

CZSS at TRINITY **ACADEMIC & CAREER PREP**

Building strategies for future success

TORONTO, ONTARIO

AGES 16 -18 | JUL 12 - AUG 01, 2026




ACADEMIC & CAREER PREP
 20 WEEKLY HOURS

BE FUTURE READY WITH “ACP”!

This programme helps international high school students prepare for the challenges of post-secondary studies and professional life in a supportive, academically stimulating environment. Combining self-reflection with exploration of study and career options, students gain a clearer understanding of their identities and goals, and develop strategies for their future. Mindfulness sessions provide tools to manage stress and navigate the challenges ahead.



SAMPLE SCHEDULE

	MORNING	AFTERNOON	NIGHT
S	At Leisure	Eaton Centre	Trivia Night
M	Mindfulness: Stress Management Strategies	Casa Loma	Karaoke
T	Academic English Skills: Application Forms	Athletic Centre or Neighbourhood Tour	CN Tower
W	Risk-taking and resilience	Ripley's Aquarium	Outdoor Movie Night
T	----- Niagara Falls -----		
F	Half Day - University Tour	Athletic Centre or Optional Activity	Disco Party
S	Future Proofing: Innovation & Adaptability	Arts & Crafts or Afternoon Sign-Out	Casino Night



RETURN HOME WITH...



CLARIFICATION OF FUTURE GOALS



STRESS MANAGEMENT SKILLS



GLOBAL AWARENESS



INTERNATIONAL FRIENDSHIPS

STUDY & DISCOVER

Live, learn, and explore—
make CISS at Trinity your
home this summer!



IDEAL CANDIDATE

- High-intermediate to advanced English proficiency (IELTS 5.0+).
- Passionate and ambitious students 16-18 years who are starting to consider their future
- Individuals who could benefit from self-reflection and goal-setting exercises

COURSE TOPICS

Self-Reflection and Mindfulness	Students critically examine their identities, values, and beliefs to gain clarity on their future direction. Mindfulness sessions provide strategies to manage stress and address challenges in both academic and professional contexts.
University and College Preparation	Students prepare for post-secondary life by exploring university/college applications, gaining awareness of language proficiency tests, and developing essential skills for post-secondary success.
Academic English Skills	Students develop writing skills for clear expression on college forms, cover letters, and essays. They also build oral communication competencies for academic success, including group discussion, presentations, and active listening.
University and College Campus Tours	Campus tours showcase the wide range of post-secondary options, including undergraduate, professional, alternative, and applied programmes across arts, sciences, business, trades, and technologies.
Career Exploration	Students discuss their career goals, learn how they align with future job market trends, and hear from guest speakers about typical career paths and what it takes to succeed.
Future Proofing	In today's evolving, technology-driven world, students need transferable soft skills. This class focuses on empathy, innovation, and collaboration—three skills employers value most. Important for success: empathy, innovation, and collaboration.

PROGRAMME OUTCOMES:

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

PACKAGE INCLUDES:

- 20 hours of lessons each week
- 3 meals daily (brunch & dinner on Sundays)
- Accommodation at university dorm
- Full WiFi on campus
- 1 full day, 3 half day excursions each week
- Afternoon & evening activities
- Emergency medical insurance
- Full supervision
- Arrival/departure transfers
- CISS t-shirt & certificate of completion

EXCURSIONS & ACTIVITIES

1 FULL DAY TRIP PER WEEK

Niagara Falls
Treetop Trekking
Canada's Wonderland
Wye Marsh

3 HALF DAY TRIPS PER WEEK

Art Gallery of Ontario (AGO)
Blue Jays Baseball
Casa Loma
CN Tower
Picnic in High Park
Royal Ontario Museum (ROM)
Ripley's Aquarium
Toronto Island Park - Lake Ontario

AFTERNOON & EVENING PROGRAMME

A variety of supervised afternoon and evening activities are part of the programme. Some examples may include:

Camp Activities (games, sports, arts&crafts), Neighbourhood Tours, Evening Events (dances, movies, karaoke)

AFTERNOON SIGN-OUT

Offered 1-2 times per week

Students are allowed to sign-out in groups of 3 or more for independent shopping and/or sightseeing nearby.

OPTIONAL ACTIVITIES

Offered once per week

Average spending: \$60 CAD/week

Options may include: Outlet Malls • Movies • Arcade

CAMPUS LIFE



ACCOMMODATION

- Single/double rooms in university dorm
- Staff live in residence for full supervision
- Boys and girls separated

FACILITIES

- Large classrooms
- Spacious common areas
- Modern dining hall
- Full WiFi access

MEALS

- 3 meals Mon - Sat
- Brunch & Dinner on Sundays
- Cafeteria offering several nutritious food options

For more information,
photos and schedule
details, visit us at



MLI Education Group



WWW.CISSCANADA.COM