



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 Career Exploration Resources
- o Questions

# My Role At BHS

## o Personal & Career Counselling

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

## o Referrals

## o Outreach in Schools

## o Fall & Winter Class Visits

## \*\*Disclaimer\*\*

o Career Vs Program of Interest

o *Normal* to be unsure

o Career Exploration is a  
***PROCESS***

# 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**

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*

**1. January Supplemental Exams**

June Exams

**2. LBPSB Summer School**

**3. Adult Education**

Summer Session/Fall Session/Spring Session

# FALL 2018 OPEN HOUSES

Students & Parents are welcome!

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

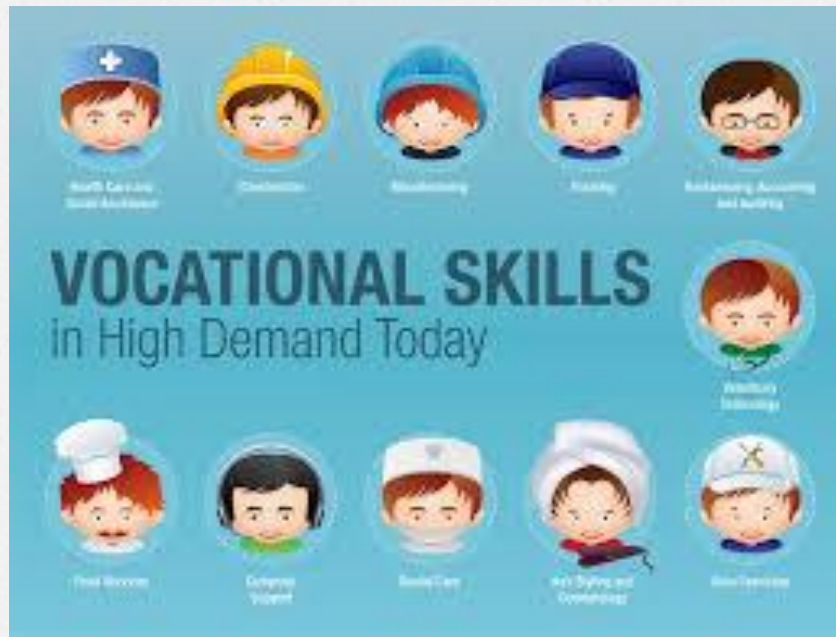


# LBPSB Career & Education Fair

- o Date: Tuesday November 13<sup>th</sup> 9:30-2:30
- o Location: Riverdale High School
- o For Grade 11s
- o “1 Stop Shop”!
- o Vocational Programs, CEGEPS, Universities, Volunteer Organizations etc



# 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 at home or at Center**

**-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”

# Evaluation of Application

- o Final Grade 10 marks
- o I & II Term of Grade 11
  - o **English 68% or Higher**
  - o **French 65% or higher**
- o Can send letters to CEGEP electronically
- o CEGEP Admissions will advise Students & Parents

# Pre-Admission Testing

## o Police Technology Testing Date:

Saturday December 8<sup>th</sup>

-Can sign-up starting Oct 1<sup>st</sup>

Will be a testing in Feb: Date TBA

## Pre-Hospital Emergency Care Testing Date:

Friday November Nov. 2<sup>nd</sup>

\*Accepting sign-ups currently

February testing Date TBA

Note: Sign-up forms available online

# 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
3. **Developmental Sciences @ Dawson** ( *grades in Adv. Science courses*)
4. **Pathways to a Career Program” @ JAC** (78-80% average). Spend 1 year in program

***Handouts***

# APPLICATIONS for CEGEP



<b>SRAM Application</b>  	<b>Dawson College Application</b>  	<b>Champlain College-St-Lambert Application</b>  	<b>Private CEGEP applications</b>
<p><b><u>Admission.sram.qc.ca</u></b></p> <p><b><u>Hosts:</u></b> Vanier, John Abbott and many of the French CEGEPS</p> <p><b><u>3 Round System:</u></b> Can pick ONE program per round</p> <p><b><u>Deadlines:</u></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><i>always pick 1st round</i></b> as are SMALL</p>	<p><b><u>apply-dec.dawsoncollege.qc.ca</u></b></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><i>always list as 1st choice</i></b>, as they are SMALLER programs</p>	<p><b><u><a href="http://commonapplication.qc.ca">http://commonapplication.qc.ca</a></u></b></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><i>always list as 1st choice</i></b>, as they are SMALLER programs</p>	<p><b><u>Apply online SEPARATELY for each one!</u></b></p> <p><b><u>Ex:</u></b>  Marianopolis College  Centennial College  O'Sullivan College  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**



# Resources for Career Exploration

*How to help your teen*



# How can *you* help as Parents?

1. Encourage them to **attend Open Houses**
2. Encourage them to sign up for **Student for a Day**
3. Encourage them to **Career Tests**
4. Encourage them to do the **RESEARCH**
5. If they are “stuck”: encourage them to **meet with me**
6. Connect them with “**Key**” **Professionals**
7. Reassure them that they **CAN *change* programs!**
8. Don’t be afraid to call Admissions with your child

# Career Exploration Help

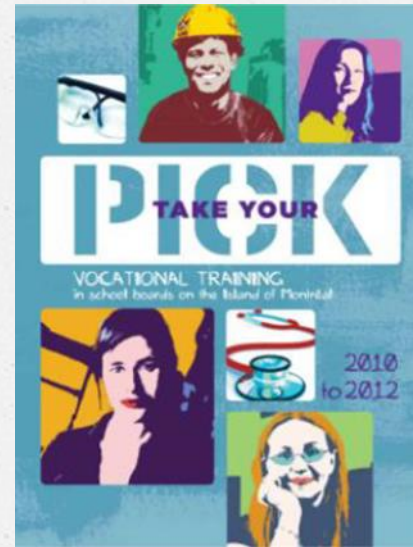
o Xello: Previously “*Career Cruising*”

[www.Xello.world](http://www.Xello.world)

\*\*Will be ready for October\*\*

- *Currently under construction*
- **Career Test**
- **Research Careers**
- **CV & Cover Letter Help**
- **And much more!**

- 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\**

# Student for a Day

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



# Questions?



# French Update

- o DELF: helpful for success!
- o French @ CEGEP
  - o 60-65% Mis a Niveau French (no-credits)
  - o 66-74% Level I
  - o 75-81% Level II
  - o 82-94 Level III
  - o 95-100% Level IV

*Sec V FINAL grade determines French level Placement*

*\*\*\*First week: French teacher does mini-assessment to make SURE students are placed correctly.*