



Neal Ewers

BEAT THE STREETS

SUMMER 2020 NEWSLETTER STUDENT EDITION



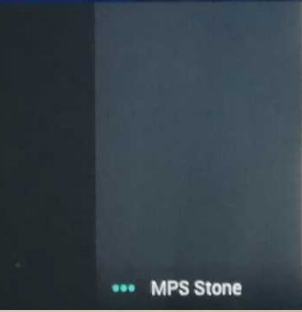
John Park



Simi Jayeoba



Christelle L.



MPS Stone



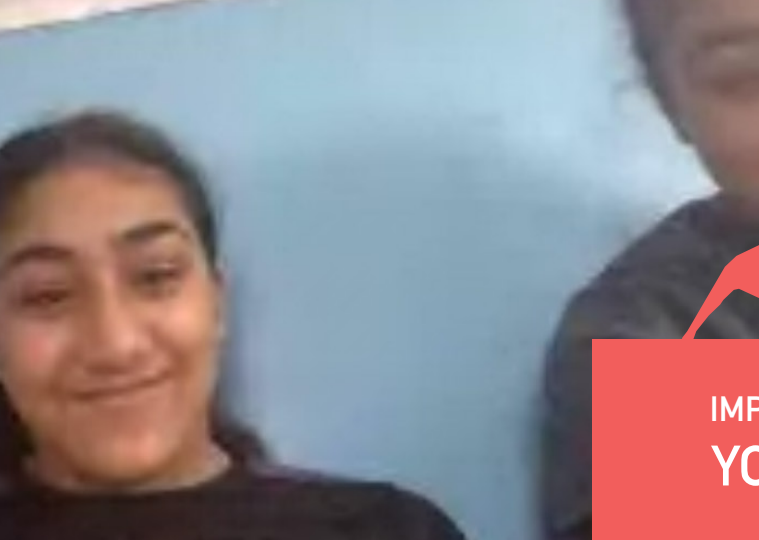
Dejah Slater



Neal Ewers



Simi Jayeoba



IMPACTING YOUTH

**THIS BTS SUMMER
NEWSLETTER 2020 IS A
SPECIAL STUDENT EDITION.**

**THE CONTENT HAS BEEN
WRITTEN AND PRODUCED
BY OUR SUMMER JOBS
TEAM.**

A SPECIAL THANKS TO:

TYLER BARRY

SIMI JAYEOBA

CHRISTELLE LANS

STONE LEWIS

TARLEEN SAROYA

TARNPREET SAROYA

DEJAH SLATER

ARELY TORALES

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LETTER FROM BTS EXECUTIVE DIRECTOR

CHANGING THE GAME:

Beat the Streets (BTS) has had a fantastic year coming out of a very challenging period in our 6-year history. In the first quarter of 2020, BTS was in a state of emergency with limited funding and a lack of partnerships to run our programming. In the very last min of the first quarter, we received a well-timed Trillium Grow grant to expand our Wrestle 4 FUNdamentals program where we encourage physical fitness in students age 6-12 in partnership with school boards across the Greater Toronto Area (GTA). Special thanks to the Ontario Trillium Foundation for their continued support of our programming. With that grant, things started to turn around for BTS and our programs have been picking up momentum ever since.

Since then, we ran another successful Summer Jobs Program in partnership with another Canada Summer Jobs Grant where we hired and trained seven high school & university students. They learned and executed tasks in digital marketing, grant sourcing, event planning and program development. It is easy to say this was our best year yet. Be sure to visit our website to see some of the great content they have provided over the 9 weeks at www.btstoronto.com/blog, as usual, it's been a pleasure working with such great individuals and it is sad to see them go but happy they are leaving with new skills and strong work

experiences. We wish them well as they head back to school this fall.

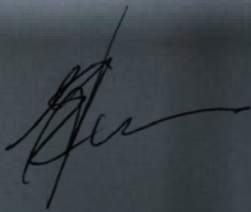
During the second quarter of the year, BTS hit another home run securing a Trillium Seed Grant to start an innovative new program called **You Grow Girl** (YGG). We are very excited about this program as it will bring 6 professionals with a wealth of knowledge and experience to deliver workshops to young women ages 14-18 on Mindfulness, Goal Setting and Planning, Decision Making, Building Relationships, Coping Skills, and Confidence and Leadership. Along with that, the students will also be given 18 classes of physical fitness to develop resilience and fitness. It will also educate them on how to keep fit and stay positive. We are still working out the details of the delivery of this program as the Ontario Government works through the stages of Covid-19 transitional protocols but we are prepared to deliver these classes online or in-person at our fitness and education centre in Mississauga.

We are now looking forward to the third quarter of the year as we are in a great position to execute our Wrestle 4 FUNdamentals and our Mentorship Programs. We anticipate both of these programs will use an online/social distancing format to adhere to the Covid-19 transitional protocols for the remainder of 2020. With this in mind, we have secured a facility at our offices at 1301 Fewster Dr. in Mississauga where we are equipped to run online classes through Zoom.

For more information, visit our website to see our Covid-19 transitional plan. We have revamped our Mentorship program and where it challenges our students to be accountable to themselves and track their progress through goal setting and strategic planning. Each student will have a personal webpage where they can document their progress and learn innovative ways to become the successful person they desire to be.

All in all, it has been a very successful year so far with all things considered and with a rough start to 2020. We are very excited about the next three years and all the things we can accomplish with the continued support of our donors and granters.

Stay tuned, greater things to come!



Thank you!
Neal Ewers
Executive Director



NEW PROGRAMME: YOU GROW GIRL

Arely Torales

This year the 2020 Canada Summer Job crew for Beat The Street (BTS) worked on a new project that will be launched to the public soon. We have been working hard on making it happen to create a better future for the sports community and a safe place for young females. The target group for our You Grow Girl (YGG) program is girls between the ages of 13-18. In this program, BTST will incorporate fun, unique, and engaging programs to help girls develop in a positive and healthy environment.

The purpose of our new program is to give girls the opportunity to build their resilience, confidence and health. We plan to help females improve their agility, balance, coordination endurance, and flexibility skills while also learning about time management, planning, journaling, and healthy habits. Our YGG classes and workshops will be located in a high-quality gym in Mississauga starting in September 2020. This program will be running for 12 weeks, twice a week. We will start on September 14th and end on November 30th.

This program wouldn't be possible if it weren't for the generous support of the **Ontario Trillium Foundation**. With the funding they have provided us, we are able to create a program that will help girls with their mental health, their fitness abilities, and confidence. To start off this project, the team reached out and

interviewed a few women that inspired them, with the main theme being women empowerment. With these interviews, we were able to create the YGG video series which can be found on our **Instagram** and we also have a blog series on our website that consists of blogs about inspiring women, girl experience in sports, helping grow women in sports, and many more. We are all very excited for this program to be launched. We even made it in the **Mississauga News!**

Check out our **blogs** on our website at Beat The Streets and our videos on Instagram. To learn more about the program visit our **You Grow Girl** page.

**YOU
GROW
GIRL!**
BTS

PROUDLY FUNDED BY

Ontario
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Fondation Trillium
de l'Ontario



WRESTLE THE CITY
GIRLS EDITION

The Streets Toronto
PRESENTS
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GIRLS EDITION



WRESTLE 4 FUN(DAMENTALS)

Tarleen & Tarnpreet Saroya

The Wrestle 4 Fun project allows children ages 6-13 to become more active and involved by enhancing their physical literacy by taking part in wrestling and gymnastics based activities. They participate in games, drills, and exercises to teach essential movement skills such as agility, balance, and coordination and introduce discipline and decision-making skills.

Over 3 years, BTS will encourage the physical literacy and confidence of 11,000 students and train 18 teachers in coaching. Our aim is to support the development of After school Wrestling programs and encourage

This program allows middle schools and grade nine students to build their foundational fitness and have fun during these uncertain times while also practicing safe social distancing. The project will enable kids to participate in 3-5 days of online classes per school. The classes will be instructed by trainers and coaches and differ in terms of exercises, fitness drills, creative exercise, and music.

Special thanks to Ontario Trillium Foundation for funding the program. Without their help this truly wouldn't have been possible. With the help of Ontario Trillium Foundation and Beat The Streets staff, 14,000 students participated in our original program, we gained 255 new and active student wrestlers, there are 11 new school wrestling programs, and 21 teachers are now trained in coaching!!



..... PROUDLY FUNDED BY

Ontario
Trillium Foundation



Fondation Trillium
de l'Ontario

BTS SUMMER JOBS 2020

This year's summer jobs program has been our biggest and best yet. A big thank you to Summer Jobs Canada for providing us with funds to employ 6 of our 8 BTS students this summer. Our students have been working hard to do research, social media and fundraising tasks. They have been responsible for creating and launching the You Grow Girl Video Series - Women Who Inspire and creating content for our online presence. They have helped us to redesign our mentorship program, are working on a Social Media Guide and Donor Recognition Plan and a wide variety of other tasks to help them prepare for their future.

Working during the pandemic is hard enough for adults, yet our youthful and

capable team rose to the challenge and quickly adapted to remote working. They learned different softwares and online apps that kept them connected and up to date with their teams.

We will be very sad to see them go, but very happy that they have increased their digital, communication, leadership and research skills. They also learned to meet regularly, to communicate with their team, to meet deadlines and be held accountable for their work and their actions. We know these skills help to increase their job readiness and prepare them for their exciting futures!

Read about their experiences on the following pages.

Summer Team Highlight

Creating and launching You Grow Girl: Women Who Inspire Series

BTS WOMEN WHO INSPIRE SERIES



YGG WOMEN WHO INSPIRE SERIES:
TREVLYN



YGG WOMEN WHO INSPIRE SERIES:
BRIANNE



YGG WOMEN WHO INSPIRE SERIES:
SIMI

Canada

SUMMER JOBS TEAM // 2020



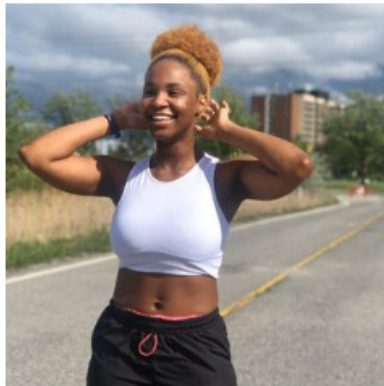
SIMI JAYEOBA
MENTORSHIP
RESEARCH ASSISTANT & YOUTH ADVISORY
BOARD MEMBER

[READ BIO](#)



DEJAH SLATER
MENTAL HEALTH AND MONITORING &
EVALUATION RESEARCH ASSISTANT & YOUTH
ADVISORY BOARD MEMBER

[READ BIO](#)



CHRISTELLE LANS
SOCIAL MEDIA COMMUNITY MANAGER

[READ BIO](#)



STONE LEWIS
FUNDRAISING OFFICER

[READ BIO](#)



TARNPREET KAUR SAROYA
SOCIAL MEDIA COMMUNITY MANAGER

[READ BIO](#)



TARLEEN KAUR SAROYA //SOCIAL MEDIA
COMMUNITY MANAGER

[READ BIO](#)



ARELY TORALES //FUNDRAISING OFFICER

[READ BIO](#)



TYLER BARRY //SOCIAL MEDIA COMMUNITY
MANAGER

[READ BIO](#)

BTS SUMMER JOBS 2020

RESEARCH TEAM

"My experience with Canada summer jobs this summer has been nothing short of amazing. This summer job has taught me many useful life skills such as accountability and discipline. Some of my responsibilities included creating blog posts and Instagram posts, doing research on what the current task is and writing reports based on my findings."

Dejah

"My experience working with Beat the Streets through Canada Summer Jobs has been very positive. I feel immensely grateful for the opportunity to create work, that is meaningful, from the comfort of my own home. I was able to learn new skills and increase my competence and confidence moving forward. I increased my strengths in going through and condensing vast amounts of information while researching, leading tutorials, planning projects, and social media promotion to name a few. I have also been able to further develop some of my own personal interests like editing videos for the You Grow Girl Campaign and learning the basics of website design. I also enjoyed the knowledgeable team of people I got to work alongside and strengthen my communication and leadership skills with every meeting. I am very grateful to Canada Summer Jobs for the funding of the work I've done this summer and look forward to its continued impact."

Simi

BTS SUMMER JOBS 2020

FINANCE TEAM

"Thank you Canada Summer Jobs (CSJ) for the opportunity of keeping me busy during the 2020 pandemic summer. With the whole Covid-19 pandemic and lockdown that started in March, I didn't think I would have a job this summer, but thanks to CSJ they allowed it to happen. Working with Beat The Streets (BTS) has been lots of fun and full of learning experiences. I've acquired new skills and improved the ones I already had while working with BTS. Such skills include better research, how to create my own online portfolio, improving my writing skills, and many more. These skills will definitely come in handy in September when I start University. Some of the jobs I was doing with BTS were writing blogs, learning about donor databases, how to recognize a donor and researching for programs who want to help out in the community. Most of these tasks were new for me and I definitely learned a lot. I enjoyed working with BTS this year so thank you, once again, CSJ and BTS for the great opportunity!"

Arely

"My experience with BTS was amazing. I was taught how to work with grants, donations and was able to improve my writing skills a lot. Being able to work with a team full of wrestlers was welcoming and also very productive. Our bosses were hard on us but it only made me want to work harder and be better at the job. Overall this summer job was great. I loved it and I hope I get the chance to do it again next year. This year for the summer jobs program I was one of the fundraising officers. Some of my responsibilities were to organize grants that we would be able to have a partnership with as well as find donors that could possibly give donations to help our program. Having this job helped acquired new skills and improved the ones I already had while working with BTS. Such skills include, everyone still needed to do their own part to contribute in getting the work done on time."

Stone

SOCIAL MEDIA TEAM

"This summer, I got to work as a Social media manager. This is actually my first manager role and honestly, and I'm more of a 'liking then keep scrolling' person when it comes to social media but this job showed me what social media influencers actually have to go through to boost their pages and make it interesting enough for people to want to follow them. It's actually a full-time job kind of thing and I sure used to underestimate those people. Thanks to this job, so far, I got to play apart in the You Grow Girl (YGG) movement, I learned how to create a schedule for other people, how to produce, coordinate and manage social media content, build a social media guide for upcoming social media managers at BTS, develop a media campaign for Wrestle 4 Fun, after school programs and YGG, all of this while working with an amazing team. I loved every bit of it. Let's not forget Canada Summer jobs for funding this opportunity. Thanks to that, I was able to acquire new skills, learn new things and meet new people. I am beyond grateful for this opportunity."

Christelle

"My experience with BTS and CSJ has been great. I have learned many more responsibilities and skills. I have learned some skills such as data management, design and my writing skills have improved significantly. I have also learned responsibilities such as time management, collaboration and to be accountable for myself. Overall I think working with BTS and CSJ was a great experience and I would love to do it again."

Tyler

“Our responsibilities as Social Media Managers included producing, coordinating, and managing social media content. This means creating suitable content for our followers, and assigning our team daily theme-based posts, and Instagram stories. We enjoyed every new post that our co-workers came up with which actually boosted our page and got our followers involved. Simi is an amazing editor and she has done a phenomenal job editing all the You Grow Girl videos, Jessica is always on top of everything and without her nothing would run as smoothly as it does. She is great at what she does. Christelle does an amazing job at coming up with schedules and assigning the daily theme-based posts.

Tyler has efficiently been recording the insights for every post ensuring Beat The Streets is getting interactions, Arely and Stone have done a phenomenal job managing the donors and being the backbone of BTS by handling the finances, Dejah is great at researching and developing great ideas that benefit BTS. Coach Neal is on top of everyone’s attendance, and he is a terrific leader. John is great because he attends weekly meetings and gets up to date on all the tasks and is always sure

to share his wisdom and make our meeting fun. Both of us, Tarn and Tarleen ensure to always put out our best work which results in our page growing bigger. As social media managers we also created templates for Instagram posts, and table of contents to allow for future individuals in this job position to have a clear understanding as to their responsibilities and tasks.

This summer our campaign, “You Grow Girl” launched and as a team, we successfully created a posting schedule and a great deal of content that we shared with our followers encouraging more buzz for the campaign. As social media managers, we also monitored and answered comments and messages across all platforms (Instagram, Facebook), we communicated with similar organizations and influencers via social media to create a strong network and lastly, we proofread and edited our peers’ blog posts. We would like to say a big thanks to Canada summer jobs and Beat The Streets for this incredible opportunity to learn and develop such useful skills that we can later apply in future jobs, school, and life. Overall we really enjoyed working at Beat The Streets.”

Tarleen & Tarnpreet

BTS SUMMER JOBS 2020 HIGHLIGHTS



MY FAVOURITE FRUITS

Aug. 6, 2020 · Arelly Torales

Read about some of my favorite fruits, how I enjoy them the most and health benefits for you.

[Read More →](#)



JUST THE BEGINNING

Aug. 5, 2020 · MPS Stone

Wrestling is a marathon not a sprint. This is my beginning.

[Read More →](#)



MY TOP 5 FAVOURITE WRESTLING MOVES

Jul. 30, 2020 · Tyler Barry

Click here and learn more about me by learning my top 5 favourite wrestling moves.

[Read More →](#)



WHAT IS IT LIKE WORKING REMOTELY AT BEAT THE STREETS?

Jul. 28, 2020 · Tarleen Saroya

The Beat the Streets summer jobs students have been working remotely for quite some time. Read all about their experiences and opinions on how it has been.

[Read More →](#)



GOALS: WHERE YOU AIM CHANGES THE GAME

Jul. 23, 2020 · Simi Jayeoba

Learn about how and why setting goals is so important. What can you do to improve your path?

[Read More →](#)



YGG PROMO SERIES: WOMEN WHO INSPIRE

Jul. 22, 2020 · Simi Jayeoba

Learn more about the Women Who Inspire video series where we are giving a platform to the women who inspire us! This comes ahead of our new You Grow Girl program beginning in Fall 2020.

[Read More →](#)

Week	Exercise Name or Description	Sets	Reps	Tempo	Rest	Set 1	Set 2	Set 3
A	Lower Body: Single leg glute bridge	3	10	3:1	1:00	SW	SW	SW
A	Upper Body: Push-ups	3	10	2:0	1:00	SW	SW	SW
B	Lower Body: Lunges	3	10	2:0	1:00	SW	SW	SW
B	Upper Body: Sit-ups	3	10	3:0	1:00	SW	SW	SW
C	Core or arms: V-ups	3	10	2:0	1:00	SW	SW	SW
C	Core or arms: Sit-ups	3	10	3:0	1:00	SW	SW	SW

GET SWEATING!

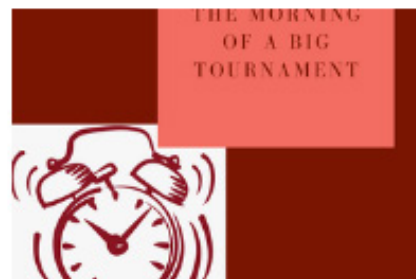
Jul. 21, 2020 · Dejah Slater

As a former coach and that's what she's all about.



TO MY PAST AND PRESENT COACHES

Jul. 16, 2020 · christelle L.



5 THING I DO TO GET READY THE MORNING OF A BIG TOURNAMENT

Jul. 14, 2020 · Tyler Barry

NEW BLOG

THIS IS JUST THE BEGINNING

How did you get into wrestling?

"IT'S OKAY TO MAKE MISTAKES - MAKE AS MANY AS YOU WANT - AS LONG AS YOU LEARN FROM THEM. THAT'S WHAT WE'RE AIMING FOR."

CHRISTELLE LANS

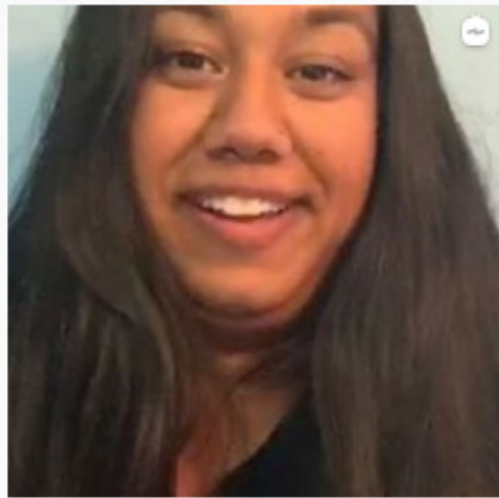
BeattheStreets

YOU GROW GIRL
BTS BLOG SERIES

NEW BLOG

My Favourite Fruity

Let us know what your favourite fruit is.



"YOU ARE ENOUGH AND YOU CAN ACHIEVE WHAT IT IS THAT YOU ARE LOOKING TO ACHIEVE IF YOU JUST STICK TO IT AND PURSUE YOUR DREAM"

JAGDEEP SAROYA

BeattheStreets

YOU GROW GIRL
BTS BLOG SERIES

MY 5 FAVOURITE WRESTLING MOVES

TYLER BARRY

Is...	Isn't...
<ul style="list-style-type: none"> • Important • worth making time for • Real • Complex • Something we need to look after 	<ul style="list-style-type: none"> • A sign of weakness • shameful • all in your mind • something you decide you have • something you can snap out of

! brain icon ✓ heart icon

What is it like Working Remotely?

BeattheStreets

LIVING IN A TIME OF COVID-19

BTS students share their
experiences with COVID-19.

LIVING IN A TIME OF COVID-19

Arely Torales:

2020 has been quite the year! As an athlete I think a three month pause was well needed. After training day after day, sport after sport, season after season, a break did me well mentally and physically. During my days at home I worked out a few times during the week to stay in shape, but most of the time I spent it resting and enjoying food. I spent some time learning how to better my cooking skills, and from that I learned that cooking is just not for me. Sometimes I would go for groceries and I found it crazy how everyone made the vibes in the stores so tense, but it's understandable. Having to stay home with nothing to do then going for groceries and being worried about getting the virus, being attacked for paper or literally anything else. I think this year has been quite the year, but it's all

"I spent some time learning how to better my cooking skills, and from that I learned that cooking is just not for me."

about the perspective you see it in. It's something new, something different, and we had to pause the world but not our life's. I have had a few bad days at home but for the majority of the time I enjoyed my time off. This was my experience during the COVID-19 pandemic.

Dejah Slater:

My experience with COVID-19 hasn't been the greatest. I went through several rough periods because of it. At the beginning of the lock down, I didn't have a set routine which threw me off completely, It was very hard to find motivation and to stay motivated when it came to school, work and working out. As the lock down continued, it slowly got better. This job has kept me busy, which helped a lot.

"I didn't have a set routine which threw me off completely."

LIVING IN A TIME OF COVID-19

Tyler Barry:

My experience with Covid-19 has had some ups and downs. It started off pretty good because it was like an extended March break and it felt good to stay home for a few weeks and spend time with my family. After the first few weeks the days started to become longer because I was running out of things to do. I missed many things due to Covid-19 such as vacations, weddings, nationals

and being able to see people. I feel like working with BTS (funded by Canada Summer Jobs) relieved me from boredom and loneliness because it gave me something to do and people to communicate with on a daily basis. Overall, while there were highlights, I do not want to do all of this again.

“The days started to become longer because I was running out of things to do.”

Christelle Lans:

I didn't really mind being in quarantine because when it all started, I was in school the entire time (the end of winter semester and summer school) so I was busy 4 times a week for, at least 6 hours a day. Therefore, I didn't really have the time to be bored and find new hobbies. On the weekends, if I wasn't studying, I was sleeping or stressing

out about presentations and essays fast approaching due dates. Schooling at home wasn't a problem, working at home was. My experience on working remotely wasn't the most fun thing cause we were inside all the time, and there's like no real human interaction so it kind of doesn't really feel like work but I'm adjusting.

“Cause we were inside all the time, and there's like no real human interaction.”

LIVING IN A TIME OF COVID-19

Tarleen & Tarnpreet Saroya:

Our experience with COVID-19 wasn't too negative. As a matter of fact, it has been very handy as everything we need is at our fingertips. Because of COVID-19, our team did regular, and frequent check-ins our leaders had daily meetings, at permanent times, to answer any pressing questions. This also allowed us to interact with our team. We were assigned a sufficient amount of work throughout the week so that we could complete the tasks yet also challenge ourselves. We enjoyed the experience of working online during COVID-19, we learned and developed our skills every day and we loved the opportunity to work with our team members.

Some challenges that come with working during the pandemic were getting in contact with our co-workers as not everyone's active online at the same time. It could also feel as if we're were just doing work on a computer as opposed to being able to interact and chat with our co-workers and friends. We feel like the real-life experience would have allowed us to get a feel for a different environment and experience. We would have been able to work and communicate with our co-workers face-to-face and be able to experience the actual situations in person like waking up earlier, having to dress in proper attire, etc.

Our reduced supervision and direction did occasionally result in slight procrastination. We live in a family of 7 so we often deal with interruptions and distractions which is somewhat challenging. We kept consistent work hours that we recorded and stuck to a manageable schedule. Working online during this time was very convenient as everything was easily accessible. Although we are not able to socially interact, Zoom meetings were very advantageous. Our workday began at 10 am but we decided the times to work on our weekly assignments which was nice. Overall, working throughout COVID-19 had its challenges but for the most part, we're very grateful to have had the job.

“Our reduced supervision and direction did occasionally result in slight procrastination.”

LIVING IN A TIME OF COVID-19

Simi Jayeoba:

My experience with COVID-19 was definitely challenging but ultimately, it has offered me a lot of growth and a summer that I'm really pleased with. As a university student, March and April were difficult months to get through without the regular support of my instructors and peers. Collaboration is typically an important part of an engineering degree and it was much more difficult to engage with others when I was working from home. The stress of exams and final projects weighed down on me heavily and no longer having a scheduled time to train and exercise with my teammates, limited my ways of releasing stress. In the end however, I've walked away from that experience understanding that my

capabilities are more than I often assume. I also have come face to face with the immense importance of maintaining your mental health and developing your own practices for wellbeing.

Continuing on into the summer, the pandemic offered me a lot of time to reset. For the first time in some years, I didn't have a full time job or academic responsibilities. It was a beautiful time to relax and continue piecing together what is important for me to hold onto in times of stress. Getting to work with Beat the Streets gave me meaningful responsibilities and allowed me to learn so many new skills and apply them to meaningful projects.

Stone Lewis:

CCOVID-19 has been hard for everyone but over the past few weeks, I've slowly started to get used to it. It was a hard adjustment to make but I was able to work around the fact that we will be quarantined for a few months. To substitute wrestling, I've just been sticking to workouts as well as techniques every other day just to stay fit for when the season comes back. Also, I've been able to spend a lot more time with my family and do activities together which we usually don't get to do because of work and school.

"I've been able to spend a lot more time with the family and do activities together."

“I’ve walked
away from that
experience
understanding
that my
capabilities are
more than I
often assume.”

Simi Jayeoba

WORDS OF ADVICE TO RECENT HIGH SCHOOL GRADS

Fall is almost upon us, and that means a whole new group of young people are getting ready to enter University or College. This can be a challenging time, with so many new activities and experiences, decisions and relationships. It is exciting and can also be overwhelming.

Students Simi Jayeoba (McMaster University), Christelle Lans (York University) and Dejah Slater (Centennial College) share some words of wisdom and advice on what has helped them successfully navigate the transition to post-secondary education.

Dejah Slater, 2nd year Police Program (Centennial College), and 2 years Child and Youth Care (Trent University)

Some advice I would give to students going into university or college is to write down the due dates that every test and assignments fall on and put that somewhere where you can see it every day. This way, you will have a harder time forgetting when it's due. Another thing is to try and finish assignments at least 5 days before the due date so you have wiggle room to check it over and do not stress about it at the last minute. The last piece of advice is school is not your life, make sure you have a school and life balance or else you will go crazy. Enjoy your school experience and have fun.

Simi Jayeoba, 3rd year Engineering Physics Student (McMaster University)

There is a lot of different advice that I would have liked to hear entering university. Firstly, have a healthy and positive understanding of yourself while still being willing to do things that challenge you. Staying true to yourself will always be better in the long run no matter what it might seem like. Secondly, fulfill your responsibilities first and foremost (as a student, athlete, employee etc.) and then allow yourself to have fun - however, you personally define fun! Make sure to attend class and engage with your professors, Excitement and engagement is more important to professors than "intelligence". Your professors will like you for engaging with them and that is valuable. Lastly, don't waste money. Creating savings is more about what you spend than what you earn so be mindful about your monthly expenses.

A photograph of a library with rows of bookshelves filled with books. Several light bulbs are hanging from the ceiling, casting a warm glow. A red semi-transparent box is overlaid on the center of the image, containing text.

Christelle Lans, 4th year French & Psychology Student (York University)

Going to post-secondary is all about finding yourself and what you like. The major you started with might not be the one you graduate with and that's okay because at the end of the day, it's about finding something you know you won't mind spending the rest of your life doing. If only you knew how many times, I've changed my major in the last three years. I got into university not knowing what I wanted to study and it's something that I have yet to regret. Now, I know that I love psychology but hate social sciences, it would be a miracle if I understood 10 words during lectures. One more thing, if you don't like something like whether it's a course or a friend, don't wait till the last minute to drop them because the longer you wait, the more trouble you might get yourself into. I know because I had to take that social science class three times.

THANK YOU!



An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

We are grateful for your support of \$365,400 in funding to Beat the Streets to deliver youth programmes for the next three years encouraging **resilient, confident and active youth** across the Greater Toronto Area.

NEW PROGRAMME PAGES ONLINE NOW!

Thanks to our Summer Jobs Research Team, we have been able to create programme pages. Check them out:

You Grow Girl Programme

[LEARN MORE](#)

Summer Jobs (Work it) Programme

[LEARN MORE](#)

Wrestle 4 Fun Programme

[LEARN MORE](#)

Mentorship Programme

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Simi Jayeoba, BTS Summer Jobs Program

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