



Member of  
Ordre des conseillers  
et conseillères d'orientation  
du Québec



# *Post-Secondary Planning*

By: Stephanie Miller  
Guidance Counsellor

# Outline of Presentation

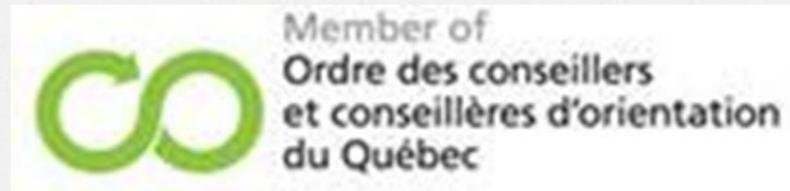
- o Graduation Requirements
- o Vocational Programs
- o Student for a Day
- o CEGEP: Program Overviews
- o Applications
- o Creative Plans: Missing Pre-Requisites or Credits to Graduate
- o Students with Special Needs
- o Career Exploration Resources
- o Application Demonstration
- o Questions

# My Role At BHS

## o Personal & Career Counselling

o My email: [smiller08@lbpsb.qc.ca](mailto:smiller08@lbpsb.qc.ca)

OR, *smiller08@lbpearson.ca*



- **Please be patient, trying to get to all that requested meeting**
- **Recess/lunch**

## \*\*Disclaimer\*\*

- o Career Vs Program of Interest
- o *Normal* to be unsure
- o Career Exploration is a **PROCESS**
- o *Need to FINALIZE which program*

# Graduation Requirements



# Graduation Requirements

o **54 Credits** in *total* from Grade 10 & 11  
+20 credits must be earned at the Grade 11 level

o Required Courses:

Grade 10 Math

Grade 11 Ethics and/or Gym

Grade 10 Science

+ remaining credits = 20 at Grade  
11 Level

Grade History

Grade 10 Art Option

Grade 10 & 11 English

Grade 10 & 11 French

# Missing Credits to Graduate

*Rest Assured there are always BACK-UP  
PLANS*

**LBPSB Summer School**

**Adult Education**

Summer Session/Fall Session/Spring Session

If thinking of Adult Education, let me know

\*Info session at school\*

# Winter 2020 OPEN HOUSES

Students & Parents are welcome!

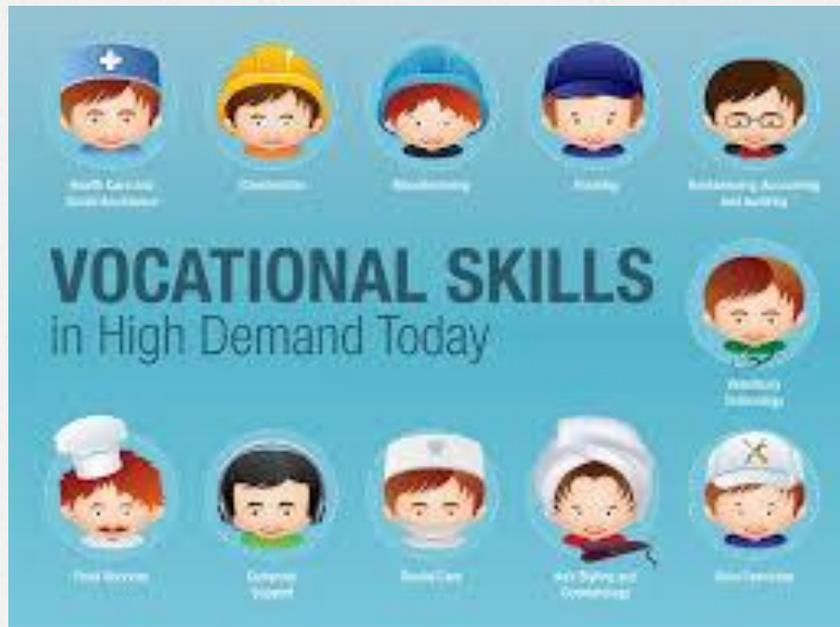
*\*\* See Open House Handout\*\**

# Student for a Day

- o Excellent Career Exploration Strategy
- o For both CEGEP & Vocational Programs
- o Sign up online or **call center directly**



# VOCATIONAL PROGRAM OPTIONS



# Vocational Programs

## o Pre-Requisites:

- o Grade 9 OR
  - o 10 **French, English, Math**
  - o OR **HS Diploma**
  - o For Students with a Specific *Passion*
- 
- o Certified Professional in **10-24 months**
  - o Excellent job prospects
  - o “Hands-On” Classes
  - o Internships & Job-Placement



# Sample Vocational Programs

- o Nursing Assistance
- o Automobile Mechanics
- o Electrician
- o Computer Support Technician
- o Professional Cooking
- o Pastry Making
- o Pharmacy Assistant
- o And more!.....



# Vocational Applications

- o Apply online [www.srafp.com](http://www.srafp.com)
- o **\*\*Interview**
- o Ongoing Applications  
throughout year
- o Recommended March/April

# CEGEP OPTIONS:

*Two Categories of Programs*

## 3 Year Career Programs

Prepare students for the world of work.

- Develop marketable knowledge and skills
- Often include stage/internship
- Lead to real jobs/certification
- Student can still go on to university (may need to take additional pre-requisites for chosen university program.
- Some university programs offer advanced standing to graduates of 3-year CEGEP programs.

e.g. Police Technology, Respiratory and Anesthesia Technology, Special Care Counselling, Business Administration, Computer Science, Dental Hygiene etc.

## 2 Year Pre-University Programs

Prepares students for university studies.

- Theoretical rather than “hands-on”
- Include university pre-requisites in the program.
- Limited practical value IF the student does not attend university -
- Does not develop the skills or competencies to obtain a career in that field without further study.

e.g. Social Sciences, Liberal Arts, Commerce, Pure and Applied Sciences, Health Sciences, Music, Creative Arts, Languages, and Literature etc.

# CEGEP Programs: 2 Year Pre-University

Social  
Science  
Program

Arts, Literature,  
Communication  
Program

Double DEC's

Sciences  
Program

Visual Arts  
Program  
(Fine Arts)

Pathways  
Explorations  
Programs

# CEGEP PROGRAMS: 3 Yr-Career Programs

## Fine Art

### Technologies:

Music, Professional  
Theater, Graphic  
Design..

## Pathways/ Exploration Program

## Business Technologies:

Business  
Administration,  
Computer Science..

## Health/Science

### Technologies:

Pre-Hospital  
Emergency Care,  
Nursing, Dental  
Hygiene...

## Community Service

### Technologies:

Police Technology, Youth &  
Adult Correctional  
Intervention, Special Care  
Counselling

# Picking a Program

1. Make sure you have **PRE-REQUISITE** courses
2. Make sure you meet the **GRADE CUT-OFFS**
3. Make sure you complete **SUPPORTING DOCUMENTS**

## Examples:

**letter of intent/reference, portfolio, pre-admission test, CV...**

## NOTE:

You can always *switch* programs!

If really unsure, take a more “general program”

# Supporting Documents

- o Letters of Intent
- o Letters of Reference
- o Portfolios
  
- o **Upload electronically to application**
- o Letter to support your application due to “extenuating circumstance”

# Evaluation of Application

- o Final Grade 10 marks
- o Average of I & II Term marks of Grade 11
  - o **English 68% or Higher**
  - o **French 65% or higher**
- o CEGEPS **WANT** to hear from you!  
*CEGEP Admissions will advise Students & Parents*

# Missing Pre-Requisites

## o Advanced Math

1. **Social Sciences:** 1 year Grade 10+11  
Math → switch
2. Summer school in **Adult Education Center**

## o Advanced Science/Physics/Chemistry

1. **Pathways to Sciences @ JAC** (missing 1-3 only)
2. **Explorations Sciences** at Dawson (need gr 10 adv math)
3. **081.06 Pathways to a Career Program” @ JAC**  
(78-80% average). Spend 1 year in program

**MEET WITH ME FOR HELP**

# APPLICATIONS for CEGEP



SRAM Application	Dawson College Application	Champlain College-St-Lambert Application	Private CEGEP applications
 <p><b>Admission.sram.qc.ca</b></p> <p><b>Hosts:</b> Vanier, John Abbott and many of the French CEGEPS</p> <p><b>3 Round System:</b> Can pick ONE program per round</p> <p><b>Deadlines:</b></p> <p><b>1st Round:</b> March 1st <b>2nd Round:</b> mid-April <b>3rd Round:</b> Mid-May</p> <p>-If applying to a 3-Year Career Program, <b>always pick 1st round</b> as are SMALL</p>	 <p><a href="http://apply-dec.dawsoncollege.qc.ca">apply-dec.dawsoncollege.qc.ca</a></p> <p>2 Choices for application</p> <p>*Only consider 2nd choice if not admitted to 1st</p> <p>-Must send in Birth Certificate</p> <p>-If applying to a 3-Year Career Program, <b>always list as 1st choice</b>, as they are SMALLER programs</p>	 <p><a href="http://commonapplication.qc.ca">http://commonapplication.qc.ca</a></p> <p>2 Choices for application</p> <p>*Only consider 2nd choice if not admitted to 1st</p> <p>-Must send in Birth Certificate</p> <p>If applying to a 3-Year Career Program, <b>always list as 1st choice</b>, as they are SMALLER programs</p>	<p><b>Apply online SEPARATELY for each one!</b></p> <p><b>Ex:</b></p> <p>Marianopolis College</p> <p>Centennial College</p> <p>O'Sullivan College</p> <p>LaSalle College</p> <p>Deadline still March 1st</p>

# Applications

**Deadline is March 1<sup>st</sup>**

- o Apply **MINIMUM 1-2 weeks BEFORE**
- o Apply to **more than 1 CEGEP/Vocational Program**
- o **Cost: 30-35\$ VISA, CHEQUE, MONEY ORDER**
- o **Vanier, Dawson, Champlain-St Lambert/  
lennoxville, John Abbott & Marianopolis we send  
marks AUTOMATICALLY**

# Students with Special Needs

- o IEP
- o Every CEGEP has a Center that supports students with Special Needs
- o “Access Center”
- o Must Call them directly following acceptance
- o Meeting to discuss accommodations at CEGEP Level
- o YOU ARE ENTITLED to them, so don't be shy!

# Some Resources

o JOHN ABBOTT:

<http://www.johnabbott.qc.ca/services-to-students/access-centre/>

VANIER

<https://www.vaniercollege.qc.ca/access/>

DAWSON COLLEGE

<https://www.dawsoncollege.qc.ca/student-accessibility/>

# Resources for Career Exploration





Student Experience

Educator Experience

Success & Support

FR

Sign In

# xello

Xello is an online program that helps anyone, anywhere in the world create a successful future through self-knowledge, exploration, and planning.

Contact Us



## OUR MODEL



### Build Self-knowledge

Students define their interests, skills, preferences and aspirations so they can explore the opportunities right for them.



### Explore Options

Students learn about career possibilities and educational pathways by exploring rich engaging content and lessons.



### Create a Plan

Students create dynamic actionable plans that outline the steps needed to achieve school, career and life goals.



### Learn & Reassess

As students gain experience, knowledge, and skills, they can reassess and change their plans for the future.



# ANDREA FRASER



QC



Macdonald High School



Grade 11



📄 Share your Profile

## CAREER MATCHES

View all



- Money Manager**  
  
E Excellent Match  
\$50,000 - \$500,000
- Logistics Specialist**  
  
E Excellent Match  
\$40,000 - \$100,000 [Hide](#)
- Research Analyst (Financial)**  
  
E Excellent Match  
\$40,000 - \$100,000 [Hide](#)
- Purchaser**  
  
E Excellent Match  
\$35,000 - \$100,000 [Hide](#)
- Management Consultant**  
  
E Excellent Match  
\$45,000 - \$300,000 [Hide](#)



## PERSONALITY STYLE

What careers suit your personality?



## LEARNING STYLE



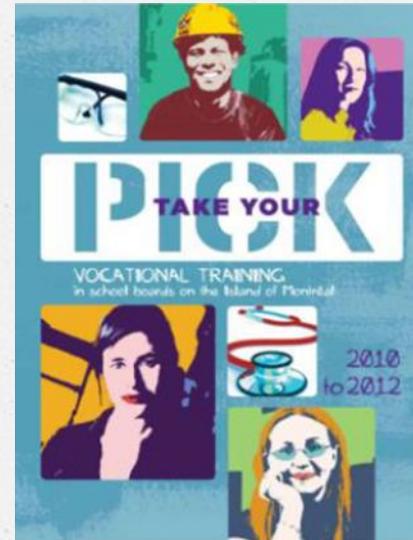
## AFTER HIGH SCHOOL...

My goal: More School or Training



[Edit Goal](#)

- o [www.livecareer.com](http://www.livecareer.com)
- o [www.canlearn.ca](http://www.canlearn.ca)
- o [www.headingforsuccess.com](http://www.headingforsuccess.com)
- o “Take Your Pick” Magazine
- o LBPSB Main Vocational Site:  
<http://lbpce.ca/>



- o **PYGMA.ca**
- o <https://www.jobbank.gc.ca/quizhome>
- o <https://www.16personalities.com/>
- o **CEGEP Websites**
- o **Vocational Websites**
- o **Guidance Office/Website: Pamphlets!!!**
- o *\*Handouts\**

# Practice Application

o SRAM: (John Abbott, Vanier etc)

<https://admission.sram.qc.ca/>

Dawson College:

[apply-dec.dawsoncollege.qc.ca](https://apply-dec.dawsoncollege.qc.ca)

**\*Need to make a login account before applying\***

**\*Careful with program codes**

**EX: 081.06-Pathways Programs**

# Questions?

