

# Immigrant Youth in the Labour Market

Valerie Preston  
York University

Presentation for World Education Services, Immigrant Youth in the Labour Market Townhall, Feb. 9, 2022  
I acknowledge with gratitude helpful comments from John Shields and funding from SSHRC Partnership Grant # 895-206-1004.

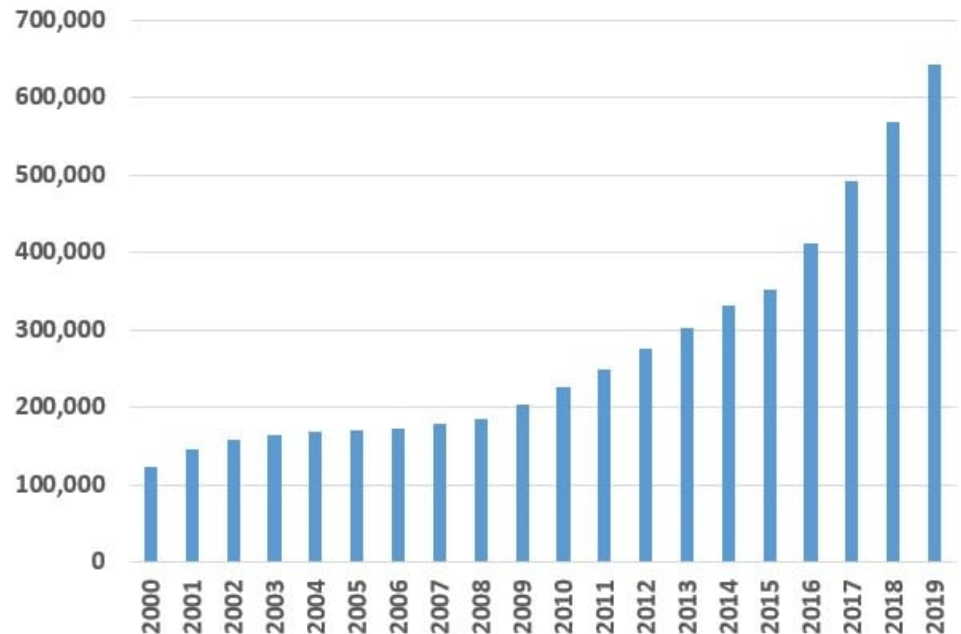


# Who are Immigrant Youth?



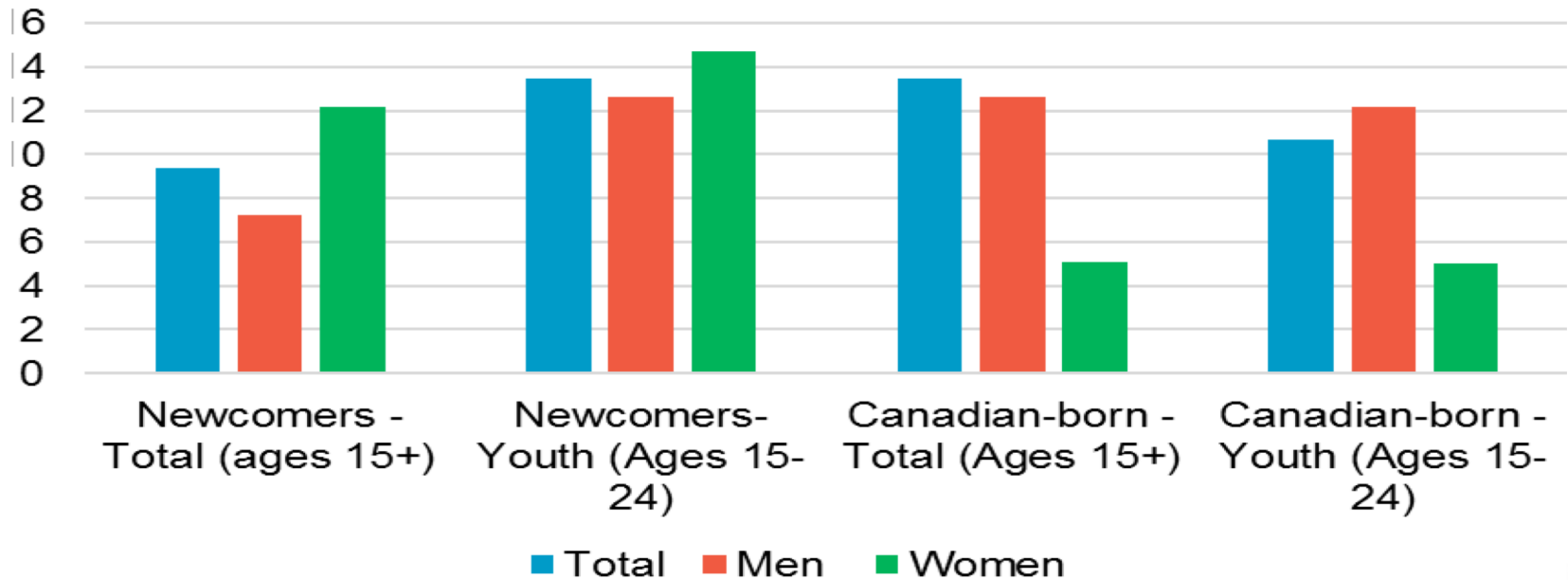
- 15-24 years of age
- Majority are Black & People of colour
- Education :
  - Non-Canadian
    - Immigrate around 18
  - Canadian
    - International students
    - Immigrate before age 14

Study Permit Holders in Canada on December 31st, 2000-2019



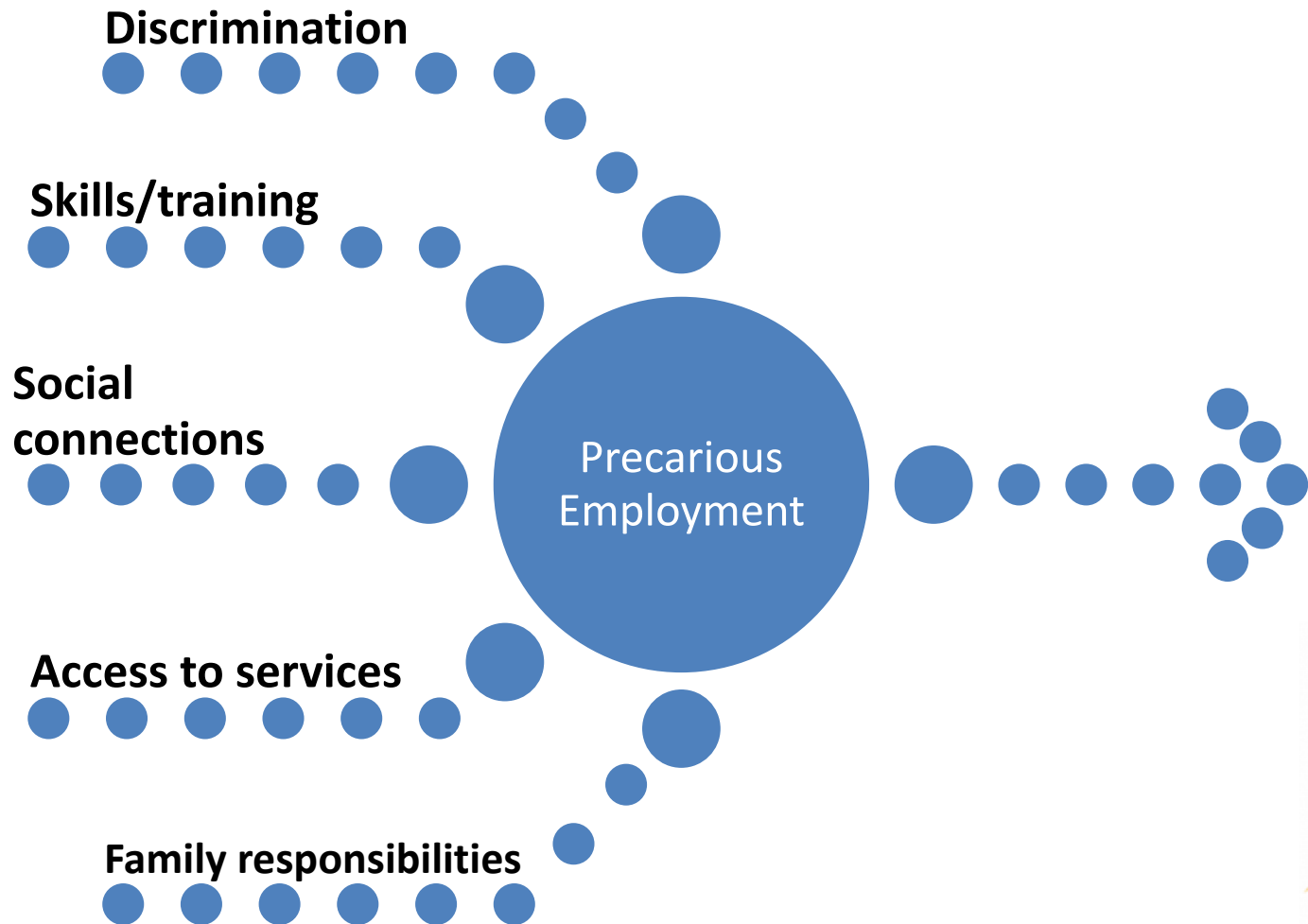
# Precarious employment

**Unemployment Rates**  
By immigration status, age, and gender



AMSSA, Migration Matters, February 2020.

# Why?





## COVID-19: how rising inequalities unfolded and why we cannot afford to ignore it

May 20, 2021 6:51am EDT

# Social Resilience

**10**  
**WAYS TO BUILD RESILIENCE**  
All information provided by the American Psychological Association

- 1 MAKE CONNECTIONS**  
Reach out to those around you. Whether it's friends, family, or a community, it is important to seek support from those who care about you.
- 2 AVOID SEEING CRISES AS IMPOSSIBLE TO OVERCOME**  
Highly stressful events cannot be changed. It is important to focus on how to prevent or cope with them rather than the fact that it can't change.
- 3 ACCEPT THAT CHANGE IS A PART OF LIVING**  
Acceptance of circumstances that are unchangeable makes it easier to focus on things that can be amended.
- 4 MOVE TOWARD YOUR GOALS**  
Setting simple goals is the best way to move past an unchangeable event. Accomplishments no matter how small are the first step to moving forward.
- 5 TAKE DECISIVE ACTIONS**  
It is important to make decisions rather than dwell and detach from your problems. This in turn helps move forward in stead of regressing or staying in the same adverse place
- 6 LOOK FOR OPPORTUNITIES FOR SELF-DISCOVERY**  
The hardest struggles often provide the most valuable lessons. Take time to reflect on your experiences to see if something can be learned.
- 7 NURTURE A POSITIVE VIEW OF YOURSELF**  
Your view of yourself directly affects your mood and attitude towards others. Having a positive view will help maintain a healthy state of mind and relationship with others
- 8 KEEP THINGS IN PERSPECTIVE**  
Remembering that all situations and events are temporary is incredibly important. What really matters is how you approach the future and move forward.
- 9 MAINTAIN A HOPEFUL OUTLOOK**  
Optimism is the key to a help managing a healthy mindset. Aiming for success rather than focusing on fear will help you move forward.
- 10 TAKE CARE OF YOURSELF**  
Invest in the activities that bring you joy and help provide you with a healthy physical and mental well-being.

**UHGAPS** Helping One Another Through Psychological Science  
For more information visit [tinyurl.com/HGAPSHurricanePrep](http://tinyurl.com/HGAPSHurricanePrep)

- Resilience is everywhere now!
  - The capacity to obtain and utilize resources that help people overcome challenges (based on Ungar 2011).
- Social resilience
  - Institutions enhance migrants' capacities
  - Learned and can be transformative
  - Relational
  - Diverse institutions are key
  - Dynamic



# Building Migrant Resilience in Cities/Immigration et résilience en milieu

Questions/Comments  
Thank you



<http://bmrc-irmu.info.yorku.ca/>

