



CAREER CENTRE NEWSLETTER

Vanier Collegiate Institute

Spring 2018

Career News

Graduation Requirements

Saskatchewan graduation requirements and a graduation checklist can be found at <https://vanier.htcsd.ca/pursueonline/high-school-guide/>. Please note that the government requires 24 credits for graduation. However, that will not necessarily ensure that students will have all the necessary pre-requisite courses for post-secondary studies.

Course Registration

Vanier Collegiate has a [course selection guide](#) and [registration forms](#) online for students/parents to look at.

Additional Certification

Dual Credits—Grade 10 and 11 students could start thinking about dual credits. That means getting a credit for the NLS or Royal Conservatory music. However, it could also mean taking university classes while still at Vanier to further advance their education. For more information check out <https://vanier.htcsd.ca/pursueonline/high-school-guide/>

First Aid and CPR—Linda Smith will be offering a blended learning style Standard First Aid/CPR AED course on May 26, 9:00 - 3:00 pm in the Peacock Library. This blended learning style is done in two parts. The first is done online at your own pace but must be done prior to the second part which is the classroom instruction. At the end, you will be certified in Standard First Aid/CPR AED “C”. If you require HCP, you will need to stay for an additional hour to get that certification. Cost is \$95. Registration must be done before April 27 to give you ample time to do the online portion. For more information, please contact Linda Smith by email at smith.linda@prairiesouth.ca or call (306) 681-8323.

Saskatchewan Construction Orientation Training (SCOT) offered by SCSA—This program is an interactive, online training course composed of 13 modules. Each focused on a different fundamental aspect of worksite safety. SCOT is convenient, easy to use and accessible as the program is available on the web. The program begins with an introductory module that describes the content, purpose and important practical information necessary to help participants navigate through the training experience. This course is offered free to all high school students and is valid for five years. If interested see Ms. Lapointe for an access pin.

WHMIS—Vanier students have the opportunity to complete their WHMIS certification online for a small fee of \$10. Students will be introduced to the WHMIS program, regulations, roles, responsibilities, classes, symbols, hazards, safe use and handling of controlled products, and much more.

Food Safe Level 1—Moose Jaw Chamber of Commerce— Students who are interested in obtaining their Level #1 certification which deals with important food and worker safety information, food borne illness, receiving and storing food, serving food, preparing food, cleaning and sanitizing, can enroll in a class from March 29 from 9-5, or April 16 from 9-5. For more information contact Christiane at (306) 692-1600.

Transferring, Lifting and Reposition courses will be taking place at various times over the next few months at SK Poly, in Regina and Saskatoon. Cost is \$195. <https://saskpolytech.ca/programs-and-courses/part-time-studies/course/transfer-lift-repostntrlrc/SPCR-100CE/>

IT'S A BEAUTIFUL THING WHEN A CAREER AND A PASSION COME TOGETHER.!

CAREER EVENTS AND OPPORTUNITIES

- ⇒ **Thinking about joining the Army Reserves? Questions for a recruiter? What do they have to offer?** The first Friday of every month a recruiter will be at Vanier during the noon hour and afternoon to answer any questions and to provide information about options and educational training plans within the military.
- ⇒ **RCMP Career Presentation** (May 5 at 9:00 am at the RCMP Heritage Centre) - This is the first step involved in applying to the RCMP. They will review the recruitment processes.
- ⇒ **BEGINnovate Saskatchewan Polytechnic (Sat. April 21 from 10-3, Regina Campus)** What is Innovative Manufacturing? Is it the right program for you? Saskatchewan's manufacturing sector continues to grow and this new & exciting program is preparing students to meet these industry needs! The program offers a wide range of training from design, CAD/CAM drafting, CNC machining, welding, fabrication, robotics, 3D printing, & project management.
- ⇒ **Insight (SK Poly—April 17)** These half day events will provide insight into: a specific program, student life, campus atmosphere, admission requirements, and application process. https://saskpolytech.ca/programs-and-courses/resources/INSIGHT.aspx?utm_source=url&utm_medium=link&utm_campaign=INSIGHT
- ⇒ **Careers in Welding** will be taking place on **Tuesday, April 24**, from 5:00 pm to 8:00 pm. Students and parents are welcome to come out to a great evening of learning more about becoming a welder and the Welding program at Sask Polytech. This will include shop tours, industry leaders, guest speakers, free pizza, and a chance to win prizes. Please pre-register for this event.
- ⇒ **Stepping Stones Career Fair (April 25)** A career fair with organizations who are serious and committed to hiring First Nation, Métis and Inuit people; encourages and provides space for interactive, fun and entertaining displays; is highly marketed to enhance attendance and participation; and, utilizes high profile role models to inspire, aspire to and motivate. All Secondary and Post Secondary Youth are invited to attend the Stepping Stones Career Fair.
- ⇒ **The Communicating for Agriculture Education Program** offers students the opportunity to gain agricultural work experience in various parts of the world.
- ⇒ **Want to learn French? Explore** is a five week intensive language-learning program for grade 11 & 12 students who want to learn or want to continue to learn French as an additional language. Participants will receive a \$2200 bursary and have the opportunity to experience another region of Canada. **Student Exchange Programs** offer Grade 10 and 11 students the opportunity to host students from Quebec for three months in the fall before travelling to Quebec for three months.
- ⇒ **Encounters with Canada (www.ewc-rdc.ca/the cost is VERY REASONABLE)**— Vanier currently has two Grade 11 students who participated with Encounters with Canada recently. They will be planning a presentation in the near future for their peers to help promote the program and its benefits. What is it still? **Encounters with Canada** is a unique opportunity for Canadian teens to meet other young people from across the country. Spend an adventure-filled week in your nation's capital! Check out future career options, discover your country, share your hopes and dreams. For 35 years, EWC has delivered a rich and varied, bilingual program. To date, more than 108,000 youth have lived the EWC experience! Students can register to participate in a variety of themed weeks ranging from arts/culture, Canada Remembers, Communication and Social Media, Democracy and Youth, Experience Canada, First Responders, Global Affairs, Law and Our Justice System, Medicine and Health, Science and Ecology, Science and Technology, Sports and Fitness, Tech and Food, and Vimy: Canada's Coming of Age.
- ⇒ **Forum for Young Canadians (forum.ca)** has been Canada's premiere non-partisan, bilingual civics education program for four decades. Well over 300 participants from across Canada will have the opportunity to go to Ottawa and meet with Senators, Members of Parliament, senior public servants, members of the national media and business leaders. It is amazing opportunity for students to become more engaged in our political process as they examine the issues that affect our country during a week of exciting activities and simulations. The deadline is typically in November of each year and the 3 sessions offered are in second semester between January and March).

- ⇒ **The Saskatchewan Co-operative Youth Program (<http://sask.coop/>)** is a summer youth leadership program at Candle Lake and Last Mountain Lake for youth aged 12 to 18. It provides opportunity for personal development, leadership training, co-operative education, recreation, and fun.

IMPORTANT DATES AND DEADLINES (Sources: online sites, PSSD Career News, Living Sky Blog)

Saskatchewan Polytechnic

- **Insight—Explore. Try. Apply.** These half day events will provide insight into: a specific program, student life, campus atmosphere, admission requirements, and application process: April 17, 2018.
- **Apply online!** SK Polytechnic has a number of programs that are first qualified first admitted, and a few high demand/competitive programs.
 - There are still a variety of programs that are open for the fall of 2018!
- **Scholarships—June and August!** <https://saskpolytech.ca/admissions/resources/scholarships-and-awards.aspx>
- **BEGINnovate—**What is Innovative Manufacturing? Is it the right program for you? Saskatchewan’s manufacturing sector continues to grow and this new & exciting program is preparing students to meet these industry needs! The program offers a wide range of training from design, CAD/CAM drafting, CNC machining, welding, fabrication, robotics, 3D printing, & project management. Saturday, April 21, 2018 from 10-3 at the Regina Campus.

University of Saskatchewan

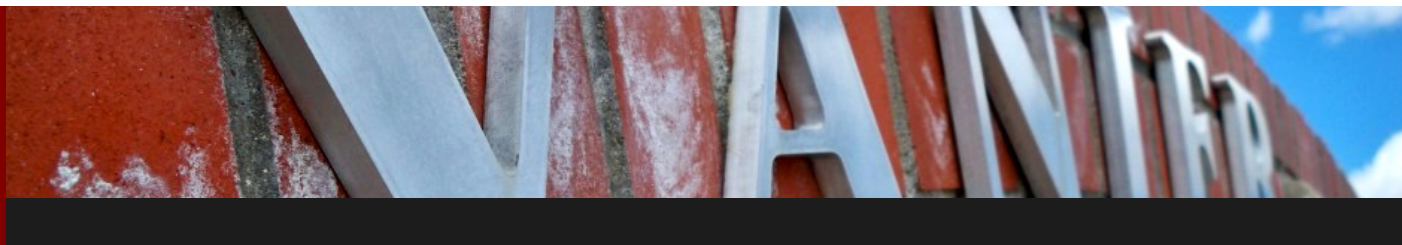
- **USTART—**Learn about your next steps to prepare for university.
 - On-campus and online sessions starting soon.
 - USTART Resources (class schedule worksheets, class registration, etc.)
 - <https://students.usask.ca/events/ustart.php#UStartresources>
 - <https://students.usask.ca/events/ustart.php>

University of Regina

- UR Beginning 2018 (May 4, registration starts in April for this event)
 - On campus academic advising, student success workshops, campus and housing tours, student ID card, night in residence if you are interested.
- **Campion College** will be arranging individual academic sessions with current Grade 12 students at the end of April or beginning of June to select their courses. Campion offers arts and science program and great services (scholarships, tutoring, and so much more)!
- **Luther College** will also be offering individual sessions much like Campion College.
- **Faculty of Education** will now be accepting applicants year round with continuous evaluation. Programs will start in the spring, summer, winter, and fall.
- Apply for **residence** by June 1 and you are guaranteed a spot!

Other Schools

- **Great Plains College—**Power Engineering Information Sessions. They also have a variety of programs in administrative assistant, electrician, heavy equipment operator, practical nursing, university, business, welding, youth care worker, and much more.
- **Check out the school you are planning on attending this fall.** They will have a variety of sessions planned much like the schools listed above to assist students with transiting to post-secondary.



SCHOLARSHIPS AND AWARDS (vanier.htcsd.ca/pursueonline.com/scholarships)

- **Vanier Collegiate Scholarship Form** for Grade 12's—MANDATORY
- **Moose Jaw Bursary Fund/PSSD-HTCSD Scholarships**—**Deadline: May 1, 2018.** The scholarships that ask the student to see their guidance counsellor are covered by completing the Vanier Scholarship Form. Scroll down to the bottom to look up Vanier Scholarships.
 - Associated Canadian Travellers Scholarship
 - Dubinsky Family Education Trust
 - Elks Lodge Trudie Temple Music Scholarship
 - Ellen Greenlay Memorial Scholarship
 - Jennie McCallum Memorial Music Scholarship
 - Ken Stewart Memorial Scholarship
 - Mel Smith Music Scholarship
 - Moose Jaw Festival of Dance Doris Sitter Memorial Scholarship
 - Moose Jaw Refinery Partnership Scholarship
 - Snowbirds Scholarship
- Go online to vanier.htcsd.ca/pursueonline/category/scholarships/ for a list of all the scholarships handed out to ALL Grade 12s on Thursday, March 22. **Deadlines and who/where you drop off the forms will vary from scholarship to scholarship!**
 - National Union of Public and General Employees (SGEU) - **July 6, 2018**
 - Conexus Credit Union - **May 4, 2018**
 - Co-op Caring for the Community - **May 15, 2018**
 - Co-op Employee - **May 15, 2018**
 - Uniroyal Junior Curling and Don Berglund Memorial Scholarship - **April 30, 2018**
 - CWL - **May 1, 2018**
 - Knights of Columbus (COOL) - **May 15, 2018**
 - Knights of Columbus (St. Joseph) - **May 1, 2018**
 - Redemptorist Fathers Scholarship - **May 1, 2018**
 - Ned Andreoni Memorial Scholarship - **May 1, 2018**
 - La Bourse Arthur Landry Bursary - **May 1, 2018**
 - HTTA Bursary Application - **May 1, 2018**
 - CUPE 5506 (HTCSD) - **May 1, 2018**
 - CUPE 5512 (PSSD) - **May 15, 2018**
 - Cando Scholarship - **May 1, 2018**
 - Rotary Club of Moose Jaw Scholarship - **May 15, 2018**
 - Friendly City Optimist Club Friend of Youth Scholarship - **May 18, 2018**
 - Sacred Heart SCC Scholarship - **May 1, 2018**
 - St. Mary SCC Scholarship - **April 27, 2018**
 - St. Michael SCC Scholarship - **May 1, 2018**

- Are you a Saskatchewan student planning to attend a Saskatchewan post-secondary institution? If yes, congratulations! You are a scholarship winner. The **Saskatchewan Advantage** Scholarship awards all Saskatchewan grade 12 graduates a scholarship of \$500 per year. Students may receive this scholarship up to a lifetime maximum of \$2,000. This scholarship is automatically applied to their tuition.

20 Study Strategies for Finals Week

Elizabeth Hoyt—October 20, 2016

<https://www.fastweb.com/student-life/articles/the-20-study-tips-for-finals>

Follow this list as finals week approaches (the earlier you prep, the better) so you can ace your exams from start to finish:

1. Create your own study guide.

- While many teachers provide a study guide, creating your own can help you understand the material better. Outlining the important information you need to learn can be helpful, both in creation and to refer to during your studies.

2. Ask questions.

- Your professors are there to help! Ask them questions regarding the material and the exam so that you're prepared when exam time arrives.

3. Attend the review session.

- Review sessions offer vital information on exam format, what will be on the exam, and key concepts you should be focusing your studies on.

4. Start early.

- If you always start ahead of schedule, you'll never be cramming the night before an exam. You'll almost always perform better in doing so!

5. Organize a group study session.

- It can be helpful to study in groups – sometimes. Evaluate whether or not studying with others will be beneficial to the subject as well at your learning process.

6. Study things not on the study guide.

- Study guides aren't always comprehensive – they're just suggestions of the main concepts to learn. Use your study guide for its intended purpose: a guide. Be sure to fill in the blanks with related information.

7. Take breaks.

- You won't be able to memorize or comprehend all the material at once. Balance is key – ensure that you reward learning with break times to recharge and relax.

8. Stay well-rested.

- There's a lot to be said about a good night's sleep. Make sure you're **well-rested** so that you can be fully focused during your exams.

9. Create a study schedule – and follow it.

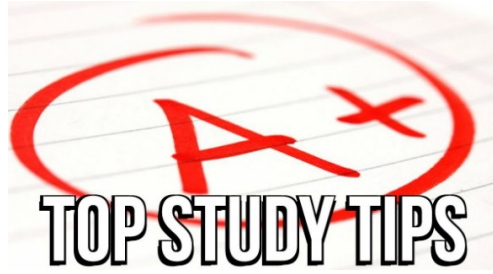
- Splitting the material into chunks you can actually achieve can be very beneficial. You can keep track of what you've accomplished instead of looking at the big picture and getting overwhelmed.

10. Prioritize your study time.

- Some exams will be more difficult than others, some you may find easier to study for. Some may be worth more of your grade than others. Make sure to evaluate all of your exams to consider and determine all of the involved factors so you can study accordingly.

11. Study for the style of exam.

- If it's multiple choice, you'll need to know definitions and concepts. For essay exams, focus on your understanding of all the concepts presented, with examples in mind.



12. Quiz yourself.

- If you think about and create actual exam questions, you will likely become more familiar with what you need to study and, in the meantime, familiarize yourself with the type of language that will be on the exam. Draft potential exam questions and quiz yourself so that you can set expectations of what you need to focus on.

13. Meet with your professor.

- Often times, meeting with an instructor, whether it's a professor, can give you helpful hints for what to study and ways to prepare for the exam.

14. Reorganize your notes.

- Evaluate and reorganize your notes into what's important, outlining important concepts, formulas dates and definitions so they're easy to understand.

15. Pace yourself.

- Make sure you stay focused and don't burn yourself out. A great way to do so is to pace yourself rather than opting for the dreaded all-nighter. You can easily pace yourself by following tips like starting early, creating a study schedule and taking breaks when necessary!

16. Teach classmates.

- Learning by teaching is a method that really works! If you work with a study buddy and explain concepts to one another, you're re-learning the material all over again. It's a great way to reinforce what you've learned and help someone in the meantime!

17. Revolve your focus.

- Switching up your subjects is a helpful way to learn everything for your exams while preventing burnout on one topic. Make sure to switch it up *before* your eyes glaze over! That way, you can keep studying for longer periods of time while maintaining your focus.

18. Color code it.

- Create a system that allows you to color code material that's going to be on the exam by what's most important, less important, etc. This will help you focus on the most pertinent information and prioritize the material.

19. Visualize.

- If you're a visual learner, it can help to create mind maps or diagrams to visualize how the concepts you're learning relate to one another. This is especially beneficial when learning concepts that build upon the understanding of one another, like in science courses.

20. Make it fun.

- It's easier to focus if you adapt to studying by quizzing yourself, creating acronyms or rewarding yourself for a job well done. Create a game plan – literally – that allows you to accomplish tasks and be rewarded for each.

**For more information, please feel free to contact Ms. Christa Lapointe at christa.lapointe@htcsd.ca.
You can also join the Remind by messaging @careervci to (709) 700-0705.**

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