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| **2014 AHM Secondary Students Symposium Workshops****\*\* Unless specified, all workshops are run in A.M. and P.M.** |
| **Workshop Title** | **Presenter** | **Workshop Description** |
| **Asian Canadian Representations in Contemporary Art and History**AM 4PM 4Room 2279 | **Marissa Largo & Eunice Chow**Eunice Chow is a Master's student in the Department of Humanities, Social Sciences, and Social Justice Education at OISE University of Toronto. She holds a Bachelor of Education from OISE and an Honours Bachelor of Arts from University of Toronto. Her academic focus is on anti-racism and Canadian history education. Her MA thesis explores how teachers mobilize Canadian history curriculum and pedagogy to address race and racism in the K-12 classroom. Marissa Largo is a secondary teacher with the Toronto Catholic District School Board and is on leave doing her second year PhD student in the Department of Humanities, Social Sciences, and Social Justice Education, at OISE University of Toronto. She holds an honours degree in Visual Arts and a Bachelor of Education from York University and has a Master's degree in Art Education from Concordia University. Her art work has been presented in several group and solo exhibitions across Canada, such as Memory and Place (2009), Public Realm (2010), and Nuit Blanche (2011 and 2012).  | Through a multimedia presentation, critical dialogue, and hands-on activities, participants will engage with issues of race and representation as they relate to Filipino/a Canadian contemporary art and Chinese Canadian history." |
| **Asian Teens and Mental Health**AM 11PM 11Room 4414 | **Irene Au Yeung & Karen Goldstein**Irene Au Yeung is a first generation immigrant from Asia. She is a parent of a young adult who has been through her journey of managing the clashes of two cultures. As a social worker Irene supports children, teenagers and their families in different settings. She has been a school social worker since 2007.Karen Goldstein is a school social worker who has extensive background in providing mental health supports to children, teens and families, She works to support students in schools when there are personal, interpersonal, familial, cultural issues that interfere with their ability to move forward in school and in their lives outside school.  | This workshop will help participants gain a better understanding of:* Common sources of stress for high school students.
* Cultural factors influencing the stress management of students of Asian descent.
* Signals indicating problems of coping and the need for help.
* Helping resources in the community.
* Cultural factors influencing the helping process.
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| **Asian-Canadian Hairstyles for Any Occasion**

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AM 6PM 6Room 2286 | **Derick Woodruff & Cynthia Contractor** Derek Woodruff and Cynthia Contractor are Community Services Supervisors for the Toronto District School Board. Together they will introduce Studio 500, a hairstylist training program (Pre-Apprenticeship/Apprenticeship) which is operated by the TDSB under the Community Services Department. The program helps participants launch their careers in the industry. It has in-class and hands-on-training, and a salon placement which may lead to a registered apprenticeship. This Apprenticeship program prepares participants to write the Hairstylist Certificate of Qualification (CofQ) exam. Training in cutting, styling, colouring, hygiene, and customer service and salon management. | Fun and interactive workshop on Asian-Canadian hairstyles with demonstrations as well as hands-on practice for students |
| **Chi Kong**

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AM 1PM 1Room 2211 | **Wei-Tsu Chen (Maria) Lin**Maria immigrated to Canada from Taiwan in 1991 with a major in biology. She is interested in science, education and the arts. The first time she learned Chi Kong was six years ago. Since she has known Chi Kong, she has practicing it every day. | The presenter will demonstrate how to perform Chi Kong. Chi means energy. Chi Kong refers to the movement of Chi circulation and is the practice of the awareness for mental, spiritual and corporeal health. Practicing Chi Kong helps improve your health. During this session, participants will practice twenty different movements of Chi Kong. |
| **East meets West: Application of Chiropractic and Medical Acupuncture in the Western World**AM 18PM 18Room 8201 | **Dr. Kevin K.W. Lee**Dr. Lee holds both a Doctor of Chiropractic degree and a Bachelors of Professional Science degree from New York Chiropractic College. His experience includes treating patients with common musculoskeletal conditions and treating competitive runners and Taekwondo athletes. He has furthered his education by completing a certification to provide acupuncture though McMaster University’s Contemporary Medical Acupuncture Program.  | Dr. Lee will present and demonstrate chiropractic and acupuncture care for individuals who have common musculoskeletal complaints. |
| **Eye Health in Asians *(AM only****)*AM 19Room 3310 | **Dr. Yan Cao**Dr. Cao earned her B. Science, and Doctor of Optometry in University of Waterloo. she practiced alongside glaucoma specialist to do post-operative care for cataract and glaucoma patients, and in other independent clinics as in GTA. She opened her own practice in Markham in 2012, offering primary eye care and eye wear. | Eye health with Asian perspective: * Recent generations of Asians are more likely to wear glasses for distance for distance (near-sighted) due to long hours of close work. 70% of university graduates do in fact wear glasses. There is earlier development and greater progression in myopia (near-sightedness) with new smart phone and Ipads.
* Asians are more likely to get pterygiums and cataracts earlier due to lack of sun protection for their eyes in their earlier life.
* Asians and Inuits are more likely to get narrow angle glaucoma (thief of sight) as well.
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| **Finding Meaning in our Technological Age *(PM only)***PM 20Room 2198 | **Antonio Leyva**Graduate of the London School of Economics and Political Science, Teacher at The School of Philosophy. | A Buddhist teacher was giving a talk in Japan where a young man raised his hand and said, “Tell me one reason I should go on living”, this workshop addresses this question and the fundamental theme of meaning and purpose in our lives. |
| **History meets Humanity: Asian Experiences of WWII**AM 10PM 10Room 4410 | **Sarah Bleiwas, Judy Cho & Flora Chong**Sarah has facilitated learning experiences with non-profits for 4+ years. With ALPHA she explores WWII in Asia to affirm peace. Previously she contributed to an employment program in The Philippines, a peace booklet on a refugee camp in Ghana, a Farmers Market in Montreal. She studied Philosophy and International Development.Judy is the Program Director at Toronto ALPHA. She leads in the annual study tour to Asia. She is also a co-founder of NABI Women’s Network and project coordinator for the Free and Empower Me (FEM) project which aims to empower youth by examining historic issues surrounding violence against women and promoting healthy ways in which young adults can deal with current issues of violence in our communities.Flora retired from her executive position of a business group and became a full time volunteer for Toronto ALPHA in 2005. She now serves as the Executive Director and Vice Chair. Over the years, she has spearheaded and developed numerous education and public awareness programs. Flora received the Queen’s Golden Jubilee Medal in 2002 and many volunteer awards. She holds an MA Social Justice and Education at the Institute of Education, University of London and Master of Divinity at Tyndale Seminary. | Why are some histories dominant and others marginalized? What are the legacies of past atrocities? How does this impact our choices today? This interactive session will explore these questions through a focus on the history of WWII in Asia. Working in small groups, participants will encounter documents of the war and its current implications. Collectively we will look at the capacity of different individuals to move towards peace before introducing participants to up standers of the past and present to gain inspiration for making positive choices in our own lives. |
| **Make It Happen! : Mentorship and Goal Setting in the Age of Social Media**AM 14PM 14Room 4426 | **Monica Batac & Naheed Dosani**As an educator, Monica Batac has explored various spaces in Ontario and abroad, in and outside of classrooms/schools. Monica’s work includes international teaching, political campaigns, and research on technology innovation in schools. Monica is currently teaching at the Linden School, an all-girls independent school in Toronto founded on feminist and social justice principles.Naheed Dosani is a Palliative Medicine Fellow at the University of Toronto. He recently completed his Residency in inner-city Family Medicine, where he served as Co-Chief Resident of St. Michael’s Hospital. His current projects include investigating the impact of housing on health, policy and refugee health, social media as a tool for communication among healthcare providers and palliative care for heart failure patients. | This workshop will discuss and explore how to leverage social media for authentic personal development. The presenters will share how social media is utilized in their fields, education and medicine respectively.In this interactive session, students will introduce, explain and explore their interests and goals in mixed groups. After a brief introduction and group discussion on mentorship, students will brainstorm, individually and collectively, on how to support these interests and goals. Students will come away with new online and face-to-face networks that will enrich and support their future personal, academic, and professional goals.Mobile devices and/or laptops are recommended for part of this session. |
| **Origami**AM 9PM 9Room 2296 | **Yoko Barber & Tim Murphy**Yoko Barber was born and educated in Japan, She moved to Canada after working in Tokyo. Yoko, a member of the Ontario College of Teachers, is now retired, after teaching in a high school in TDSB as a full time teacher. She now enjoys teaching Japanese language credit course, International Languages. Tim Murphy inspired over 30 years ago by a scene in a film and learned Origami. He soon began teaching others the art of paper folding at events such as the International Children’s Festival held at Harbourfront Centre. Together with the local folders, Tim helped get the Origami Society of Toronto started in the 1980’s. | Origami is the traditional Japanese art of paper folding, which started in the 17th century or earlier, and was popularized outside of Japan in the mid-1930. The goal of this art is to transform a flat sheet of paper into a finished sculpture through folding. The use of cuts or glue is not considered to be origami.In this workshop you will learn how to fold one of Mr. Murphy’s original designs and discover both the magic of transforming paper into wonderful objects of art and the variety of practical uses for Origami. |
| **Safety in Your Community**AM 8PM 8Room 2295 | **Police Constable Jaime Knox**PC Knox has been on the Toronto Police Force for 12 years. She has had many experiences in the field with students’ health and wellness. She trains students to be aware of their surroundings and safety. | PC Knox will teach students safety strategies and the current laws for students to know. |
| **Tamil Culture and Canadian Youth**AM 17PM 17Room 8200 | **Thushanth Sivaananthan &** **Sangami Jeyachandran**Thushanth Sivaananthan is a Youth Outreach Worker at CanTYD. He guides youth become positive members of the community and hosts workshops at high school drop-ins. Thushanth is pursuing an Honours B.Sc. specializing in Mental Health Studies at the University of Toronto.Sangami Jeyachandran is a Youth Outreach Worker at CanTYD. She facilitates lunch and after school drop-ins at high schools and runs workshops for youth. Sangami is currently pursuing a double major in Environmental Science and International Development Studies at the University of Toronto. | The workshop will discuss the value system of the Tamil people in regards to the cultural and social aspects and the impact this has on youth in the diaspora, especially Canadian youth.  |
| **The Consulting Industry in Asian and Canadian Markets**AM 12PM 12Room 4418 | **Simon Yu**Simon has 15 years of business consulting and business analysis experience partnering with clients in Capital Markets to improve process efficiencies, reduce operational and regulatory risks and enable strategic business goals. He has led some of the largest financial industry initiatives for the Canadian OTC derivatives and fixed income markets. | The Asia-Pacific is now leading the global economy as the fastest growing region while the Canadian economy continues to weather through the post-global financial crisis. Get an inside perspective of how global consulting firms play a critical role in shaping organizations in these emerging and maturing markets and how a career in consulting may be for you. Learn about the difference between Management/Strategy consulting and Business/IT consulting and the industry trends of each in both the Canadian and Asian Markets. |
| **The Dragon Boat Festival Dumplings Craft**AM 5PM 5Room 2281 | **Dorothy Chan**Dorothy Chan is a professional Toronto-area photographer, graphic artist and designer who has translated her interest in art into arts and crafts since early childhood. She worked as a part-time art teacher in Beware Wet Paint Creative Art School from 2009-2012, trying to keep kids interested in art and self-expression.Dorothy has been volunteering her time to serve the community at Across U-hub for nearly 10 years.  | The Dragon Boat Festival dumplings craft, a DIY project, lets kids enjoy art and have fun making something they can hold. It also helps teach them the history/story behind the Dragon boat dumplings. |
| **The Intelligence of Origami**AM 7PM 7Room 2289 | **Dr. Gary Rubinstein & Mr. Kishan Patel**Dr. Gary Rubinstein has taught origami curricularly and extracurricular for the past ten years. Mr. Kishan Patel was a member of Dr. Rubinstein's origami club at C.E. Webster P.S. While at Webster P.S., Mr. Patel created geometric designs for the school entrance way and the local library. The two have worked together on origami presentations since then, including the display at last year's TDSB TCDSB Asian Heritage Month elementary celebrations event. | In this hands-on workshop, students will explore how higher order thinking can be developed using origami. Understanding the intelligence behind a variety of origami designs including the use of platonic solids. |
| **The Wonder of Japan**AM 2PM 2Room 2212 | **Atsushi Kato**Originally from Japan, Mr. Kato started working at the Consulate General of Japan Toronto office 4 years ago. He has taught about Japan and the Japanese culture at more than 70 TDSB schools in the past few years. | In this informative workshop, students will learn more about Japan and its culture through the Kimono Experience (samples will be available for all to try out), Water Calligraphy and Origami. |
| **Tibetan Dance**AM 3PM 3Room 2214 | **Dr. Zihao (Michael) Li** Dr. Li was born in Northern China, educated in Hong Kong and Canada. He has performed with dance companies including Gong Dong Modern Dance Company, Germany Hamburg Ballet and Opera Atelier of Canada. He has taught dance at all levels in China, Japan, the United States and Canada. | This workshop promotes greater awareness and participation in multicultural dance forms. Students will develop a deeper understanding of Tibetan culture through rehearsing, presentation and choreography. |
| **Traditional Chinese Instrumental Music**AM 13PM 13Room 4420 | **JiaLi Zhou & Lipeng Wu**JiaLi is a young erhu performer based in Toronto. She co-founded Eastern-Western based fusion group “Spire”. JiaLi won the Erhu Concerto Competition at York University. She is teaching currently at Yip’s Montessori School and CICS Centre for Immigration and Community Services.Lipeng is a young dizi performer based in Toronto. She is a frequent dizi solo collaborative with the Toronto Chinese Orchestra. Lipeng teaches dizi at Yip’s Montessori School. | This is a workshop to explore and gain knowledge of Chinese music through live demonstrations and interactive presentation. |
| **Waack Revolt: Urban Dance, Gender & Film**AM 15PM 15Room 5160 | **Sonia Hong**Sonia Hong is a Toronto-based filmmaker whose creative projects are often quirky, visually stimulating and explore various elements of gender identity and empowerment. She has been awarded the “WIFT-T's Most innovative Film by a Female Director”, “Toronto Urban Film Festival's Grand Jury Prize 2009” and the “Best Up-and-Coming Toronto Filmmaker" by the Inside Out LGBT Film Festival 2011 Jury. | Waack Revolt: Urban Dance, Gender & Film will present the short film “Waack Revolt: A Dance Film”. After the screening, there will be a talk about the history of “Waacking” as well as gender expectations, realities and representations in urban dance and film. There will also be a Q & A with the filmmaker for students to be more engaged.  |
| **Wado Ryu Kara Jujitsu Kenpo: A Japanese Martial Art**AM 16PM 16Room 5170 | **Alex Waith**Alex Waith has been teaching karate in Canada since 1975. Official representative for the Wado Ryu Karate Academy and International Wado Ryu Karate Federation of Japan. 7th Dan black belt. Member of the Technical Committee for Karate Canada. Former National Competition Referee for Karate Canada and Karate Ontario. Currently teaching at the North York YMCA. | Brief History of the art and explanation of main principles interspersed with demonstrations. |