

Grant Park High School Career Exploration Guide

2020 / 2021



Instagram: @grantparkcareers

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Quick Reference—Websites

Grant Park High School: winnipeg.sd.ca/schools/GrantPark

Post-Secondary and Technical Training Institutions in Manitoba:

University of Manitoba: umanitoba.ca

University of Winnipeg: uwinnipeg.ca

Canadian Mennonite University (CMU): cmu.ca

Brandon University: brandonu.ca

Université de Saint Boniface: ustboniface.ca

Providence University College: www.prov.ca

Booth University College: boothuc.ca

Red River College: rrc.ca

Manitoba Institute of Trades and Technology:
mitt.ca

Assiniboine Community College: assiniboine.net

Post-Secondary Institutions in Canada:
schoolfinder.com

Tec Voc Post-High Programs: [winnipeg.sd.ca/
schools/TechnicalVocational](http://winnipeg.sd.ca/schools/TechnicalVocational)

Russell Post-High Programs: [winnipeg.sd.ca/
schools/rbrussell](http://winnipeg.sd.ca/schools/rbrussell)

Louis Riel Arts & Technology Institute:
lrsd.net/schools/ATC

Wellington College of Massage Therapy:

wellingtoncollege.com

Academy of Learning: academyoflearning.com

Robertson College: robertsoncollege.com

Herzing College: herzing.ca

CDI College: cdicollege.ca

Aveda Institute: aveda.edu

MC College : mccollege.ca

The Salon Professional Academy:

tspawinnipeg.com

PrairieView School of Photography: prairieview.ca

Mid-Ocean School of Media Arts:

midoceanschool.ca

The Southern Manitoba Academy for Response
Training (SMART): smartems.net

Northwest Law Enforcement Academy:

northwestlaw.ca

Criti Care Paramedic and Fire Training Academy:
criticareems.com

Manitoba Emergency Services College:

firecomm.gov.mb.ca

Financial Aid and Awards:

Manitoba Student Aid: edu.gov.mb.ca/msa/

Scholarships Canada: scholarshipscanada.com

Scholar Tree: scholartree.ca

Job / Volunteer Opportunities

Job Search: jobbank.gc.ca

Volunteer Opportunities: volunteermanitoba.ca

Career Information:

Career Exploration: myblueprint.ca

National Occupational Classification: noc.esdc.gc.ca

Travel / Exchange / Gap Year:

Explore Canada: myexplore.ca

Encounters with Canada: ewc-rdc.ca

Gap Year: gapforce.org

Grant Park Grad Tracking Form

Are you on track to graduate?

Use this worksheet to check!

Grade 9	Mark	Grade 10	Mark	Grade 11	Mark	Grade 12	Mark
Mathematics		Mathematics		Mathematics		Mathematics	
English		English		English		English	
Social Studies		Geography		History		Phys. Ed	
Science		Science		Phys. Ed		Required Option: _____	
Phys. Ed		Phys. Ed		Required Option: _____		Required Option: _____	
Optional Subjects:							
Grade 9		Grade 10		Grade 11		Grade 12	
Recommended Course Load:							
Grade 9	8 Credits	Grade 10	9 Credits	Grade 11	8 Credits	Grade 12	6 Credits

If you have questions, concerns, or need to make schedule changes, please see your Guidance Counsellor

Please Note

While meeting these requirements will grant general admission to Manitoba post-secondary institutions, many programs have additional course requirements. Remember to research the programs you are interested in, and make sure you are taking the correct prerequisites!

Checklist for Grade 12 students

	Credit check with my guidance counsellor	October
	Make sure I am taking the right courses for university/college/future career choice	First Semester
	Make an appointment with the Career Advisor to discuss scholarships and bursary opportunities	Ongoing
	Explore all appropriate options for after high school (school, work, travel, volunteer, etc.)	Ongoing
	Attend online information sessions from University of Manitoba, The University of Winnipeg, and Red River College	October / November
	Check the deadline for applications to my post-secondary school of choice (admission and residence, if applicable)	First Semester
	Attend the Virtual Canadian University Fair	November
	Request copies of my transcripts from the Guidance Office for scholarship and university/college applications, if necessary	Ongoing
	Have my Grad Photos taken	December
	Have my Grad Photos taken Apply to my school(s) of choice BEFORE the deadline—to be eligible for entrance scholarships	Varied
	Attend the in-school presentations from University of Manitoba & University of Winnipeg about the registration process	April– May
	Fill out Grant Park’s In-School Awards application	May
	Make sure I have paid all my graduation fees	April/May
	Apply for Manitoba/Canada Student Aid (if applicable)	May/June

Mark your calendar: Important dates



October / November (ongoing) —Post -
Secondary Virtual Information Sessions

October 12th —Thanksgiving Day, NO
SCHOOL

October 22nd—Loran Award Final Application Deadline (Up to \$100,000)

October 23rd—In-service day, NO SCHOOL

October 28th—University of Manitoba Virtual Open House

November 10th—Remembrance Day Services

November 12th—School Photo Retakes

November 13th—TD Scholarship for Community Leadership Application Deadline
(Up to \$10,000)

November 20th—In-service day, NO SCHOOL



November 24th—University of Winnipeg Virtual Future
Student Night

December 1st—University of Manitoba Leader of
Tomorrow Entrance Scholarship Application Deadline
(Up to \$16,000).

December 14th—18th— Grad Photos

December 21st, 2020-January 1st, 2021—WINTER
BREAK

January 4th—School Re-opens

January 14th—Grad Photo Retakes

Mark your calendar: Important dates



February 1st—Terry Fox Humanitarian Award Application Deadline (Up to \$28,000)

February 8th—In-service day, NO SCHOOL

February 15th—Louis Riel Day, NO SCHOOL

March 1st—University of Manitoba / University of Winnipeg regular admission deadlines for Fall 2021.

Apply by this deadline to be automatically considered for Entrance Awards!

March 19th—In-service day, NO SCHOOL

March 29th-April 2nd—SPRING BREAK

April 16th—In-service day, NO SCHOOL



May—Post-Secondary Information Sessions for accepted students (TBA)

May 3rd—In-service day, NO SCHOOL

May 24th—Victoria Day, NO SCHOOL

June—Grad Ceremonies (TBA)

June 29th—Report cards distributed

June 30th—Last Day of School

July 2nd—Final deadline for applications to University of Winnipeg for the Fall 2021 semester

August 1st—Final deadline for applications to University of Manitoba (U1) for the Fall 2021 semester

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. The following websites are excellent resources:

- WSD Students can access *MyBlueprint.ca*— a career resource / planning site.
- Government of Canada National Occupational Classification website: <https://noc.esdc.gc.ca/> - A national system for describing occupations.

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!

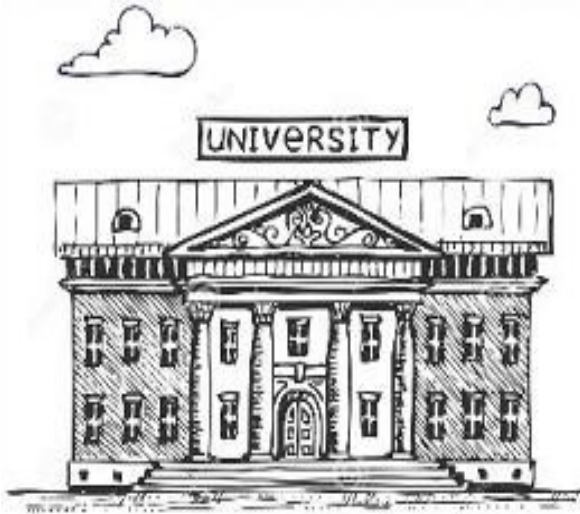
Researching Your Future Career

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?



HEADING TO UNIVERSITY?



Universities in Manitoba:

University of Manitoba: www.umanitoba.ca

University of Winnipeg: www.uwinnipeg.ca

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

Brandon University: www.brandonu.ca

Université de Saint Boniface:
www.ustboniface.ca

Providence University College: www.prov.ca

Booth University College: www.boothuc.ca

Getting prepared for university:

- Research universities and programs that interest you. Gather as much information as you can so 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 are going away for school) and make sure that it is a possibility for you.
- Talk to your career advisor 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 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.

ATTENDING POST-SECONDARY 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-\$15,000 more per year.

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, Ryerson, 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 on!

If you are applying to universities in Saskatchewan:

- ◆ Many require applicants to take a World Issues or Social Studies course. Check the admission requirements for your program of choice.

If you are applying to university in the United States / Internationally:

- ◆ It is recommended students write their SAT's early in Grade 11 to meet admission deadlines. However, you are able to write them again in your Grade 12 year.
- ◆ Many universities use the Common Application, visit commonapp.org to learn more.

Know what to expect: High School vs. Post-Secondary

High School	University	Tips for success
Attendance is taken in every class.	Professors don't typically take attendance.	Go to class. You will be expected to know the material covered whether you are there or not.
Five class slots, about an hour each, minimum time between classes.	Morning/afternoon/evening/ Saturday classes of varying lengths (1-3 hours). Lots of time between classes	Take advantage of time between classes to study / work on assignments. Don't wait until nighttime.
Small classes with the same people, lots of one on one time with teacher	Classes of various sizes. First year classes are usually large (60-300), and the professor doesn't have a lot of time to work with each student.	Pay attention and keep up with the notes. Form a study group. Take note of concepts you don't understand and make an appointment with your professor to go over them.
Teachers remind you when assignments are due, collect and check work regularly, and may give extensions	Professors will not track you down or remind you when something is due. It is your responsibility to get your work in. Assignments may not be graded but you will be expected to know the material. Extensions are rarely given.	Do the assignments. Do more than just assigned work – keep working until you understand the concepts presented.
<p>Testing is frequent and covers small amounts of materials. Tests cover different units. Teachers prepare you for the test and help you get ready in time.</p> <p>Test dates are flexible and make up tests are given for various reasons.</p>	<p>Testing is usually infrequent (two or three in a term) and often covers large amounts of material. Tests are cumulative. It is up to you to organize and review the material.</p> <p>Test dates are set. Documentation is required for any missed tests.</p>	<p>Look at a term's worth of material and organize it in a way that makes sense to you. Use outlines and pictures to help you remember the material.</p> <p>Study often, and review your notes after every class.</p>
You are often given reminders about what to study and when. Class time is often given to study or work on assignments	<p>You are expected to know what materials to study and when your test dates are.</p> <p>You will have to study and work on assignments on your own time</p>	For every one hour in class, expect two to three hours of studying. Figure out how to study and work effectively and find a place where you can concentrate to get your work done.
Mastery of a subject is usually seen as the ability to reproduce what was taught in the same form it was presented to you.	Mastery of a subject is usually seen as the ability to apply what you have learned to new situations or to solve new kinds of problems.	Aim to understand the material. Don't simply memorize it.
You may graduate as long as you have passed all required courses with a grade of D or higher.	You may graduate only if your grade point average (GPA) is a 2.0 (C average) or better.	Don't settle for just getting by.

Common Post-Secondary Terms:

Full-Time Student- A student taking a minimum of 60% of a full course load in a Session.

Part-Time Student- A student taking less than 60% of a full course load in a Session.

Faculty- A division within a university comprising one subject area, or a number of related subject areas

Program- Within a faculty; generally defined set of courses required to obtain a specific academic outcome, such as a degree, certificate, or diploma.

Undergraduate Degree- The first degree you can complete at the university level. It is typically called a Bachelor's degree, and may be further classified as Honours or General (see below).

Honours Degree- Typically completed in four years of full-time study and often focuses on a particular discipline. It provides the widest range of options should you wish to pursue postgraduate study.

Graduate Degree- Can be completed after an undergraduate degree. It involves additional study in a particular area of interest, and may include research or the completion of a thesis.

Major- The main area of study within a degree; involves intensive focus on a specific discipline.

Minor- An optional secondary area of study that can be related to or different from your major, and provides an introductory level of education about a single discipline.

Credit- The unit of measurement for university courses.

Academic year- The university year. It is divided into of two semesters of teaching, with vacations at Christmas and Reading Week (usually in February).

Semester- An academic period of twelve weeks. Most universities offer three semesters: Fall (September-December), Winter (January-April), and Summer (May-August).

Course- The smallest formally recognized unit in a curriculum is the course. Label, number, credit unit value and title (e.g. ENGL 100.6, Introduction to the Study of Literature) identify the courses used to meet degree requirements. A course is normally offered over a term.

Half-Credit / Full-Credit Courses- Each course that you study has a specific credit weighting, based on the amount of time that you will spend in that course; for example, a full-credit (6.0) course will last an entire school year, from September to April. A half-credit (or 0.3) course will last a semester. You need a certain number of total credits to graduate.

Seminar, Lab, Lecture- The different formats in which you may take classes. A seminar usually involves a discussion between a small group of students and a professor. Labs generally take place in the Sciences, but also in Music, Drama, Film, and Fine Art. In labs, you are usually "doing" something, like an experiment or a project. Lectures are probably what you think of when you think of university – usually the professor stands at the front of the room and talks about a specific topic.

\$\$ Money for School \$\$

University, college, and other post-secondary programs can be expensive. Tuition. Books. Student Fees. Housing. How are you going to pay for it all?

Post-Secondary Funding Options:

Scholarships—A type of financial award typically given to students who demonstrate academic merit and community involvement (volunteering / extracurricular activities), though a wide-range of eligibility requirements that may also be considered, including financial need, overcoming challenges, medical conditions/ disabilities, ethnic/cultural background, and membership in certain clubs / unions / organizations. Explore all of the scholarships you can, and don't miss out!

Bursaries — A type of financial award typically given to students who demonstrate financial need.

Check out the Scholarship Quick Tips pages in this book to learn more about how to access scholarships and bursaries!

Grants—Non-repayable funds, usually disbursed by the government. For example grants offered by Manitoba Student Aid, which forgive large chunks of loan payments for students who meet the requirements.

Band Funding—Some First Nation Bands are able to sponsor eligible First Nations and Inuit students who are accepted into eligible post-secondary programs. Funding eligibility requirements and amounts vary. Contact MMF or your local band office for more information.

Student Loan—Money borrowed from the government to cover the cost of post-secondary education. Typically no payments are required until 6 months after graduation. Visit <https://www.edu.gov.mb.ca/msa/> to learn more about the Manitoba Student Aid and Canada Student Loans program.

Student Line of Credit—Money borrowed from a financial institution to cover the cost of post-secondary education. Typically interest-only payments are required until 6-12 months after graduation. Visit your local bank or financial institution to learn more.

\$\$ Money for School \$\$

Know Where to LOOK

Scholarships, bursaries and awards can be found EVERYWHERE

Look at posters around your school, check the guidance office bulletin boards, post-secondary schools, etc.

Check with your Teachers, Guidance Counsellors, and Career Intern

You can win money from grocery stores, cable companies, radio stations, community clubs, organizations, small businesses, online contests and your parents' work – ANYWHERE!

Use geographical internet searches, like "Scholarships in Winnipeg"

Use scholarship search tools, such as scholarshipscanada.com or ScholarTree.ca

Ask people who have graduated where they applied

Keep checking regularly – new postings come up ALL THE TIME. Make a habit of checking bulletin boards, websites, etc. at least once a month or every two weeks.

Get personal—search for scholarships that fit your interests. There are scholarships for sports, music, art—everything! Your passion will show through, resulting in a better scholarship application.

Keep searching for awards once you are attending post-secondary school. You could still get more awards in your first year!

Apply, Apply, Apply

Apply for ALL the scholarships you are eligible for. A lot of scholarships go unclaimed – If you don't apply, you can't win!

Apply for Early Admissions to universities to take advantage of ALL the awards at school.

Apply even if you plan to take time off before post-secondary school—Some scholarships allow you to defer the award for up to a year.

Apply for local scholarships, scholarships which require a lot of work, and scholarships with smaller awards—Typically less people apply for these, so your chances of winning are increased. The biggest scholarships have a LOT of people competing for them.



\$\$ Money for School \$\$

Create & Manage a Timeline

Submit early: Don't wait until the due date, just in case there's a problem with the site, the Internet connection, or your computer.

Be aware of all components of the scholarships for which you apply for and make deadlines for yourself.

Keep in mind the time that is required to research the award, complete the application, write rough and final drafts of the essay – if you are late applying for these awards, they won't accept your application!

Also, remember that you may need materials from the school or from other people (i.e. transcripts and reference letters). Be sure to give people enough time to help you. It may take a few days or even a couple of weeks!

Keep a Copy

Always, always, always keep a copy of your essays and resume. You can adapt them to apply for other awards.

Ask to keep a virtual copy of your reference letters.

If you hear back from an award, keep that letter whether you were successful or not.

Say Thank You

Always thank those who helped you by encouraging you or writing a reference letter for you. Send them a thank you card or note.

Don't forget to thank those who are giving you scholarship money as well.

Don't Get Discouraged

The award process is not easy. It is a competition, and it can be very time consuming and difficult. Don't take it personally! You can't win EVERY award you apply for.

However, getting an award is an awesome high! You feel great about yourself and your future – and you should! You worked hard for it!

Keep things in perspective – good or bad.



STEPS TO SCHOLARSHIP SUCCESS:

Keep your grades up

Many scholarships and bursaries require a minimum average of 70%. Some require an even more competitive average. The higher your grades, the higher your chances, so keep working hard!

Get involved

Community / school involvement is important, and it's never too late to start! Join clubs and committees, stay active in sports, lessons, and activities, volunteer (see Volunteer page) work part-time (see Job Search page), organize a fundraiser—just keep busy!

Prepare now

Write a resume; think of who you can ask for reference letters; prepare for common essay questions by listing accomplishments, education and career goals, and challenges you have overcome.

S. Seroy 2020

Scholarship Essay Tips:

Many scholarships require an essay or personal statement. Here are some tips to help yours stand out:

Don't introduce yourself in your essay: It's cliché and may even get you disqualified. Many scholarship committees conduct blind readings, and essays that include names or other identifiers are immediately discarded. Get to the point as quickly as possible.

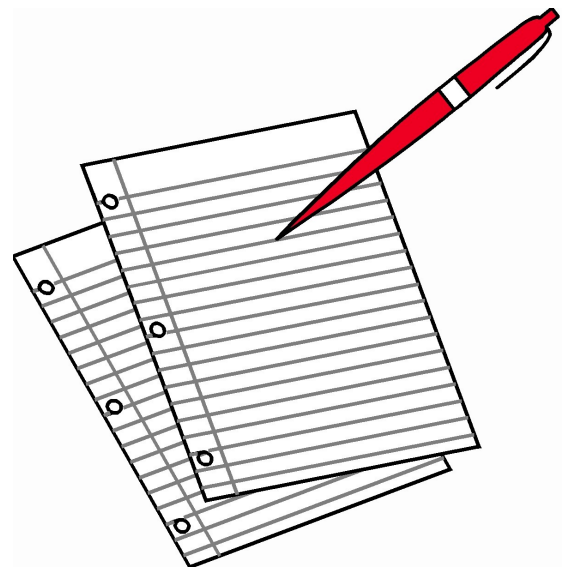
Don't repeat the essay prompt: No one wants to reread the same sentence hundreds of times a day. Be original! Use the beginning of your essay to showcase your personality and set yourself apart from the crowd. Try starting your essay by setting the scene for a story or jumping directly into your answer.

Don't use quotes: Your essay should be about you. The best essays are unique and stand out from the competition, so be original and use your own words.

Satisfy all the requirements: You can write the best essay in the world, but if the prompt asks for a list of five things, and you only list four, you may be disqualified. Make sure you answer every question and accurately meet every requirement.

Stick to the word limit: Get as close to the word limit as you can, but don't go over. Exceeding the word limit may disqualify you.

Proofread: Spelling and grammar mistakes may get you disqualified. Make sure to proofread your essay at least twice and ask your parents and friends to look it over, too. The more eyes, the better.



Adapted from money.com

Post-Secondary Virtual Presentations

All in-school information sessions and on-campus recruitment events are currently on hold.

Post-secondary presentations will be available online.

University of Manitoba

Online Information Sessions: umanitoba.ca/admissions/recruitment-info-sessions

Virtual Open House—October 28th, 2020:
umanitoba.ca/admissions/campus-tours-and-events/open-house

Virtual Viewbook: umconnect.ca

Instagram: @umanitoba



University of Winnipeg

Online Information Sessions: uwinnipeg.ca/presentations

Virtual Future Student Night—November 24th, 2020: uwinnipeg.ca/future-student-night/

Virtual Viewbook: uwinnipeg.ca/future-student/viewbooks

Instagram: @uwinnipeg

Red River College

Online Information Sessions: rrc.ca/student/

Virtual Viewbook: rrc.ca/student/future-students/viewbook/

Instagram: @redrivercollege



**University
of Manitoba**

University of Manitoba

Admissions Information

University of Manitoba Basic Admission Requirements:

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 12 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 (less than 60%).
 - Please Note: Admission under Set B or C will be considered a limited admission to University 1; open to Canadian citizens and permanent residents only, some registration restrictions and performance standards will apply, and additional academic supports and services will be provided.

New this year:

- Bachelor of Data Science
- Bachelor of Midwifery

Additional Admission Requirements:

Certain prerequisite courses may be required to enter a program or to enroll in certain university courses. Asper School of Business now requires Pre-Calculus, and Science programs typically require Pre-Calculus or Applied Math and science courses. Minimum grades may be required. To view the entrance requirements for your program of choice, visit umanitoba.ca/firstyear

Indigenous Students:

Information for Indigenous students, including admissions, awards and financial aid, and support services, can be found at: umanitoba.ca/admissions/indigenous-student-admissions

International Students:

Information for International students, including admissions, English Language Requirements, awards and financial aid, and support services, can be found at: umanitoba.ca/admissions/international-student-admissions



University of Manitoba

**University
of Manitoba**

General Entrance Scholarships

Level 1: \$3000—For average of 95% or higher

Level 2: \$2000—For average of 90% or higher

Level 3: \$1000—For average of 85% or higher

Apply for admission to the University of Manitoba by March 1st to be automatically considered for this award!

Average is calculated from the best 5 courses from the following pre-approved list:

Any number of the following: Art 40S / Biology 40S / Chemistry 40S / Computer Science 40S / English/Anglais 40S / Geography 40S / History 40S / Physics 40S / Music 40S / Social Studies: World Issues 40S or Global Issues 40S / Current Topics in First Nations, Métis, and Inuit Studies: A Foundation for Implementation 40S

Only one of: Applied Math 40S / Pre-Calculus 40S / Calculus 42S (Calculus 45S is not acceptable)

Only one of: Family Studies 40S / Foods & Nutrition 40S

Only one of: Canadian Aboriginal Language 41G / Deutsch 40S / Filipino 40S / French/Français 40S (if not used in lieu of English/Anglais 40S) / German 40S / Hebrew 40S / Italian 40S / Japanese 40S / Mandarin 40S / Polish 40S / Portugese 40S / Spanish 40S / Ukrainian 40S

NOTE: Students may use two English 40S or 40G level courses towards average calculation (i.e. English 40S and 40S).

* Advanced Placement or International Baccalaureate standing is considered as 40S for admission and awards purposes and may be used to replace courses listed above.

U of M Major Award:
**BMO Financial Group
Leader of Tomorrow
Scholarships (\$16,000!)**
Due Dec. 1st annually.
Application Required.

For more information visit:

umanitoba.ca/financial-aid-and-awards/entrance-awards



University of Winnipeg

Admissions Information

University of Winnipeg Basic Admission Requirements:

- 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 (see below)
- 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.

Additional Entrance Requirements:

Some programs require that students have certain high school courses completed before they can start their studies. Most science programs require Pre-Calculus or Applied Mathematics and science courses. To view the entrance requirements for your program of choice, visit uwinnipeg.ca/future-student/admissions-req.html

Indigenous Students:

Information for Indigenous students, including academics, awards and financial aid, and support services, can be found at: uwinnipeg.ca/assc

International Students:

Information for International students, including admissions, English Language Requirements, awards and financial aid, and support services, can be found at: uwinnipeg.ca/future-student/intl-students.html



University of Winnipeg Special Entrance Awards

Level 1: \$2,250—For average of 95% or higher

Level 2: \$1,750—For average of 90% or higher

Level 3: \$1,100—For average of 85% or higher

Apply for admission to the University of Winnipeg by March 1st to be automatically considered for this award!

The scholarship average is calculated based on the following:

- Best 40S English (Comprehensive Focus, Literary Focus or Transactional Focus), and
- Best 40S Math* (Pre-Calculus, Applied Math or Essential Math), and
- One other 40S or higher level full credit course

Faculty of Education

Students applying to the Integrated Education Program must use courses from an approved list for their admission requirements, which can be found at:

uwinnipeg.ca/future-student/requirements/hs-pre-req-faculty-of-edu.html

Advanced Placement and International Baccalaureate Transfer Credit Scholarship:

Students who are admitted to the University of Winnipeg directly from high school and choose to transfer AP or IB examination results as credit towards their undergraduate studies will receive a scholarship.

U of W also has
application-based entrance
scholarships valued from
\$100—\$40,000!

Only one application needed.

Due in February, annually

For more information visit:

uwinnipeg.ca/awards/entrance-awards.html



Red River College

RED RIVER COLLEGE
OF APPLIED ARTS, SCIENCE AND TECHNOLOGY

Admissions Information

Red River College Basic Admission Requirements:

The regular admission requirement for all College programs (excluding upgrading and introduction programs and those programs requiring post-secondary education) is a Grade 12 or mature student high school diploma including any pre-requisite courses identified in the program admission requirements.

Additional Entrance Requirements:

Admission requirements vary widely from program to program. Some programs require pre-requisite courses at the high school or even at the post-secondary level. Check the admission requirements for your program of choice carefully before applying. To learn more, visit: rrc.ca/future-students

Indigenous Students:

Information for Indigenous students, including academics, awards and financial aid, and support services, can be found here: rrc.ca/indigenous

International Students:

Information for International students, including admissions, English Language Requirements, awards and financial aid, and support services, can be found at: rrc.ca/international/study-at-rrc

Awards, Scholarships, and Bursaries:

Red River offers a variety of financial aid and award opportunities. For a full list of awards, eligibility criteria, application forms, application tips, and more, visit: rrc.ca/future-students/awards



RED RIVER COLLEGE PROGRAMS —WHAT'S THE DIFFERENCE?

CERTIFICATE: A certificate program involves up to one year of training that combines the applied theory and practical skills required to work in a particular field. Certificates can be obtained through full-time day programs or through RRC's School of Continuing Education. (See Page 8)

DIPLOMA: A diploma program lasts two years or more. Like certificate programs, these combine classroom work with hands-on, applied learning. Diplomas are usually (but not always) completed through fulltime studies.

POST-GRADUATE: A post-graduate diploma is an additional year that complements a diploma or degree. Students gain an edge in the job market by learning advanced skills in a hands-on environment.

JOINT DEGREES: Joint degree program combine practical, hands-on learning at RRC with additional studies at the university level. A growing number of programs allow you to earn both a diploma from RRC and a degree from the University of Manitoba or the University of Winnipeg.

BACCALAUREATE DEGREES: The equivalent of a four-year university degree, baccalaureate degree programs deliver enhanced levels of theory combined with applied learning and work placement opportunities.

FAST-TRACK PROGRAMS: Our School of Continuing Education offers fast-track programs that allow you to earn an RRC certificate in as little as three months of full-time study.

PRE-EMPLOYMENT PROGRAMS: Pre-employment programs are available for select trades as a great starting point for students wishing to enter an Apprenticeship program. These programs equip students with a good foundation of knowledge, which helps them to secure employment in the trade they're pursuing.

APPRENTICESHIP TRAINING: Apprenticeship programs combine paid, on-the-job training with technical classroom-based studies at RRC so you can earn while you learn. As you gain experience and complete your formal training, you can achieve Journeyperson status from Apprenticeship Manitoba.

POST-SECONDARY ENGLISH LANGUAGE REQUIREMENTS

EAL students must meet English Language Requirements Waiver conditions in order to study at post-secondary institutions. Students who do not meet these conditions will be required to present scores for approved English Language Proficiency exams. Typical waiver conditions in Manitoba are:

1. Ten consecutive years of residency in Canada that may include years of study in Canada. The period of residency will be the time elapsed between the "Landed On" date on the Record of Landing Document and July 1 of the year of application.
2. Three years of full-time education in English at secondary (high school) or post-secondary (university or college) levels in Canada
3. Graduation from a Manitoba high school with:
 - ◇ UW: at least one Senior 4 Core English credit with a minimum grade of 70% (Comprehensive Focus, Literary Focus, or Transactional Focus)
 - ◇ UM: five credits at the Grade 12 level, which include two credits of English at the 40S level with an average of 75%
 - ◇ RRC: a minimum of five credits at the grade 12 level, including two credits of English 40S. Minimum average grade of 75% for the two credits of English 40S
4. Graduation from a Canadian high school with:
 - ◇ UW: at least one Grade 12 English with a minimum grade of 70%
 - ◇ UM: with a year 12 English Literature grade of 75% or higher
5. Achieved a minimum grade of four on the International Baccalaureate High Level English Course, or a minimum grade of three (U of Winnipeg) or four (University of Manitoba) on the Advanced Placement English examination (Language Composition; Literature and Composition).
6. Fulfill conditions 1—3 in an English exempt country (see list on each institution's website)

For up-to-date information on English language proficiency and waiver requirements, visit your desired post-secondary institution's website.

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

Do you want to:

- ◆ Fast-track your career?
 - ◆ Have a hands-on career?
 - ◆ Work full-time while training?
- 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. Students gain hands-on, experiential knowledge to train for a specific career in a short period of time.



Colleges and Trade Schools in Manitoba:

- Red River College
- Manitoba Institute of Trades and Technology
- Université de Saint Boniface (College)
- Tec Voc Post-High Programs
- RB Russell Post-High Programs
- Assiniboine Community College
- Louis Riel Arts & Technology Institute
- Academy of Learning
- Aveda Institute
- Robertson College
- Herzing College
- CDI College
- Wellington College of Massage Therapy
- The Salon Professional Academy
- MC College
- PrairieView School of Photography
- Mid-Ocean School of Media Arts

Continuing and Distance Education Programs

- University of Manitoba
- University of Winnipeg
- Red River College
- Campus Manitoba
- PCDI Canada
- 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 institution. Private institutions 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 an apprenticeship?

An apprenticeship is a form of post-secondary education like university or college but there's a big difference. An apprenticeship is a combination of on-the-job training and classroom learning that leads to a trade credential – or “ticket”. Apprentices not only learn skills in a classroom but also receive paid on-the-job training with an employer.

There are over 55 trade programs in Manitoba, including:

- Agricultural Equipment Technician
- Aircraft Maintenance Journeyperson
- Automotive Painter
- Automotive Service Technician
- Boilermaker
- Bricklayer
- Cabinetmaker
- Carpenter
- CNC Machinist
- Concrete Finisher
- Construction Craft Worker
- Construction Electrician
- Cook
- Crane Operator
- Diesel Engine Mechanic
- Electric Motor System Technician
- Electrologist
- Esthetician
- Floorcovering Installer
- Gas Turbine Repair and Overhaul Technician
- Gasfitter
- Glazier
- Hairstylist
- Heavy Duty Equipment Technician
- Industrial Electrician
- Industrial Mechanic (Millwright)
- Instrumentation and Control Technician
- Insulator (Heat and Frost)
- Ironworker (Generalist)
- Landscape Horticulturist
- Lather (Interior Systems Mechanic)
- Machinist
- Marine and Outdoor Power Equipment Tech
- Motor Vehicle Body Repairer (Metal/Paint)
- Painter and Decorator
- Partsperson
- Plumber
- Pork Production Technician
- Power Electrician
- Pre-Engineered Building Erector
- Railway Car Technician
- Recreation Vehicle Service Technician
- Refrigeration and Air Conditioning Mechanic
- Rig Technician
- Roofer
- Sheet Metal Worker
- Sloped Roofer
- Sprinkler System Installer
- Steamfitter-Pipefitter
- Tool and Die Maker
- Transport Trailer Technician
- Truck and Transport Mechanic
- Water and Wastewater Technician
- Welder

For more information on Apprenticeship Manitoba and the High School Apprenticeship program, visit the Apprenticeship Manitoba website: <https://www.gov.mb.ca/wd/apprenticeship/>

Winnipeg School Division Post-High Programs

Tec-Voc Post-High Programs



These programs are **FREE** to WSD residents under the age of 19!

Post-High School graduates have a unique opportunity to explore a vocation and obtain a vocational credit. Post High opportunities are based upon availability. Interested students should speak to a guidance counsellor, contact Tec Voc High School at (204) 786-1401, or visit: www.winnipegssd.ca/schools/TechnicalVocational/

Programs of Study include:

- Advertising—Graphic Design
- Applied Commercial Education
- Automotive Technology
- Aviation & Aerospace Technology: Aerospace Manufacturing & Maintenance Orientation Program (AMMOP)
available to all ages
- Baking and Pastry Arts
- Broadcasting /Media Arts
- Child Care
- Culinary Arts
- Dental Technology
- Dental Assisting *cost associated with this program*
- Design Drafting
- Electronics
- Graphic Communications and Print Technology
- Professional Photography
- Applied Commerce Education: Administrative Assistant
- Information Technology: Network Support Technician
- Welding Technology

R.B Russell Vocational School Programs

These programs are **FREE** to WSD Residents!



R.B. Russell offers a variety of pre-industry and career training programs to high school grads and adult learners. Interested students should speak to a guidance counsellor, contact R.B. Russell School at (204) 589-5301, or visit: www.winnipegssd.ca/schools/rbrussell

Available programs include:

- Carpentry
- Childcare Assistant
- Culinary Arts
- Graphic Design
- Hairstyling
- Health Care Aide
- Horticulture
- Print Media
- Electrical Trades
- Plumbing and Pipe Trades

FIRST RESPONDERS / CANADIAN FORCES

Related Education / Training in Manitoba

- The Southern Manitoba Academy for Response Training (SMART)
- Northwest Law Enforcement Academy
- Criti Care Paramedic and Fire Training Academy
- Manitoba Emergency Services College

Winnipeg Police Service Application Requirements:

- 18 years of age.
- Canadian Citizen or Permanent Resident
- Grade 12 Diploma; G.E.D. Certificate; or equivalent
- No involvement in any criminal activity within the last two years (including illegal drugs).
- No criminal record for which a Pardon has not been granted.
- Valid Class 5 Driver's License (Full); no more than 4 demerits on Driver's Abstract.
- Must meet current vision and hearing standards.
- Successful completion of the Winnipeg Police Service – Physical Abilities Test (WPS-PAT).

Preferred Qualifications: These will make applicants more competitive during the selection process.

1. Post-secondary education
2. Demonstrated commitment to the community through volunteer experience
3. Police-related work or volunteer experience
4. Stable work history involving a position of leadership, responsibility and trust
5. Work and/or volunteer experience involving significant interaction with the public
6. Knowledge of a second language or culture
7. Applied knowledge of computers and basic keyboard skills

For more information visit:

<https://winnipeg.ca/police/police recruiting/>

Firefighter / Paramedic:

For current information ,including job requirements in Winnipeg, visit

<https://www.winnipeg.ca/fps/careers/>

RCMP Application Requirements:

- Canadian citizen or Permanent Resident. Permanent residents must have resided in Canada for the last 10 consecutive years.
- At least 19 years of age at the time of engagement
- Proficient in English and/or French
- Valid, unrestricted driver's licence
- Canadian high school diploma or equivalent
- Meet the health and psychological standards
- Meet the vision & hearing standards
- Meet the necessary level of physical abilities
- Prepared to carry a firearm and to use it or any other necessary physical force
- Willing to spend 26 weeks at the RCMP Academy (Depot) in Regina, Saskatchewan
- Willing to relocate anywhere within Canada
- Willing to work shift work including weekends and holidays
- Aware of requirements for tattoos, jewellery and other personal effects
- Be of good character.

For more information visit:

<http://www.rcmp-grc.gc.ca/>

Canadian Armed Forces Application Requirements:

- Canadian citizen
- At least 18 years old; 17 with parental consent.
(For certain programs you may be 16 years old, with parental consent.)
- Have completed at least Grade 10 (some jobs need higher levels of education)
- You can submit your application even if you are not sure about the job-specific requirements. They'll work with you to determine if you qualify.

For more information visit: forces.ca



GAP YEARS



If you're unsure or unexcited about returning to school, a gap year may be a good option for you. A successful gap year allows you to gain life experience, learn more about yourself and what you want to do, and return to studies refreshed and ready to learn.

GAP YEAR BENEFITS:

- TAKE A BREAK FROM SCHOOL
- GAIN LIFE EXPERIENCE
- MAKE FRIENDS / CONNECTIONS
- EXPLORE POTENTIAL CAREERS
- LEARN MORE ABOUT YOURSELF
- RETURN TO STUDIES REFRESHED
- HAVE FUN
- SAVE MONEY FOR SCHOOL
- FIGURE OUT WHAT YOU WANT TO DO
- GAIN SKILLS AND KNOWLEDGE

TIPS FOR A SUCCESSFUL GAP YEAR:

- **Be productive**— For a gap year to be successful, you need to put some work in. It's not just a year of vacationing and watching Netflix! Use the time to travel, join an exchange program, work, volunteer, intern, or take classes—the options are endless!
- **Apply for school**—Even if you know you are taking a year off, you should still apply for post-secondary. Many institutions will allow you to defer admissions offers and entrance scholarships. Don't miss out on potential awards!
- **Look for scholarships**— They aren't just for school! Some scholarships give students money for gap years / travel / life experiences.
- **Reflect** —Gap years are all about self-discovery. Take time to think about what's important to you and what you want from life. Buy a journal to keep track of all your thoughts.
- **Stick to your plans**—A gap year is meant to help you return to school refreshed and ready to study, but sometimes people get distracted / settled and don't return to school at all. Stick to your plans and go back after some time off—it'll be worth it.

GAP YEAR WEBSITES:

	gapforce.org	
	swap.ca	
	cangap.ca	
	projectsabroad.ca	
	gapyear.com	
	stepabroad.com	
	livedifferent.com	
	EF.com	
	contiki.com	
	globaltesol.com	
	vesabroad.com	



GLOBETROTTING



Travel is a great way to develop independence and resourcefulness, gain real world experience, learn about yourself, and meet new people.

Travel may be on pause due to COVID, but keep these opportunities in mind for the future!

10 Reasons Why Travel is Important

1. It gets you out of your comfort zone
2. It puts life in perspective
3. You'll make friends from across the globe
4. It looks great on your resume
5. You'll discover the world's incredible cultural diversity
6. You'll experience places you never imagined existed
7. You might learn a new language (or three)
8. You'll have incredible adventures (and stories to tell)
9. Experience completely new cuisines
10. Travel happiness is infectious!

From <https://buildabroad.org/>

Travel Tips:

Get discounts—Students/youth can get deals on accommodations, tours, entrance fees to tourist sites, rail passes, and more! Look into the International Student Identity Card (ISIC) / International Youth Travel Card (IYTC) at www.isic.org



Research—There are many travel options, from short-term to long-term, to group and solo excursions. Think about the experiences you want to have, and talk to people you trust.

Be careful—Plan carefully, use reputable websites, and keep family and friends informed of travel plans.

Student Travel / Exchange Programs:

Canada World Youth (International Volunteer Program): <http://canadaworldyouth.org>



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

YES Canada (Language/Culture Exchange programs):
youthedservices.ca

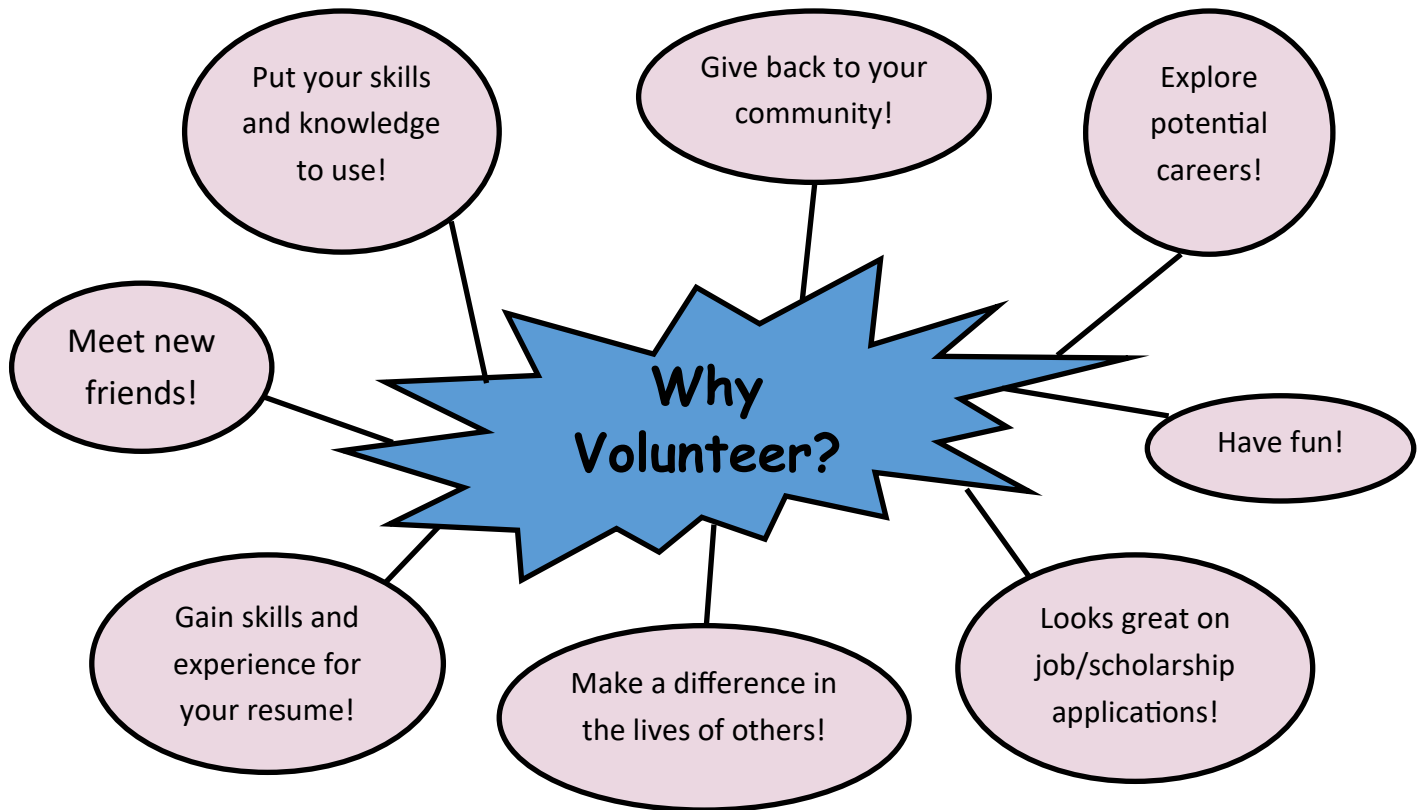
Encounters with Canada: <http://www.ewc-rdc.ca>

High School Student Exchange Programs: www.asse.com

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



VOLUNTEERING



S. Seroy 2020

Volunteer Opportunities in Winnipeg:

Volunteer Manitoba: <https://www.volunteermanitoba.ca/>

Human Rights Hub Winnipeg: <https://humanrightshub.ca/>

Winnipeg Harvest: <https://winnipegharvest.org>

Winnipeg Regional Health Authority: <http://www.wrha.mb.ca>

Winnipeg Humane Society: <https://www.winnipeghumanesociety.ca>

Take Pride Winnipeg: <https://www.takepride.mb.ca/>

Manitoba Children's Museum: <https://childrensmuseum.com/>

Big Brothers Big Sisters of Winnipeg: <https://winnipeg.bigbrothersbigsisters.ca/>



JOB



HUNTING

Jobs are about more than just earning money. They help you develop skills and experience, access training, learning, and scholarship opportunities, meet new friends, and make connections. There are many different types of jobs available—full-time, part-time, seasonal, temporary, casual. Regardless of the type you're looking for, there are certain things you'll need

before you start

searching. Check out the Job Search Checklist (above) to see if you're ready.

Once you have everything you need, your job search can begin! Tell friends and family you are looking, and ask if they know of any work available. Visit businesses and ask if they are hiring. Check job postings on company websites. Visit Job Search sites. —There are many different ways to learn about job opportunities!

After finding potential jobs, get your resume out there and apply, apply, apply! The most important thing to remember about this step is not to get discouraged. It's very rare to get hired for the first job you apply for. The search can seem frustrating at times, but if you keep trying, you will find work.

Ask for help with your job search if you need it. Your school's Career Advisor and community Employment Services agencies can help guide you on your job search, while friends, family, and teachers can offer feedback on your resume and keep watch for potential jobs.

GOOD LUCK ON YOUR JOB SEARCH!

Ready to apply?

Job Search Checklist:

- Social Insurance Number
- Young Worker's Readiness Certificate (if under 16)
- Resume

Job Search Sites:

Kijiji—kijiji.ca

Indeed—ca.indeed.com

Monster—monster.ca

Workopolis—workopolis.com

Government of Canada Job Bank—jobbank.gc.ca

Government of Manitoba Youth Services—gov.mb.ca/cyo/youth

Interested in Summer Jobs?

A variety of jobs become available in summer. These include summer camps, day camps, garden centres, greenhouses, golf courses, country clubs, landscaping companies, campgrounds, and parks.

You can also check out government opportunities, including STEP Student Services and Green Team programs.

Sample Resume:

Grant Parker
123 Address Ave
(204) 123 – 4567
grantparker@email.com

Tip: Check the voicemail and email address you provide often, so you don't miss out on any jobs!

Tip: It's a good idea to change your objective for each job you apply for!

Objective:

Seeking part-time employment as a Stock Associate at Safeway.

Tip: Write 4 –5 skills that will help you succeed. Look at job posting for examples of what employers are looking for!

Skills and Qualifications

- Motivated and hardworking
- Friendly and professional
- Punctual and reliable
- Organized and detail-oriented
- Able to work individually or as part of a team.

Tip: It's not just jobs! Add volunteer activity, clubs, teams, committees, babysitting, chores, and more!

Experience

- Snow shoveling*, Self-Employed Dec 2019 – Present
- Clear walkways / driveways on a weekly basis for several clients.
- Volunteer*, Youth Club Summer Camp July – August 2019
- Supervised children, prepared food, and organized activities.

Tip: Start with school, then add extracurricular classes / lessons!

Education and Training

- Grade 10 Student*, Grant Park High School Sept 2018 – Present
- Karate Lessons*, Karate Club 2016 – Present

Tip: Putting activities / interests allows employers to get to know you more!

Activities

In my spare time I enjoy reviewing movies and playing volleyball.

Tip: Use this optional section to highlight achievements!

Awards

- Citizenship Award*, Grant Park High School June 2019

Tip: Add your references on a separate sheet!

References available upon request

Student Resume Worksheet

Name: _____

Address: _____

Phone number: _____

Email: _____

Skills and Qualifications:

1. _____

2. _____

3. _____

4. _____

Experience

_____	_____	_____
What	Where	When

Description of duties: _____

_____	_____	_____
What	Where	When

Description of duties: _____

Education

Grade ___ student at Grant Park High School _____ to Present
Date started

Activities and Interests

In my spare time I enjoy _____ and _____.
(Activity/Interest) (Activity/Interest)

References

Name

Phone Number

Email



STRESS!

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

How to Deal... Ways to Manage Stress:

Talk to someone – Parents, teachers, guidance counsellors, mentors, family, and friends can all be helpful.

RELAX – Find a calming activity you enjoy, like reading or listening to music.

Exercise – Helps reduce muscle tension, lifts your spirits, and makes 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 a planner to maintain your schedule.

Try a new relaxation technique – Such as yoga, meditation, or breathing exercises

Get some sleep – It is extra hard to deal with stress when you are feeling tired and run-down.

Simplify – Prioritize your activities. Learn how to say “no”. Make time for yourself and the things you like.

Build Strong Relationships – Family and friends can be a good support.

Avoid Caffeine—Found in coffee, tea, chocolate, and pop, caffeine can actually increase your stress.

Visit stresshacks.ca for more tips on coping with stress.

Too Much Stress – Warning Signs

- Having more trouble with / withdrawing from teachers, family, or friends.
- Change in sleep habits or appetite
- Increased amount of head aches, stomach aches, colds, infections and sore muscles
- Escapist behaviour – overdoing one thing (TV, studying, sleeping, etc.) and ignoring other responsibilities
- Crying for no apparent reason
- Feeling restless and anxious; worrying more
- Feeling like everything is out of control – like *YOU* are out of control
- Depression, sadness, crabbiness “the blahs”

