



ACADEMIC & CAREER PREP

BUILD SKILLS FOR WHAT COMES NEXT.



AGES 16-18 | TORONTO, CANADA | 20 HOURS/WEEK

COURSE SESSION: JULY 11 - JULY 31

PREPARE FOR FUTURE SUCCESS

Students explore their interests and future options while building practical skills for post-secondary study. Through class discussions, self-reflection, campus tours, and career exploration, students develop greater confidence in making decisions about what comes next.

SELF-REFLECT

Identify personal interests, abilities, and goals for the future.

COLLABORATE

Solve problems with new friends from around the world.

EXPLORE OPTIONS

Learn about different post-secondary options and careers.

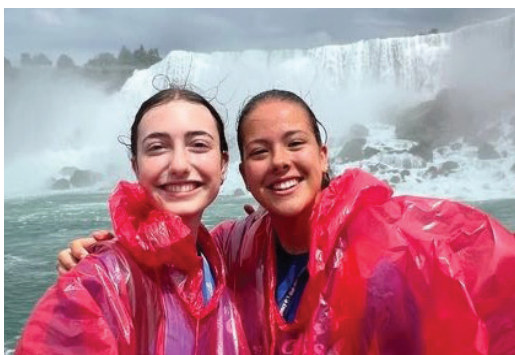
PLAN AHEAD

Build strategies for change, resilience, and well-being.

COURSE HIGHLIGHTS

20 lesson hours per week | 3 week session | CISS Certificate of Completion | Future-focused project

Academic & Career Prep lessons take place in the morning, while still offering students the opportunity to participate in the same activities and excursions that are included as part of the CISS at Trinity programme.



PREPARE FOR WHAT COMES NEXT

IN THE CLASSROOM

REFLECT

Students examine their strengths, values, and interests to better understand what matters to them. Mindfulness and stress management strategies help them approach new challenges with greater confidence.

EXPLORE

Students investigate study and career pathways that connect with their interests. They examine future job market trends and consider how changing industries and emerging opportunities could shape their choices.

PLAN

Students explore entry requirements, applications, and the academic skills needed for further study. They identify practical next steps, from improving their communication to gaining experience in an area of interest.

ADAPT

Students practise empathy, innovation, and collaboration through discussions and group challenges. They explore how these transferable skills can help them respond to change and navigate different study and career paths.



IDEAL CANDIDATE

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

BEYOND THE CLASSROOM

University tours introduce students to different options and campus environments. Guest speakers share experiences, helping students consider their choices and opportunities.

THE FUTURE-PROOF CHALLENGE

Students with similar study or career interests work in small groups to explore a pathway they want to pursue. Together they present why it interests them, what they've discovered, and where it could lead. Every student then identifies their own next steps for exploring it further.

REFLECT > EXPLORE > PLAN > PRESENT



LIFE AT CISS at TRINITY

- Historic residence on the University of Toronto's Trinity College campus
- Single, double, or triple rooms with shared washrooms
- 3 half-day + 1 full-day excursion each week (Niagara Falls guaranteed)
- Nutritious meals daily
- 24/7 supervision and support
- Close to classrooms, meals, and activities
- Spacious common areas
- Full WiFi access throughout campus

READY TO PLAN YOUR FUTURE?
CISS ACADEMIC & CAREER PREP
SUMMER 2027

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ciSScanada.com

