronto • Alternative programmes (e.g. art, design, film/tv/radio) – OCAD & Ryerson University • Applied programmes (e.g. trade, technologies, community services) – George Brown College |
| Career Exploration | Students are encouraged to discuss their current career ambitions, which are then compared against future trends in the job market. Based on the career interests of the students, guest speakers from related industries are brought in to give the class an overview of the typical career path, and what constitutes success in the field. |
| Future Proofing | The nature of work has changed dramatically in the modern, technology-driven world, and continues to evolve. Students today increasingly need "soft skills" that are transferable to various types of employment, and are adaptable to future changes we still don't know about. This class builds on three skills identified by today's employers as being the most important for success: empathy, innovation, and collaboration. |

EXCURSIONS

Weekly included excursions showcase the best tourist attractions that Toronto has to offer. All trips are organized and led by CISS staff, and provide a ratio for proper safety and supervision.

FULL DAY: 1 PER WEEK (may include)

- Niagara Falls (with boat tour)
- Canada's Wonderland
- Treetop Trekking
- Wye Marsh Canadiana

HALF DAY: 3 PER WEEK (may include)

- Blue Jays Baseball Game
- Casa Loma
- CN Tower
- Disco Boat Cruise on Lake Ontario
- Distillery District/Spaghetti Factory
- Picnic in High Park
- Local Toronto festivals
- Ripley's Aquarium
- Royal Ontario Museum (ROM)
- Toronto Harbourfront
- Toronto Islands
- Toronto Zoo
- Wet 'n Wild Water Park

ACTIVITIES

A variety of afternoon and evening activities are offered at no extra charge. Activities may include:

- Amazing Race • Board Games
- Capture the Flag • Casino Night
- Colour Wars • Crazy Olympics
- Dances / Discos • Evening Under the Stars
- Athletic Centre • Game Show Night
- Karaoke • Magic Show • Movies
- On-Campus Sports • Photo Scavenger Hunt
- Speech Contest • Summer Festivals
- Talent Show • Yoga • Zumba

OPTIONAL ACTIVITIES



- Offered once a week.
- Average spending: \$50 CAD/week

Options may include:

- Art Gallery of Ontario (AGO)
- Go Karting • Laser Quest
- Movies • Outlet Mall

AFTERNOON SIGN-OUT

- Offered once per week
- Students are allowed to sign-out in groups of 2 or more for independent shopping and/or sightseeing



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MLI Education Group

