

With fall upon us, Discover Year is proud to announce the launch of our new website! Check out our new look here (<http://www.discoveryyear.ca/>).



Program Updates _____

Our inaugural Discover Year program is underway!

We are off and running - here are a few highlights so far:

- We have **9 incredible Discoverites** enrolled who are working hard on building skills and learning about themselves already
- We have had the following workshops to date: Interview Skills, Success in the workplace, Networking 101 (building trust), Post-secondary decision-making, Active listening and non-verbal communications, Steps to career decision-making
- A number of our amazing mentors have also visited for career panels and shared their journeys and lessons learned... with many more to come!
- Like and follow our Facebook (<https://www.facebook.com/MentorU.ca>) page for updates!

Noteworthy Reads _____

Wading into the Workplace: Tips for a Successful First Job

Interested in learning the do's and don'ts of a professional work environment? MentorU & Discover Year founder Jay Gosselin sheds light on how to stand out and thrive in the workplace.



5 Ways High School Grads Can Make the Most of a Gap Year

From experiencing the world to discovering yourself and your true passions, Saint Mary's University career counsellor Karen Schaffer provides advice on how to take a *meaningful* gap year.



Upcoming Events _____

Discover Year has a host of great events planned for this fall!

The events (<http://www.discoveryyear.ca/events>) page on our website is frequently updated, so you never have to worry about missing out.



Fall Open House

You are cordially invited to join us on November 2, 2016 for our Open House. This evening is a great opportunity to learn more about the Discover Year program and network with Committee Members. Stay tuned for location and time details!

Discover Night featuring Craig Cardiff

On November 30, 2016 we will be hosting a night of music and discovery at Nepean High School in Ottawa. Our feature guest is Canadian folk artist Craig Cardiff, who will be showcasing his musical talents in a FREE* concert. The concert will be followed by an information session and networking event with our Committee members. Stay tuned for event registration!

*Free for students aged 16-22, plus two accompanying guests



Keddy Declan Uzor

Keddy is currently working towards completing his undergraduate degree at the University of Ottawa. He believes that the single most important piece of advice he can offer to students graduating high school is that you need to keep feeding your brain with information. Keddy stresses that constant stimulation of the brain increases its potential, advising youth to keep reading. He takes great pride in helping to empower others.

Questions? Email us at
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(//maps.google.com/?

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Check out my website (<http://www.discoveryyear.ca/>)