

Collège Churchill



2018-2019

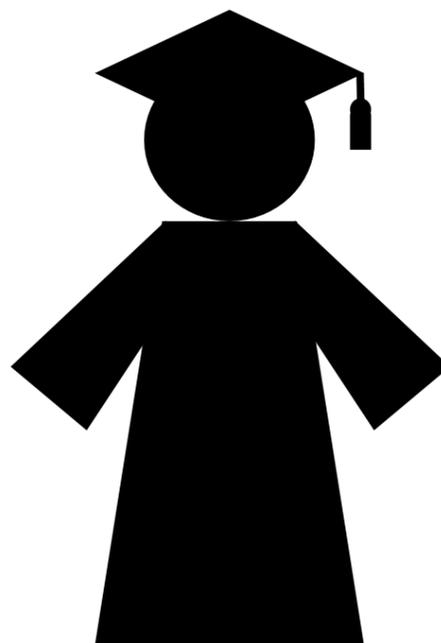
Exploring Your Future

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Grade 12 To-Do

- Make sure you're taking the correct courses to be on track to graduate.
- Explore the possible pathways to take after high school (post secondary education, gap year, working, volunteering, etc.)
- Make an appointment with the Career Advisor to discuss my post-high school possibilities and interests.
- Attend information sessions and open houses for Universities and Colleges.
- Start building your resume—get a part time job, volunteer once a week, babysit, etc. This may seem silly and unnecessary now, but it will help future you.
- Narrow down post-high school options. What do you want to do? What do you see yourself doing? Do you want to stay in Manitoba? How will you afford your choice?
- Make an appointment with the Career Advisor to explore how to execute your plans.
- Narrow down what program you want to take and check out deadlines for applications—if you're planning on attending a post-secondary school.
- Starting budgeting and planning if you're wanting to take a gap year. You can check in with your Career Advisor for help with this.
- Apply to your school of choice (Entrance Scholarships are usually available until mid-February/end of March.
- Ask questions! Ask your parents, your friends, your counsellors, and your advisors. You have **A LOT** going on this year—there are **NO** stupid questions.
- Make sure you're on track to get all your credits and graduate.*
- Don't forget to make sure all your grad fees are paid!
- Apply for Student Aid in June if needed — your Career Advisor can help you with this.
- Have a plan! It can change or it can stay exactly as planned, but having a guide to follow as your transition out of high school will make life so much easier!



Important Dates

October

- 9—University of Winnipeg Information Session in Library during Slot B
- 18—University of Manitoba Information Session in Library during Slot C
- 25—Red River College Information Session in Library during Slot D
- 25—Horatio Alger Canadian Scholarship Program application deadline—See Career Intern for more information
- 30—University of Manitoba—Evening of Excellence (Fall Open House) at UMSU University Centre at University of Manitoba Fort Garry Campus from 6:00PM to 8:30PM

November

- 14—Université de Saint-Boniface—Open House in the Student Centre from 4:00PM to 8:30PM
- 26—University of Winnipeg—Future Students Night at Duckworth Centre (Dr. David F. Anderson Gym) from 6:30PM to 9:30PM

December

- 1—Applications for Leader of Tomorrow and Indigenous Leader of Tomorrow Scholarships (U of M)
- 21—Last day of classes before winter break

January

- 8-11 —Grade 12 Provincial English Language Arts Exam
- 22—Grade 12 Provincial Applied Math Exam
- 23—Grade 12 Provincial Essential Math Exam
- 24—Grade 12 Provincial Pre-Calculus Math Exam

February

- 1— University of Winnipeg Entrance Scholarship Application Deadline
- 19—Red River College Open House
- 20—University of Winnipeg Open House
- 21 —University of Manitoba Open House

March

- 1—University of Winnipeg—Special Entrance Scholarship Application deadline
- University of Manitoba—General Entrance Scholarship Application deadline
(**NOTE: Based on FIRST SEMESTER AND 3rd TERM marks!**)
- Université de Saint-Boniface—General Entrance Scholarship Application deadline

June

- 25—Convocation
- 26—Grad Dinner/Dance

Listen to announcements for other important dates!!



STRESS MANAGEMENT

WHAT IS STRESS?

Stress is a physical, mental or emotional response to events that may cause bodily or mental tension.

HOW DO I MANAGE STRESS?

TALK TO SOMEONE: Parents, teachers, guidance counsellors, mentors or friends can all be helpful.

RELAX: Find a calming activity you enjoy like reading a book or listening to music.

EXERCISE: Exercise can help reduce muscle tension, lift your spirits and helps you feel more relaxed

EAT RIGHT: A healthy, well-nourished body is a better stress-fighter

GET ORGANIZED: Don't wait until the last minute to work on assignments or study for a test. Feeling prepared reduces stress. Use your agenda book to maintain your schedule.

TRY NEW THINGS: Yoga, meditation and breathing exercises are all proven to help relieve stress.

GET SOME MORE SLEEP: It is extra hard to deal with stress when you are tired and run-down.

SIMPLIFY: Prioritize your activities. Learn how to say "no". Make time for yourself – for things you like to do.

BUILD RELATIONSHIPS: Family and friends can be a good support when you get too stressed.

DID YOU KNOW? Caffeine (found in coffee, tea, chocolate and pop) can increase your stress!?!?

SELF CARE

Did you know? As humans, we're more than just a body and a mind. We're the sum of many parts and we often neglect our pieces. True wellbeing can't be achieved unless we actively address and maintain all parts of ourselves. Get this: most of us aren't well. We're so busy, trying to meet goals and due dates, conforming to expectations, and trying to figure out what to do next, that we forget about our own wellbeing. We just "don't have time" to think about ourselves.

- Self Care is a term used to describe the care we provide to ourselves, by ourselves. It's the conscious effort we make to feel and do better by implementing proactive practices to improve our daily wellbeing.

Above all, self care is being kind to ourselves and showing ourselves love. It's putting ourselves first. It can be something as small as taking a bike ride, baking cookies, snuggling with your pet, or singing to your favourite song in the car.

Ask yourself, "What are the things in life that bring me joy? What are the things that I've been neglecting? How can I take better care of myself?"

You matter!!

Career Exploration

Not Sure What Career you might be interested in?

That's OKAY! Come to the Career Advisor Office to explore Career Cruising! Career Cruising is a online guide to help you find information to begin career exploration, during and after high school.



careercruising.com

Username: Manitoba286

Password: careers

How Does the Program Work?

Career Cruising uses career assessment tools, post secondary and apprentice training databases to give the students multiply potential careers. Once student's answers the program's questionnaire they receive a list a 50 career that could interest them. Career Cruising also provides career profiles of hundreds of careers that are available. The profile showcases the job requirement, income and daily task of the particular career.

Come see Karrah, the Career Intern, in the Guidance Office to talk about career cruising or other alternative career assessments.

The Career Advisor is here to help students with:

- **Career exploration, help students to develop a personal career plan and or a personal career portfolio**
- **Help students learn about and access to scholarships, bursaries and other financial aids to assist with costs of their post - secondary pursuits**
- **Post-secondary Information**
- **Résumé writing, references, and cover letters**
- **Working on interview Skills**
- **Volunteer information**
- **Etc., etc., etc.**

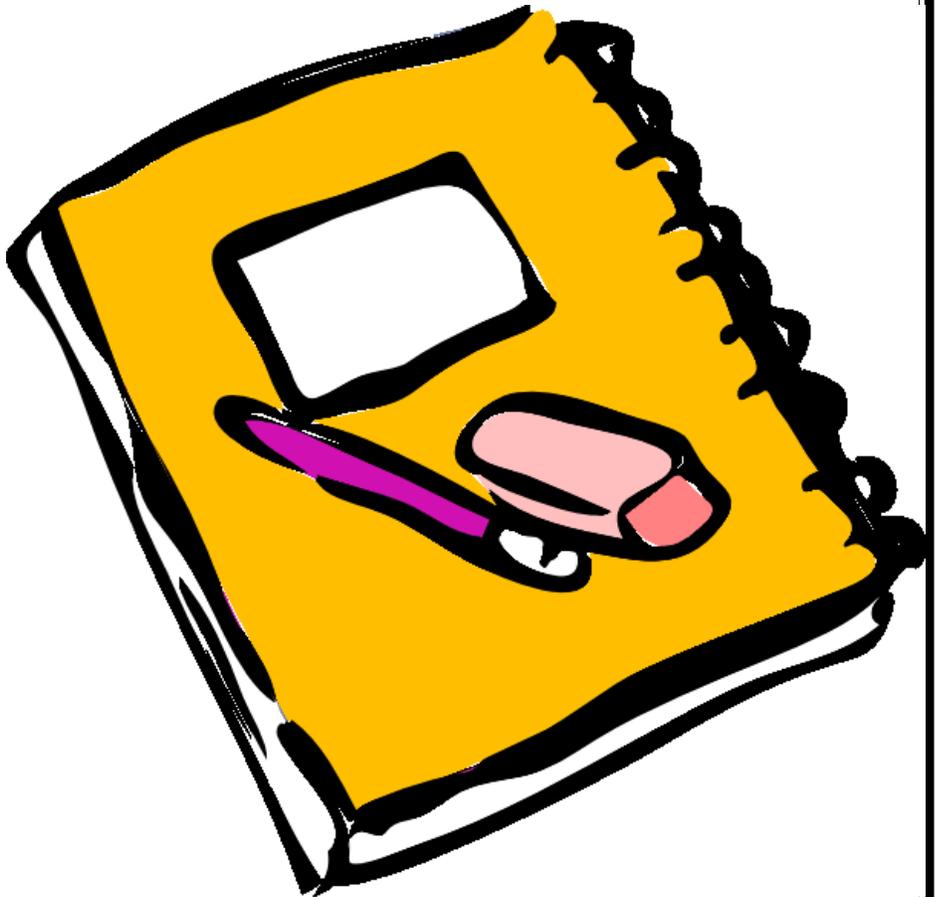


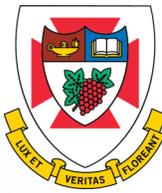
Make an appointment with Karrah in the Guidance Office or email: kkazmerowich@wsd1.org

Heading to Post-Secondary?

Getting prepared for post-secondary:

- Research universities and programs that interest you. Gather as much information as you can so that you can make an informed decision. Research the academic programs, student life (you'll be spending a LOT of time there), and living expenses (if you're going away for school) and make sure that it is a possibility for you.
- Talk to your career intern and guidance counselors. They can help you figure out whether a particular university or program is a good fit for you.
- **Apply to multiple schools, even if you have already decided on one.** This gives you more options in case your first choice doesn't work out. **Don't just assume you won't get in somewhere and miss out on opportunities.**
- Pay attention to deadlines. Many universities and programs automatically consider applicants who have applied by a given date for scholarships and awards.
- Research scholarships and financial aid. There are many general scholarships as well as ones specific to certain universities and programs.
- Get started now! Application processes can be long, and you don't want to miss out on any opportunities.





THE UNIVERSITY OF WINNIPEG



HERZING COLLEGE



MANITOBA INSTITUTE OF TRADES AND TECHNOLOGY



PROVIDENCE UNIVERSITY COLLEGE Est. 1925



MOSMA | Mid-Ocean School of Media Arts



Wellington COLLEGE

ROBERTSON COLLEGE



UNIVERSITY OF MANITOBA

Apprenticeship Manitoba



BOOTH UNIVERSITY COLLEGE



LOUIS RIEL VOCATIONAL COLLEGE Knowledge • Culture • Heritage

THE SALON PROFESSIONAL ACADEMY

What do I need to apply for post-secondary?

Depending on the school and program you have selected, or what category of student you are, they may require additional documents to process your application. In most cases, the University will let you know what they need after they receive your application.

All documents must be originals. Copies or uncertified photocopies usually will not be accepted unless submitted directly by your high school. Replaceable documents submitted with an application become the property of the University and will not be returned.

- ◆ **Applications require you to make an account on the University's website.** *Save your username/password!!*
- ◆ **Application Fee** *(usually \$100)*
- ◆ **Proof of English Language Proficiency**
- ◆ **Proof of Citizenship**
- ◆ **Official Academic Records** *(proof of graduation, final transcripts etc.)*
- ◆ **Manitoba Education Number (MET#)** *- you can ask your Career Intern or Guidance Counsellor for this.*



Université de Saint-Boniface provides a friendly, welcoming environment to Francophone students from around the world. The vibrant, lush, USB campus is home to an exceptional quality of higher learning, and its central location make it close to everything.

General Admission Requirements

The general admission requirements vary depending on where you are from. While these minimum requirements must be met to be eligible, it does not guarantee admission. You must also meet the admission requirements for your chosen program. Please see the Academic Calendar at <https://ustboniface.ca/annuaire2018> for the admission requirements of each of our programs.

Programs Offered:

University 1
Business Administration
Health Care Aide
Arts (General)
Multimedia Communications
Education
Early Childhood Education
Arts In Canadian Studies
International Studies
French—Advanced Majors
French—Honours
French and Translation
Tourism Management
Health and Community Service Management
Information Technology
Science
Nursing Sciences
Practical Nursing
Translation
Social Work

Specific Program Requirements

To view the requirements for each program please see <https://ustboniface.ca/en/program-admission-requirements>

Entrance Scholarships (1st Year)

Students who have completed Grade 12 with a minimum cumulative average of 80% are eligible for entrance scholarships. This average is calculated based on grades in: French 40S, Mathematics 40S (Pre-Cal, Applied or Essential), and one other 40S level subject with the highest grade.

95% and over	\$2500
90% to 94.9%	\$1750
85% to 89.9%	\$1000
80% to 84.9%	\$750



UNIVERSITY OF MANITOBA

DEFINE YOUR FUTURE. TRAILBLAZERS DO.

As a University of Manitoba student, you'll be challenged to grow, inspired to create and dared to excel. Wherever life takes you after graduation, you'll be able to apply what you've learned, both personally and academically, to make a real-life impact. Your future begins right here.

Discover where your potential will take you.

UNDERGRADUATE PROGRAM OPTIONS:

ABORIGINAL BUSINESS STUDIES	CLASSICS	HEALTH STUDIES	NATIVE STUDIES
ABORIGINAL GOVERNANCE	COMMERCE	HISTORY	NURSING
ACCOUNTING	COMPUTER ENGINEERING	HUMAN NUTRITIONAL SCIENCES	OJIBWAY
ACTUARIAL MATHEMATICS— BUSINESS	COMPUTER SCIENCE	HUMAN RESOURCE MANAGE- MENT	OPERATIONS MANAGEMENT
ACTUARIAL MATHEMATICS— SCIENCE	CREE	ICELANDIC	PAINTING
AGRIBUSINESS	CRIMINOLOGY	INTERNATIONAL BUSINESS	PHARMACY
AGRICULTURE	DENTAL HYGIENE	ITALIAN	PHILOSOPHY
AGRICULTRE DIPLOMA	DENTISTRY	JAZZ STUDIES	PHOTOGRAPHY
AGRONOMY	DRAMA	JUDAIC STUDIES	PHYSICAL EDUCATION
AMERICAN SIGN LANGUAGE	DRAWING	KINESIOLOGY	PHYSICAL GEOGRAPHY
ANIMAL SYSTEMS	ECONOMICS	LABOUR STUDIES	PHYSICS
ANTHROPOLOGY	EDUCATION	LATIN	PLANT BIOTECHNOLOGY
APPLIED MATHEMATICS	ELECTRICAL ENGINEERING	LATIN AMERICAN STUDIES	POLISH
ARCHITECTURE	ENGLISH	LAW	POLITICAL STUDIES
ART	ENTOMOLOGY	LEADERSHIP AND ORGANIZATIONS	PRE-VETERINARY MEDICINE
ART HISTORY	ENTREPRENEURSHIP	LINGUISTICS	PRINT MEDIA
ASIAN STUDIES	ENVIROMENTAL DESIGN	LOGISTICS & SUPPLY CHAIN MANGEMENT	PSYCHOLOGY
ASTRONOMY	ENVIRONMENTAL SCIENCE	MANAGEMENT	RECREATION MANGEMENT
ATHLETIC THERAPY	ENVIRONMENTAL STUDIES	MANAGEMENT INFORMATION SYSTEMS	RELIGION
BIOCHEMISTRY	FAMILY SOCIAL SCIENCES	MARKETING	REPIRATORY THERAPY
BIOLOGICAL SCIENCES	FILM STUDIES	MATHEMATICS	RUSSIAN
BIOSYSTEMS ENGINEERING	FINANCE	MECANICAL ENGINGEERING	SCIENCE
BIOTECHNOLOGY	FINE ARTS	MEDICINE	SCULPTURE
BUSINESS	FOOD SCIENCE	MEDIEVAL & RENAISSANCE STUD- IES	SOCAIL WORK
CANADIAN STUDIES	FRENCH	MICROBIOLOGY	SOCIOLOGY
CATHOLIC STUDIES	GENETICS	MUSIC	SOIL SCIENCE
CENTRAL & EAST EUROPEAN STUDIES	GEOGRAPHY	MUSIC COMPOSITION	SPANISH
CERAMICS	GEOLOGICAL SCIENCES	MUSIC EDUCATION	STATISTICS
CHEMISTRY	GEOLOGY	MUSIC HISTORY	THEATRE
CIVIL ENGINEERING	GERMAN	MUSIC PERFORMANCE	UKRAINIAN
CLASSICAL STUDIES	GLOBAL POLITICAL ECONOMY		UKRAINIAN HERITAGE STUDIES
	GRAPHIC DESIGN		UNIVERSITY 1
	GREEK		VIDEO
	HEALTH SCIENCES		WOMEN & GENDER STUDIES



UNIVERSITY OF MANITOBA

ADMISSION REQUIREMENTS

General:

General admission to the University of Manitoba requires Manitoba high school graduation (5 full credits at the Grade 12 level in courses designated S, G, or U), plus a designated set of program-specific requirements (or equivalent).

Required Documents:

All current Manitoba Grade 12 students who submit an application for September by March 1 will have their interim and final Grade 12 transcripts sent automatically to our office from their high school.

All other candidates applying for admission on the basis of graduation from high school must make their own arrangements to submit complete, official high school records, including proof of graduation, to our office.

University 1:

Manitoba high school graduation (5 full credits at the Grade 12-level in courses designated S,G, or U).

Completion of **one** of the following sets of requirements

Set A: - A minimum average of 70% over three Grade 12 S or U credits

- One credit of Grade 2 S or U English with a minimum grade of 60%

Set B: - A minimum average of 63-69.9% over three Grade 12 S or U credits

- One credit of Grade 12 S or U English with a minimum grade of 60%

Set C: - A minimum average of 70% over three Grade 12 S or U credits, but lacking the Grade 12 S or U English requirement (either less than 60% or no credit at all)

Direct Entry: for high school applicants coming directly from high school, or applicants with less than one year (24 credit hours) of university studies.

Advanced Entry: Requires one or more year(s) of university-level study to be eligible to apply. Eligibility requirements vary by program and may include both academic and non-academic criteria.

Mature Student:

Mature student status is meant only for students who do not meet their high school or transfer student requirements. You can apply as a mature status student if you meet all of the following conditions:

you do NOT meet the high school requirements

you are a least 21 years of age

you are a Canadian Citizen or a Permanent Resident

you have never previously attended university or college OR have completed less than 24 credit hours (four full courses)

Program Choices: As a mature student, you may apply to any one of the direct entry program options listed below.

Please click on any of the following choices for more detailed program information:

University 1

Engineering*

School of Art

General Studies - Extended Education (Canadian Military)

Music

*Please note that Engineering mature student applicants still require a minimum of 60% in Grade 12 chemistry, physics, and mathematics and a minimum average of 85% over these subjects. Please see your province's high school requirements for Engineering for a list of the specific required courses from your province.

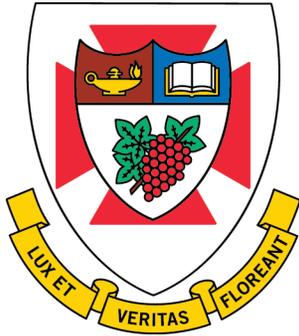
Most programs require students to take University 1, however some programs do have direct entry options. To get more information on direct entry, please see <http://www.umanitoba.ca/student/admissions/application/>



UNIVERSITY OF MANITOBA

Degree Program	Recommended Prerequisites
Agribusiness	Biology 40S Chemistry 40S Physics 40S Pre-Cal 40S
Agriculture	Applied Math or Pre-Cal 40S Biology 40S Chemistry 40S
Agroecology	Applied Math or Pre-Cal 40S Biology 40S Chemistry 40S
Food Science	Biology 40S Chemistry 40S Pre-Cal 40S
Human Nutritional Sciences	Applied Math or Pre-Cal 40S Biology 40S Chemistry 40S
Environmental Design	N/A
Fine Arts	Art 40S
Arts	Varies by program umanitoba.ca/firstyear for more information
Commerce	Pre-Cal 40S
Dental Hygiene	Applied Math or Pre-Cal 40S Biology 40S Chemistry 40S
Dentistry	Applied Math or Pre-Cal 40S Biology 40S Chemistry 40S Physics 40S
Education	Varies by chosen teachable subjects go to umanitoba.ca/firstyear for more information

Degree Program	Recommended Prerequisites
Engineering	Chemistry 40S Physics 40S Pre-Cal 40S
Environmental Science	Biology 40S Chemistry 40S Physics 40S Pre-Cal 40S
Environmental Studies	Biology 40S Any Math 40S Chemistry 40S
Geography	Any math 40S
Geological Sciences	Chemistry 40S Physics 40S Pre-Cal 40S
Physical Geography	Biology 40S Chemistry 40S Physics 40S Pre-Cal 40S
Family Social Sciences	Any math 40S
Interdisciplinary Health	Applied Math or Pre-Cal 40S Biology 40S
Music	Music 40S Second 40S level language
Jazz Studies	Music 40S Second 40S level language
Nursing	Biology 40S Any math 40S
Pharmacy	Biology 40S Chemistry 40S Pre-Cal 40S
Respiratory Therapy	Applied Math or Pre-Cal 40S Biology 40S Chemistry 40S
Science	Varies by program umanitoba.ca/firstyear for more information
Social Work	N/A

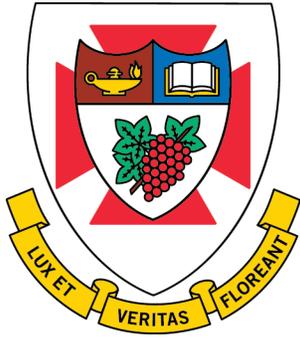


THE UNIVERSITY OF WINNIPEG

The University of Winnipeg is a dynamic campus and a downtown hub that connects people from diverse cultures and nurtures global citizens. Our graduates value their educational experience and UWinnipeg consistently ranks highly in national surveys for overall reputation, small class sizes, academic excellence and commitment to the environment.

UNDERGRADUATE PROGRAM OPTIONS:

ABORIGINAL GOVERNANCE	GERMAN STUDIES
ANTHROPOLOGY	HISTORY
APPLIED COMPUTER SCIENCE	HISTORY OF ART
BIOANTHROPOLOGY	HUMAN RIGHTS
BIOCHEMISTRY	INDIGENOUS STUDIES
BIOLOGY	INTERDISCIPLINARY LINGUISTICS
BIOPSYCHOLOGY	INTERNATIONAL DEVELOPMENT S
BUSINESS AND ADMINISTRATION	ITALIAN STUDIES
CHEMISTRY	KINESIOLOGY & APPLIED HEALTH
CLASSICS	MATHEMATICS & STATISTICS
COMPUTER SCIENCE	MENNONITE STUDIES
CONFLICT RESOLUTION	MODERN LANGUAGES & LITERATURE
CRIMINAL JUSTICE	PHILOSOPHY
DANCE PROGRAM	PHYSICS
DEVELOPMENTAL STUDIES	POLITICAL SCIENCE
DISABILITY STUDIES	PORTUGUESE STUDIES
EAST ASIAN LANGUAGES & COLUTURES	PSYCHIATRIC NURSING
ECONOMICS	PSYCHOLOGY
ECONOMICS AND FINANCE	RELIGION & CULTURE
EDUCATION	RHETORIC AND COMMUNICATIONS
ENGINEERING	SOCIOLOGY
ENGLISH	SPANISH STUDIES
ENVIROMENTAL STUDIES	THEATRE & FILM
FRENCH STUDIES	URBAN AND INNER CITY STUDIES
GEOGRAPHY	WOMEN'S & GENDER STUDIES
GERMAN –CANADIAN STUDIES	



THE UNIVERSITY OF WINNIPEG

Manitoba High School Student—Admission Requirements

Definition: You are a student currently studying at a high school in Manitoba (or have graduated from a high school in Manitoba), and you have either completed the high school admission requirements or will complete them by the end of Grade 12.

Who is Eligible?

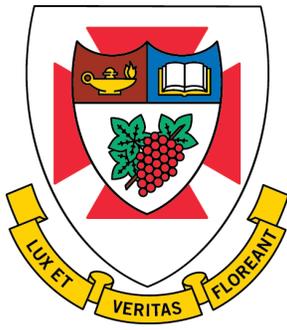
- Be a high school graduate with at least 30 Manitoba high school credits, or hold a Mature Status Diploma and have completed the required courses
- Have completed five credits at the Grade 12 level, designated A, S, U or G level (of which three must be 40S)
- Present a minimum one credit of core English (one of Comprehensive Focus, Literary Focus or Transactional Focus 40S) and one credit of Mathematics 40S (Pre-Calculus, Applied, or Essential/Consumer)
- Have an average of at least 65% on the best three 40S courses including both core English 40S and Mathematics 40S, plus one other 40S credit from a different subject area.

How to Apply:

Students wishing to apply for admission are now required to self-report their Grade 12 marks on the application.

Do You Have the Pre-Requisite Courses Needed for Your Major?:

Some programs require that students have certain high school courses completed before they can start their studies. Make sure to check the list on the next page.



THE UNIVERSITY OF WINNIPEG

Majors with High School Pre-Requisites

In order to specialize in some disciplines at the University of Winnipeg, you need to have completed specific high school courses. If you are considering any of the majors below, make sure you take the required high school courses.

Applied Computer Science*

Pre-Calculus Mathematics 40S or Applied Math 40S

Bioanthropology

Chemistry 40S and Pre-Calculus 40S or Applied Math 40S

Biochemistry

Chemistry 40S and Pre-Calculus 40S or Applied Math 40S

Biology*

Chemistry 40S and Pre-Calculus 40S or Applied Math 40S

Biopsychology

Chemistry 40S and Pre-Calculus 40S or Applied Math 40S

Business And Administration

Pre-Calculus 40S or Applied Math 40S

Chemistry*

Chemistry 40S and Pre-Calculus 40S or Applied Math 40S

Economics*

Pre-Calculus 40S or Applied Math 40S

Education

see uwinnipeg.ca for pre-requisites

Environmental Science

Chemistry 40S and Pre-Calculus 40S or Applied Math 40S

Geography

Pre-Calculus 40S or Applied Math 40S

Kinesiology & Applied Health*

Pre-Calculus 40S or Applied Math 40S

Mathematics*

Pre-Calculus 40S

Physics*

Physics 40S and Pre-Calculus 40S or Applied Math 40S

Psychiatric Nursing

Chemistry 40S and Pre-Calculus 40S or Applied Math 40S

Statistics

Pre-Calculus 40S or Applied Math 40S

Theatre & Film: Dance Stream

Audition with the School of Contemporary Dancers

** Possible teaching major/minor for Education students.*



RED RIVER COLLEGE

We're Manitoba's largest institute of applied learning and research, with more than 200 full- and part-time degree, diploma, and certificate options. Through hands on learning opportunities and state-of-the-art instruction, we prepare our students to become leaders in their fields—while also ensuring they can meet changing industry demands, and contribute to the province's economic growth.

3D COMPUTER GRAPHICS	GEOMATICS TECHNOLOGY	TECHNICIAN
ABORIGINAL LANGUAGE SPECIALIST	GRAPHIC DESIGN	RESIDENTIAL DECORATING
ABORIGINAL SELF-GOVERNMENT ADMIN	GREENSPACE HORTICULTURE	SCIENCE LABORATORY TECHNOLOGY
ADMINISTRATIVE ASSISTANT	HEALTH CARE AIDE	STRUCTURAL ENGINEERING TECHNOLOGY
AEROSPACE MANUFACTURING	HEALTH INFORMATION MANAGEMENT	TECHNICAL COMMUNICATION
AIRCRAFT MAINTENCE ENGINEER	HEALTH UNIT CLERK	TECHNOLOGY MANAGEMENT
AIRCRAFT STRUCTURAL REPAIR TECHNICIAN	HEAVY DUTY EQUIPMENT MECHANIC	THERAPUTIC RECREATION FACILITATOR
AMERICAN SIGN LANGUAGE	HOSPITALITY AND TOURISM MANAGEMENT	TOURISM MANAGEMENT
APPLIED ACCOUNTING	HOTEL AND RESTAURANT MANGEMENT	VETERINARY TECHNOLOGY
APPLIED BIOLOGY	INDUSTRIAL NETWORKING TECHNOLOGY	WELDING
APPLIED CHEMISTRY	INTERNATIONAL BUSINESS	
APPLIED ENVIRONMENTAL STUDIES	LEGAL ASSISTANT	
ARCHITECTURAL TECHNOLOGY	LIBRARY AND INFORMATION TECHNOLOGY	
ARCHITECTURAL ENGINEERING TECH	MRI AND SPECTROSCOPY	
AUTOMOTIVE TECHNICIAN	MANUFACTURING COMPUTER AIDED DRAFT- ING	
BUSINESS ADMINISTRATION	MANUFACTURING TECHNICIAN	
BUSINESS INFORMATION TECHNOLOGY	MECHANICAL ENGINEERING TECHNOLOGY	
BUSINESS TECHNOLOGY MANAGEMENT	MEDICAL DEVICE REPROCESSING TECHNI- CIAN	
CABINETRY AND WOODWORKING		
CARPENTRY		
CHILD AND YOUTH CARE	MEDICAL LABORATORY SCIENCES	
CIVIL ENGINEERING TECHNOLOGY	MEDICAL RADIOLOGIC TECHNOLOGY	
COLLISION REFINISHING	MUNICIPAL ENGINEERING TECHNOLOGY	
COLLISION REPAIR AND REFINISHING	NETWORK SERVICES TECHNICIAN	
COMMERCE INDUSTRY SALES & MARKETING	NURSING—RN	
COMMUNICATION FOR PRO. DEVELOPMENT	NURISNG—LPN TO PN PATHWAY	
COMPUTER APPLICATIONS FOR BUSINESS	OCCUPATIONAL HEALTH AND SAFETY	
CONSTRUCTION MANAGEMENT	OUTDOO POWER EQUIPMENT TECHNICIAN	
CREATIVE COMMUNICATIONS	PARAMEDICINE	
CULINARY ARTS	PHARMACEUTICAL MANUFACTURING	
DEAF STUDIES	PLUMBING	
DENTAL ASSISTING	POWER ENGINDEERING	
DIAGNOSTIC CARDIC SONOGRAPHY	PRCISION METAL MACHINING	
DIGITAL MEDIA DESIGN	PROFESSIONAL BAKING AND PATISSERIE	
DISABILITY AND COMMUNITY SUPPORT	PROFESSIONAL PHOTOGRAPHY	
EARLY CHILDHOOD EDUCATION	PROPERTY AND CASUALTY INSURANCE	
EDUCATIONAL ASSISTANT	RAILWAY CONDUCTOR	
ELECTRICAL	RECREATION FACILITATOR FOR OLDER ADULTS	
ELECTRICAL ENGINEERING TECHNOLOGY	REFRIDGERATION AND AIR CONDITIONING	
ENVIRONMENTAL ENGINEERING		
GEOGRAPHIC INFO SYSTEMS TECH		



RED RIVER COLLEGE

Entrance Requirements

- Manitoba Grade 12
- See specific program admission requirements for details
- Applicants may submit applications upon completion of Grade 11
- Submit a transcript of completed Grade 11 subjects
- Submit confirmation of enrolment in grade 12 prerequisite subjects

Visit the Red River College website at www.rrc.mb.ca for more information on programs and admission information.

How to Apply—Full time programs: Winnipeg & Regional Campuses

Application for admission may be made online or by submission of an application form. As part of the application you are required to submit the following:

- ◆ A non-refundable application fee of \$100 for each application
- ◆ Official transcripts of your complete academic record
- ◆ **There are often wait lists so apply early!!**
- ◆ May be required to provide proof of Canadian Citizenship or Landed Immigrant status at the time of application.

Specialized Training

Law Enforcement and Emergency Services



The Canadian Armed Forces:

To apply to the Forces, you must:

- Be a Canadian Citizen.
- Be 17 years of age, with parental consent, or older, except:
- Regular Officer Training Plan – Junior applications must be 16 or older.
- Reserve Force - Applicants may be 16 years of age if they are also enrolled as a full-time high school student.
- Have completed at least Grade 10 (Certain entry programs and occupations require higher levels of education)

<http://www.forces.ca/en/home/>

Royal Canadian Air Force:

Reasons to consider joining the Air Reserve:

- Trade and technical training
- Development of valuable leadership skills
- Meaningful employment with the Air Force
- Excellent pay and benefits
- Subsidized education programs
- Opportunity to travel
- Satisfaction of serving your country

Visit <http://www.rcmf-arc.forces.gc.ca/> to browse current openings and learn more

Royal Canadian Navy:

New naval recruits sign up for training in one of many sea trades and are shown the ropes. As part of crew aboard one of the fleet's patrol frigates, support vessels, destroyers, coastal defence vessels and submarines, you will learn what it is to be a sailor. Become privy to the sailor's own sea language and the centuries-old traditions that have made seafarers proud to call the Navy home. Sail with your crew on operations and exercises that can take you down the coastline or across the world.

You will train in real-life situations with sailors from across the country and even around the world. In the Canadian Navy, from the moment you are recruited, bonds of friendship will be forged that often last a lifetime. You will be part of a naval community where members find a warm welcome and familiar faces across the country.

Take a look under the Navy Tab on <http://www.forces.ca/en/page/careeroptions-123> to find out more about jobs in the Navy

Royal Canadian Mounted Police:

- There is no other police force in Canada that provides the levels of services and variety offered by the RCMP. With over 150 specializations a career with the RCMP is full of opportunity for continued learning and growth.
- It should be noted that to work as a police officer in the RCMP you will be required to adhere to relocation assignments and may be exposed to violence, trauma and disturbing events. You will also be required to carry and at times operate a firearm.
- Other careers in the RCMP include Civilian employee careers, which can include 9-1-1 operating positions and other administrative support roles

For more information on careers in the RCMP and the application process visit <http://www.rcmp-grc.gc.ca/en/careers>

IMPORTANT: Make sure to fully research the medical standards and fitness standards for each application process when considering a career in forces. Some of the fitness tests can be very challenging and may require training in able to pass!

Specialized Training Continued

Law Enforcement and Emergency Services



Firefighter:

Manitoba Emergency Services Medical College (IFSAC)
1601 VanHorne Avenue East, Brandon, Manitoba
Phone: (204) 726-6855
Toll Free: 1-888-253-1488
<http://www.firecomm.gov.mb.ca>

Southern Manitoba Academy of Response Training
500 Shaftesbury Blvd, Winnipeg, Manitoba
Phone: (204) 292-6766
<http://www.smartems.net>

Paramedic:

Criticare Inc.
106-386 Broadway Avenue, Winnipeg, Manitoba
Phone: (204) 989-3671
<http://www.criticareems.com>

Manitoba Emergency Services Medical College
1601 VanHorne Avenue East, Brandon, Manitoba
Phone: (204) 726-6855
Toll Free: 1-888-253-1488
<http://www.firecomm.gov.mb.ca>

Red River Community College
2055 Notre Dame Avenue, Winnipeg, Manitoba
Phone: (204) 632-3960
<http://www.rrc.mb.ca>

Winnipeg Police Service:

The Winnipeg Police Service is not currently recruiting officers. Check the website frequently to see when their next intake is. You can always apply for the Auxiliary Force Cadet Program. When the Police force does hire a few openings are reserved for Cadets.

When applying for the Winnipeg Police Force they look at a number of things including physical, medical and psychological assessments, in-depth background checks, and educational background.

Education to prepare you for applying to the WPS:

- ◆ Study Law and Criminology at a University
- ◆ North West Law Enforcement Academy: <http://www.northwestlaw.ca/>
- ◆ Note that no education/training/experience guarantees you a spot on the Winnipeg Police Service. It is a lengthy and competitive application process.

There are also Civilian Positions available within the Winnipeg Police Service including 9-1-1 operator and other administrative support roles. Check <http://winnipeg.ca/police/policerecruiting/civilian/vacancies.aspx>

For more information on the journey to becoming a Winnipeg Police Officer contact recruitment <http://winnipeg.ca/police/policerecruiting/contact.aspx>

Swim Instructor/Lifeguard:

Must Possess: National Lifeguard Award (NLS-Core and Pool), Lifesaving and First Aid Instructor Certificate (LSI), Red Cross Water Safety Instructor Certificate (WSI), Standard First Aid Certificate/CPR C (St John Ambulance, Red Cross, Criti-Care or Aquatic Emergency Care), CPR Level Certificate (Must be renewed annually from date of issue), and up to date Criminal Record Check.

Look for openings: <http://winnipeg.ca/resumeol/peoplesoft/index.asp>, <http://www.ywinnipeg.ca/about-us/employment/>, Indeed.ca and other search engines!

Specialized Training: Colleges, Trade Schools, and Continuing and Distance Education



Do you want to fast-track your career?

Do you want to practice a hands-on trade?

Do you want to work full-time while training for a new career?

Then these programs are for you!

In specialized training programs, all areas of study are directly related to the career for which you are training.



Colleges and Trade Schools in Manitoba:

- Red River College
- Manitoba Institute of Technology and Trades
- Assiniboine Community College
- Université de St Boniface (College)
- Robertson College
- Herzing College
- CDI College
- Booth College/University
- Louis Riel Arts & Technology Institute
- Tec-Voc Post-High Programs
- RB Russell Post-High Programs
- Academy of Learning
- Academy of Broadcasting
- Aveda Institute
- The Salon Professional Academy of Winnipeg
- Wellington College of Massage Therapy
- MC College
- PrairieView School of Photography
- Mid-Ocean Academy of Media Arts
- The Southern Manitoba Academy for Response Training (SMART)
- Northwest Law Enforcement Academy
- Criti Care Paramedic and Fire Training Academy
- Manitoba Emergency Services College
- Yellowquill College

Continuing and Distance Education Programs

- University of Manitoba
- University of Winnipeg PACE
- Red River College
- Campus Manitoba Distance Education
- PCDI Canada
- Adult Education Centres
- Online distance education programs are offered by universities and colleges throughout Canada

Before you choose a program, consider:

- Program Length: Programs can range from a few weeks to two years in length
- Program Cost: Depends on the length and institute. Private institutes charge more.
- Co-op/Work Experience placements: These can lead to full-time employment.
- Accreditation/Employment Opportunity: Does the certificate or diploma you plan to obtain allow you to work in Manitoba?

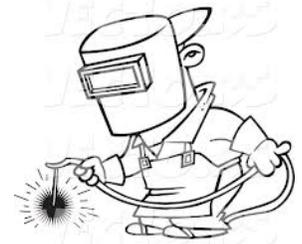
Apprenticeship Manitoba

What is Apprentice Manitoba?

Apprentice Manitoba offers a Apprenticeship that will aid you in a challenging and rewarding career in the skilled trades! Apprenticeship is quality, affordable, post-secondary training that leads to certification as a journeyman in a skilled trade. However, unlike university or college, where YOU PAY for your entire education, as an apprentice YOU GET PAID to learn. Most trade programs take 2-4 years to complete and they combine approximately 80% paid-on-the job training with 20% technical/in-school learning.

Why Consider Becoming an Apprentice

- You can choose from over 50 different trade careers.
- You can earn money while you learn your trade.
- You learn both on the job and in school.
- You begin a career with little or no debt from training.
- Demand for qualified journeymen is on the rise.
- Certified journeymen are recognized across Canada.
 - Good Salary



Apprenticeship Careers

- Electrician
- Automotive Mechanic
- Boil maker
- Carpenter
- Plumber
- Insulator
- Refrigeration and Air-conditioning Mechanic
- Cook
- Esthetician
- Hairstylist/
Cosmetologist
- Roofer
- Welder
- Railway Car Technician
- Gasfitter
- Steel Fabricator
- Crane and Hoisting
Equipment Operators



Thinking of Applying? Applications forms are available online at: <http://www.gov.mb.ca/wdis/apprenticeship/generalinfo/forms.html>

THINKING OF GOING TO UNIVERSITY OUT OF PROVINCE?

- ⇒ Check admission requirements and deadlines early!
- ⇒ Many universities require out-of-province students to apply earlier than local students, so don't miss out!
- ⇒ Remember that on average, going to university in another province will cost students \$10,000-\$20,000 more per year. Some people wait until their Master's degree (after Bachelors Degree) to study out of province.
- ⇒ If you are applying to the **University of British Columbia**: Applicants must fill out a personal profile which outlines their community involvement.
- ⇒ If you are applying to any universities in **Ontario** (including Toronto, York, Waterloo, Western Ontario, McMaster, and Laurentian):
 - ◆ Applications must go through the Ontario Universities Application Centre (OUAC) using form number 105.
 - ◆ Many math and science-based programs will require applicants to take Advanced Math Calculus in addition to Pre-Calculus Mathematics. **Check the admission requirements for your program of choice early!**
- ⇒ If you are applying to any universities in **Alberta**: Many require applicants to take a 40s Global Issues or Social Studies course. Check the admission requirements for your program of choice.
- ⇒ If you are applying to university in the **United States** you will need to write the SAT's early in your grade 12 year in order to meet admission deadlines.



Post-Secondary School and Budgeting

Preparing a budget is always a good idea. When the only income you have is your student loan or what you have earned in the summer. You will have to spend it wisely to ensure you have enough money to survive until the end of the school year.

EXPENSES	ESTIMATED COST
Tuition & Fees	\$4,000.00
Books & Supplies	\$1,800.00
Transportation	\$530.00
Food/Entertainment	\$4,000 (500.00 for eight months)
Rent	\$4,800.00 (\$400.00 for twelve months)
Utilities	\$1,200.00
Parking	\$732.00
Medical Expenses	\$260.00
Cell phone, Cable, Internet	\$ 780 + cable cost
Clothes	\$300.00
Total	\$18,402.00

Tips to stay on track

1. Do not apply for credit cards while in school. Reduce the temptation.
2. Do not carry a debit card with you. Leave it in a safe place at home.
3. Take out a budgeted amount of money each month and then do not touch your bank account.
4. Determine your **needs** versus your **wants**.
5. Get a part time job. Make sure your grades are not affected.
6. Live on a bus route and avoid buying a car. Insurance, gas and parking add up quickly.
7. Live with roommates. Sharing rent and utilities is a big help financially.
8. Shop Wisely. Don't be embarrassed to use coupons as every dollar counts.
9. Skip the coffee and make your own coffee before you leave in the morning.
10. Keep a list of all expenses. If you find you're tight on cash, review your list of where you spent your money and you'll be able to determine what expenses were unnecessary.
11. Take advantage of all students discounts. Carrying your student ID with you at all times is a good idea. Many retailers have reduced rates for students.

Futures Forward

Tuition Waiver Program

Established in 2012, nine participating colleges and universities in Manitoba have each established a fund to support current or former Youth-In-Care. The purpose of the fund is to provide the opportunity for youth who are or who have been in the care of Child and Family Services in Manitoba to attend post-secondary education. Each of the institutions have their own requirements for entrance, eligibility, renewal and other procedures that you must meet in order to receive funding. You must be accepted into one of the participating institutions in order to apply for a Tuition Waiver and it's associated funding.

ELIGIBILITY:

1. Be a current or former youth-in-care in Manitoba
2. Meet the regular program admission requirements and have applied directly to the college or university
3. Be applying for full-time studies (at least 18 credit hours per year)
4. Must demonstrate financial need *for UM, UW, and USB applicants only*

RENEWAL:

1. Maintain a 2.0 GPA
2. Maintain full-time student status (at least 18 credit hours per year)
3. Continue to demonstrate financial need *for UM, UW, and USB applicants only*
4. Maintain continued contact with the college or university

Our Tuition Waiver Coordinator can help you apply to school, choose the right path and program for you, and apply for a Tuition Waiver and other funding to assist you in paying for post-secondary. For other sources to fund your education, visit the Future Forward website.

TUITION WAIVER COORDINATOR:

Laura-Lynne Hildebrand
lhildebrand@yesmb.ca
(204) 987-8661 Ext. 671



MANITOBA STUDENT AID

Manitoba Student Aid assists students and clients in their post-secondary journey. Whether students and clients are at the career planning stage, are currently attending a post-secondary institution, or are in the process of paying back their student loans, Manitoba Student Aid is here to help.

Are You Eligible?

Whether you are new to post-secondary education, going back to it or planning for your future, we may be able to help you pay for school.

Take this test to see if you are eligible to apply for Manitoba Student Aid.

- You are a Canadian citizen, permanent resident (landed immigrant) or protected person.
- You are a Manitoba resident.
- You will be studying at a designated school program. If you're not sure, check the designated schools and programs section or contact Manitoba Student Aid.
- If you are 22 years of age or over and applying for the first time, you can pass a credit check.

If you answered yes to all of the questions above, then you are eligible to apply for Manitoba Student Aid.

To remain eligible for Manitoba Student Aid, you must:

- Pass at least 60% of a full course load in each term at a college or university (ask your school if you're not sure what a full course load is for you)



Visit our **WEBSITE** to learn how you can get the education you want and the funds you need.

MANITOBA STUDENT AID

<http://www.edu.gov.mb.ca/msa/>

JOB HUNTING!

Everyone will be looking for a job at some point. You may want a summer job, a part-time job while going to school, or a full time job during a gap year.



WHERE SHOULD I LOOK FOR JOBS?

- Indeed.ca
- Kijiji (use your judgement)
- Mall websites
- Job bulletin board outside guidance
- Ask friends and family
- Gov. of Canada job bank website

It's also a good idea to look on specific company web sites if you know where you want to work or hand in resumes at place you want to work and they will generally keep them on file until they are hiring again.

Whatever you do, do not get discouraged. You will not be hired on the spot at the first job you apply for. Job searching takes time and can be frustrating. **Ask your friends and family to keep their eyes open for jobs that you might like.** The perfect job isn't just going to fall onto your lap, so keep applying and eventually you will find something you enjoy.

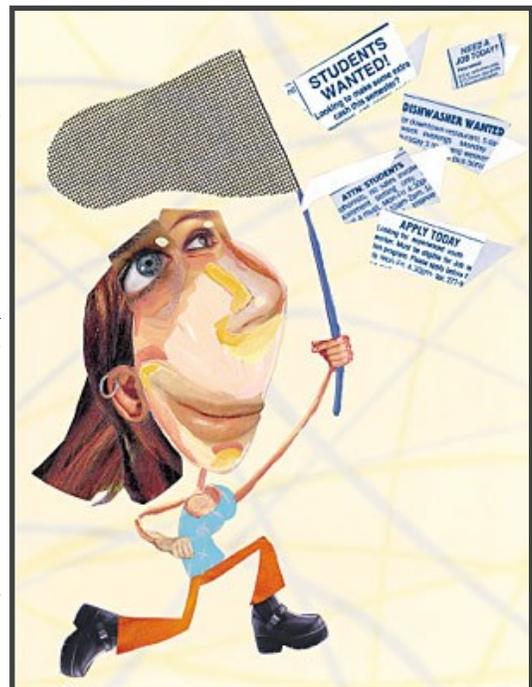
SEASONAL JOBS

When you are applying for a job keep in mind the season you are applying in. If it is summer there are all sorts of summer only jobs that open up such as landscaping, camp counselling, working at greenhouse, a golf course, a campground/park, etc.

The government also offers summer student opportunities through their STEP Services and Green Team programs. These jobs start as full time or part-time summer employment with a great wage and often lead to longer positions with the government.

Check out: www.gov.mb.ca/educate/studentjobs for more information and apply today.

Winter also comes with its own seasonal job openings such as snow clearing, employment at arenas, and stores hiring extra staff for the Christmas rush.





Globetrotting!



Taking some time off to travel after high school is an exciting way to:

- Gain independence and learn more about yourself
- Gain real world experience you can't get in a classroom
- Learn about new people, places, and cultures. You may even learn a new language!
- Show future employers maturity, initiative, and resourcefulness
- Gain post secondary credits (some programs)



Travelling when you are young has many advantages. First of all, your schedule is more flexible. And secondly, with an International Student Identity Card (ISIC) or International Youth Travel Card (IYTC), you can get great deals on hostels, tours, entrance fees to tourist attractions and historical sites, Eurorail passes, and more! See your local travel agency or check online for more details: www.isic.org

There are many traveling options; short term, long term, with a program, on your own, or with a friend. Do some research; think about what type of experience you are looking for, and talk to people you trust.

Sites to get you started:

Canada World Youth (volunteer exchange programs): <http://canadaworldyouth.org/>

SWAP (Live and work abroad): www.swap.ca

Explore Program (Five week French language bursary program): www.myexplore.ca

Volunteer Eco Students Abroad: www.vesabroad.com

Teach English Overseas: www.globaltesol.com

Student Exchange Programs: www.asse.com

Contiki Holidays (ages 18-35): www.contiki.com

Become an au pair/nanny: www.planetaupair.com

Volunteer and Intern Abroad: www.projects-abroad.ca

Lonely Planet-Travel Guides and Info: www.lonelyplanet.com

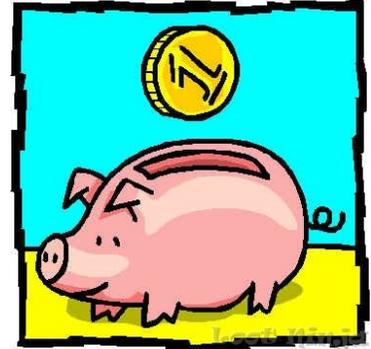


Taking a Year Off....

A gap year is a good option for graduates who are unsure or unexcited about returning to school. It gives you a chance to explore different options and to figure out who you are and what you enjoy.

Pros of taking a year off:

- Take time to figure out what/if you would like to continue studying
- Save & make money
- Explore your options
- Gain life, travel, work, and/or volunteer experience
- Take a breather from school
- Time to sample possible career paths



Cons of taking a year off:

- Might get comfortable with a steady pay check
- Easy to relax and waste a year
- Will miss out on some scholarship opportunities
- Things learned in high school will no longer be fresh in your memory
- Lack of motivation when the year is up



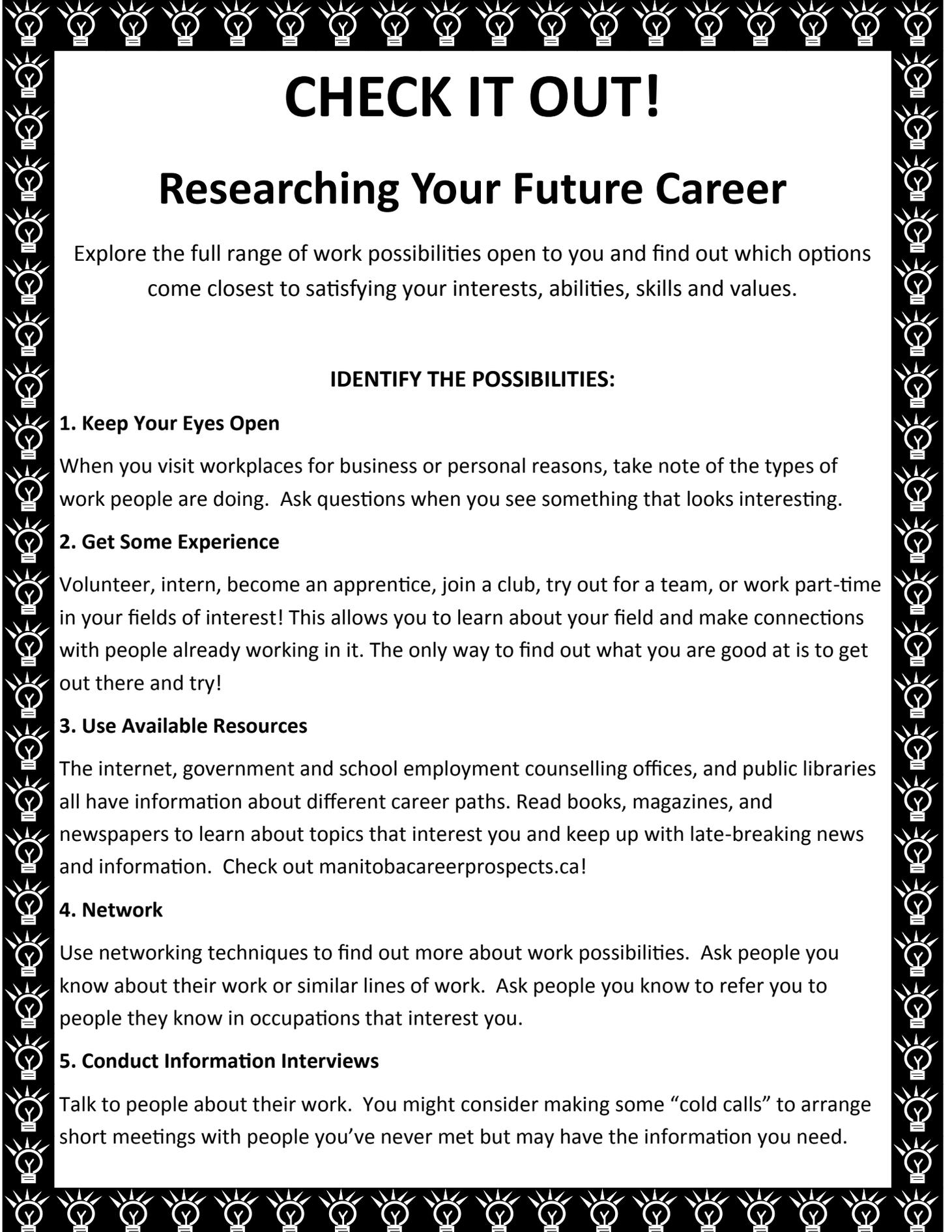
Things to do with a year off:

- Work
- Volunteer
- Intern/Apprentice in a field of interest
- Travel
- Participate in an International Exchange Program
- Take classes offered at your local community club
- Learn a Language or new skill



Remember to make sure your time off is productive!

Make your gap year a combo of all the things you would like to try, the options are endless!

A decorative border of lightbulbs surrounds the page. Each lightbulb is white with a black outline and a black base, set against a black background. The lightbulbs are arranged in a grid pattern, with some having rays emanating from them, suggesting ideas or inspiration.

CHECK IT OUT!

Researching Your Future Career

Explore the full range of work possibilities open to you and find out which options come closest to satisfying your interests, abilities, skills and values.

IDENTIFY THE POSSIBILITIES:

1. Keep Your Eyes Open

When you visit workplaces for business or personal reasons, take note of the types of work people are doing. Ask questions when you see something that looks interesting.

2. Get Some Experience

Volunteer, intern, become an apprentice, join a club, try out for a team, or work part-time in your fields of interest! This allows you to learn about your field and make connections with people already working in it. The only way to find out what you are good at is to get out there and try!

3. Use Available Resources

The internet, government and school employment counselling offices, and public libraries all have information about different career paths. Read books, magazines, and newspapers to learn about topics that interest you and keep up with late-breaking news and information. Check out manitobacareerprospects.ca!

4. Network

Use networking techniques to find out more about work possibilities. Ask people you know about their work or similar lines of work. Ask people you know to refer you to people they know in occupations that interest you.

5. Conduct Information Interviews

Talk to people about their work. You might consider making some “cold calls” to arrange short meetings with people you’ve never met but may have the information you need.

CHECK IT OUT!

Researching your Future Career

Once you identify a type of work that really interests you, try to get a complete picture by asking the following questions:

- What do people in this line of work do day-to-day?
- What are the usual working conditions (atmosphere, hours, etc.)?
- What are the pros and cons of this work?
- What self-management, transferable and technical skills are required?
- What type of education or training is required? What training level do most people have?
- Where is the required training offered? How long does it take to complete? How much does it cost?
- Are there additional training or educational opportunities that are not required but may help you succeed in this job?
- Are there any special physical, legal or social requirements?
- Does this work require the use of any tools and/or technology?
- What are the future employment prospects? Will this type of work still be needed in 5 years? What are the opportunities for promotion and transfer?
- What is the typical salary range for this type of work? Consider salaries for people beginning in the field and for more experienced workers.
- Do you have to belong to a professional association or a union to do this work?
- How can I prepare for this work now? (Courses to take, skills to develop, people to meet)
- What are some related jobs/occupations/careers?
- Can I get additional information from an interview with someone who works in this job?

This is a great time to check out the JOB MATCHMAKER at www.careercruising.com. See your Career Intern to get online!

Quick Reference—Websites:

Post Secondary Schools in Manitoba:

University of Manitoba: www.umanitoba.ca

University of Winnipeg: www.uwinnipeg.ca

Université de Saint Boniface: www.ustboniface.mb.ca

Red River College: www.rrc.mb.ca

Brandon University: www.brandonu.ca

Canadian Mennonite University (CMU): www.cmu.ca

Manitoba Institute of Technology and Trades: <http://mitt.ca/>

Booth University College: www.boothuc.ca

University College of the North: www.ucn.ca

Assiniboine Community College: www.assiniboine.net

Providence University College: www.providenceuc.ca

Yellowquill College: www.yellowquill.org

CDI College: www.cdicollege.ca

Herzing College: www.herzing.edu

Robertson College: www.robertsoncollege.com

Academy of Learning: www.academyoflearning.com

Scholarships and Financial Aid:

Manitoba opportunities and financial planning:
www.mb4youth.ca

Financial Planning: www.canlearn.ca

Manitoba Student Aid: <http://www.edu.gov.mb.ca/msa/>

Winnipeg School Division : <https://www.winnipegsd.ca>

Association of Universities and Colleges in Canada:
www.aucc.ca

Scholarships Canada: www.scholarshipscanada.com

Student Awards: <https://yconic.com>

Electronic Document Scholarship Foundation: <http://www.edsf.org/index.html>

Specialized Training Programs:

Apprenticeship Manitoba: www.manitoba.ca/tradecareers

Army: www.forces.ca

Army Reserve: www.army.gc.ca

Royal Canadian Mounted Police: www.rcmp.ca

Winnipeg Police Department/ Police Cadets
www.winnipeg.ca/policerecruiting/

Northwest Law Enforcement Academy:
www.northwestlaw.ca

Criti Care Paramedic and Fire Training Academy: www.criticareems.com

Southern Manitoba Academy for Response Training (Smart EMS): www.smartems.net

Louis Riel Arts and Technology Centre:
www.lrsd.net/schools/atc/

Tec Voc Post-High Programs: www.tecvoc.ca

Aveda Institute Winnipeg: <http://avedainstitute.ca/en/school/WINNIPEG>

Salon Professional Academy Winnipeg: <http://www.tspawinnipeg.com/>

MC College (Hair, Esthetics, Fashion):
www.mccollege.ca

Wellington College of Remedial Massage Therapy: www.wellingtoncollege.com

Mid-Ocean Academy of Media Arts:
www.midoceanschool.ca

PrairieView School of Photography:
www.prairieview.ca

Quick Reference—Websites:

Career Exploration and Job Search Sites:

Career Cruising: www.careercruising.com

Username: manitoba298 **Password:** careers

www.careerbuilder.ca

www.youth.gc.ca

www.jobbank.gc.ca

www.gov.mb.ca/govjobs

www.winnipeg.ca/hr

STEP services & Green Team (summer):

www.gov.mb.ca/educate/studentjobs

<http://www.kijiji.ca/b-jobs/winnipeg/c4511700192>

<http://ca.indeed.com/>

<http://www.monster.ca/>

<https://regionalhelpwanted.com/winnipeg/find-jobs/>

<http://www.eluta.ca/>

<http://www.gov.mb.ca/findmyjob/>

<http://www.workopolis.com/jobsearch/jobs-in-winnipeg-manitoba>

<https://www.cfshops.com/polo-park/jobs.html>

<http://www.stvitalcentre.com/jobs>

<http://www.mcca.mb.ca/blog/category/Job+Postings>

<http://www.uwinnipeg.ca/career-services/job-listings/index.html>

<http://www.wowjobs.ca/>

<http://www.careerowl.ca/>

<http://www.careerjet.ca/>

Volunteer and Travel Opportunities:

Volunteer Manitoba:

www.volunteermanitoba.ca

Volunteer Winnipeg:

www.winnipegcharityevents.ca

Canada World Youth (volunteer exchange program): <http://canadaworldyouth.org/>

Volunteer EcoStudents Abroad:

www.vesabroad.com

Explore French Immersion Program:

www.myexplore.ca

Student Exchange Programs: www.asse.com

Volunteer and Intern Abroad:

www.projects-abroad.ca

Teach English Overseas:

www.globaltesol.com

Become an au pair/nanny:

www.planetaupair.com

SWAP: Live and Work Abroad: www.swap.ca

Go International Work and Travel Providers:

www.gointernational.ca

Contiki Holidays: www.contiki.com

Lonely Planet (travel guides and info):

www.lonelyplanet.com

Student Travel Info and Discounts:

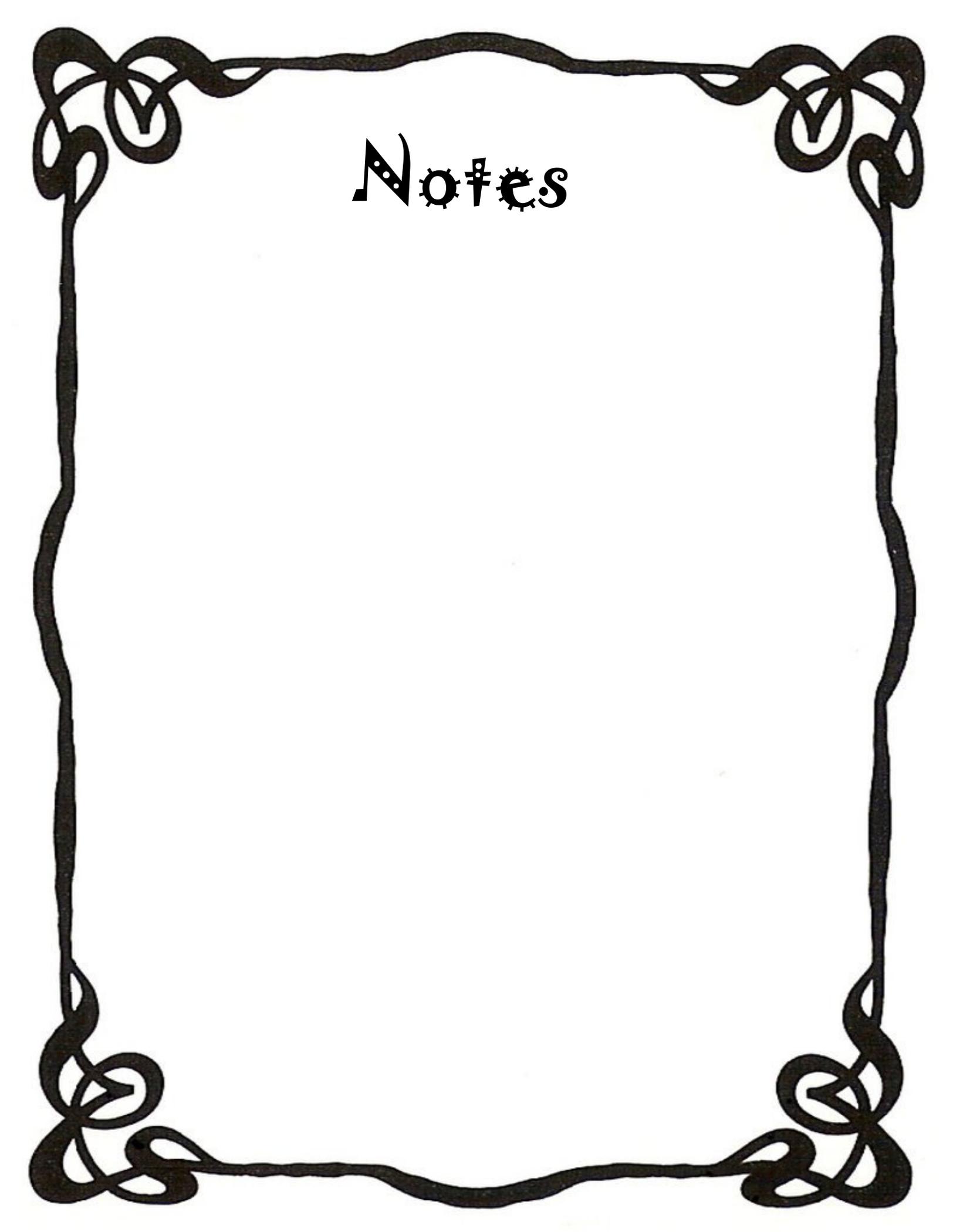
www.isic.org

Grade 12 Planner

Use this space to create your own plans, goals, and record important dates as you go through your Grade 12 year! Check them off as you go, and don't forget to ask questions if you have any!

 _____ _____ _____ _____ _____ _____ _____

Grade 12 Planner

A decorative border in black ink surrounds the page. It features a central rectangular frame with wavy, irregular edges. At each of the four corners, there are intricate, swirling flourishes that resemble musical notes or calligraphic scrolls. The overall style is hand-drawn and artistic.

Notes

KEEP

CALM

and don't forget

PHYS.

ED!



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@ChurchillWSD