CAREER JOURNEYS

# GUIDING YOUR EDUCATIONAL JOURNEY
## A Handbook for First Nations Parents and Students

## CONTENTS


Presidents' Message ..... 2

Introduction ..... 3

PART ONE

Making Choices in Secondary School ..... 5

- Secondary School Course Planning ..... 7
- BC Educational Program at a Glance ..... 9
- Dogwood Graduation Requirements ..... 10
- Other Educational Opportunities ..... 11
- Looking Ahead to Graduation Year ..... 12
- Graduation Year Planning Timetable ..... 14

PART TWO

Career Planning and Post-secondary Education ..... 15

- Funding Options ..... 16
- Websites for Exploring Career Options ..... 20

PART THREE

Student Workbook ..... 21

- Secondary School Course Planning Worksheet ..... 22
- Dogwood Graduation Requirements ..... 23
- Personal Profile ..... 24
- Connecting Interests to Potential Careers ..... 25
- Career Exploration ..... 26
- My Post-Secondary Eduction Plan ..... 29
- Financial Planning Worksheet ..... 30
- Where to Go? ..... 31
- Checklist: Building Your Career Path ..... 32

# Presidents' Message

On behalf of the BC First Nations Education Steering Committee (FNESC) and First Nations Schools Association (FNSA), we are very pleased to introduce this new set of materials for students, parents, and teachers.

The topic of education and career planning is central to the work of our organizations. We want our students to dream big, and we are committed to helping our students find the best ways to achieve those dreams.

We sincerely believe that a strong education is one of the most important factors in life-long success. Attending school regularly, being engaged in school and classroom life, and coming to school ready and eager to learn are ways that students can work toward educational success. The support and encouragement that parents and families provide at home also makes an invaluable contribution to student achievement. Teachers can support students by encouraging them to make choices in K-12 that will open up a wide range of opportunities in post-secondary and the world of work.

But we know that providing support and encouragement can be complicated – especially when it comes to education and career planning. Today's world is changing rapidly. New careers and career paths are continually evolving. What is needed in the work force is constantly shifting, and the kinds of post-secondary programs responding to that today are very different from those that existed in the past.

How can students successfully navigate these moving waters?

Helping students make positive choices requires careful planning. Teachers, parents and students need to know how to get useful information about the range of options available. You also need to know what questions to ask, who can offer help, and how to address any challenges that might arise.

And today more than ever, planning should start as early as possible. New technologies and businesses will continue to create exciting new opportunities. By carefully developing a set of goals and ensuring that a strong educational foundation is in place, our students will be equipped to take advantage of future changes in our economies and job markets.

We know our children can be prepared to find great careers that are right for them.

That's why this set of resources was developed. It is meant to provide some useful suggestions for getting started on the education and career planning journey. We hope that it helps students, parents, and teachers start preparing now, no matter what stage of schooling students are at. It is never too early – and never too late – to begin thinking carefully about where our students want to go and how they can get there.

Tyrone McNeil, President, FNESC

Pamela Lee Lewis, President, FNSA

# INTRODUCTION

Most careers these days require some sort of post-secondary education. That might be at a technical institution, Indigenous institute, college or a university.

Finding the right career path for higher education and employment can be exciting and also challenging, but starting to plan early can make it much easier.

As a parent, you have a key role in helping your teen make important decisions in planning a future career.

## GOALS

This booklet is meant to give First Nations families some tools and information to help their teens plan for secondary and post-secondary education so that they can have a successful career.

It has three main purposes:

1. To give First Nations families information about making the best decisions for their teens' program choices in Grades 10, 11 and 12.
2. Assist younger students and their parents to better prepare for secondary course options and selections.
3. To help First Nations families and students plan for post-secondary education in future careers.

**Part One** focuses on the goal of graduating from secondary school. It talks about some of the important choices that students will need to make in Grades 10, 11 and 12, and some ways parents can support their teen's education planning.

**Part Two** is about looking at options for education after secondary school graduation. It includes some background information for parents and teens.

**Part Three** is a student workbook with a variety of activities that can help students prepare for their secondary and post-secondary years.

## EXPECTATIONS

It's important to be aware of what  expectations you and your teens have for their future education. Further education or training after graduation will help your teen find a more satisfying job and likely earn a better income and quality of life.

However, this does not mean post-secondary education is the answer for every person graduating from secondary school. There may be many reasons why they may decide to find a job right away.

As well, entering the workforce right after graduation doesn't mean they can't still pursue higher education. Many post-secondary school students successfully balance work and study.

It is also recognized that most people will change careers several times in their lifetime. **It is important for teens to keep their options open as they plan for the future**.

## USING THIS GUIDE

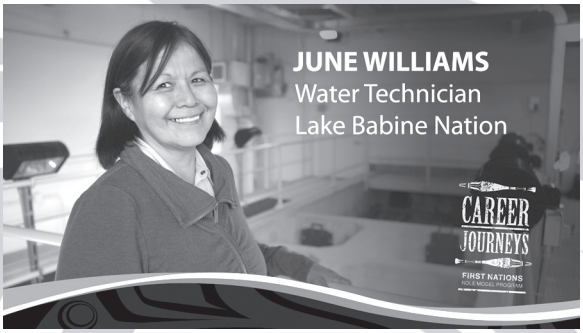
You can start to read and use this guide with your child as early as Grade 7, then revisit it every year through secondary school.

### CAREER JOURNEYS

This guide is part of the Career Journeys First Nations Role Model Program. It includes Role Model posters and videos.

In the videos successful Indigenous role models talk about their jobs, their career paths and their inspirations. You will see some of their faces throughout this book.

The videos are available on line for you and your teen to watch. Go to www.fnesc.ca/careerjourneys




"I still find that passion for learning new things exhilarating, because my Mom and my Dad instilled that in me. It's inside me. My Mom and Dad put it in there, and it hasn't gone away."

June Williams

# PART ONE
## Making Choices in Secondary School

The first step in planning for a successful career is having a successful secondary school experience. Along the way students are faced with important decisions about the courses they take. This section gives you some important things to know for supporting your student and navigating the options in secondary school course planning.

### MAKING CONNECTIONS WITH THE SCHOOL

Keeping contact with your student's school and teachers is very important for supporting your student and being aware of programming choices that are made.

- Attend parent-teacher meetings. This is an opportunity to meet regularly with teachers to learn about your teen's progress.
- Keep in regular contact with teachers. Calling or e-mailing a teacher on a regular basis can help support your child before concerns come up
- Arrange extra meetings with teachers or counsellors if concerns come up. Do not hesitate to ask for a meeting; teachers, counsellors and principals are there for you and your children.

**Characteristics of Successful Students**

- Persistence – persevering through challenges is important
- Communication – talking with teachers and asking questions helps with keeping organized
- Regular attendance – on-time regular attendance helps prevent gaps in learning or missing important information
- Having a role model – having adults to look up to as positive role models helps when school seems challenging. It helps keep students on track

There are people ready to help you and your student make decisions about their secondary school programs. Here are some of the people you can connect with (schools and districts may have different jobs and titles):

**Band Council**

- First Nations Education Coordinator
- Home-School Coordinator (liaison between families and school)

**District Level**

- Aboriginal Helping Teacher
- District Aboriginal Principal

**School Level**

- First Nations Counsellor
- First Nations Support Worker
- Family Resource Workers
- School Counsellor
- Principal and Vice Principal

### Tips for Parent-Teacher Conferences

- **Prepare for the conference**. Before you meet with teachers, think of questions to ask. Talk with your teen about how they view their school progress.
- **Take a friend or another family member with you**. Having a friend or adult family member with you can provide additional support.
- **Expect a conversation where everyone both talks and listens**. It should be a two-way conversation focussing on how well your teen is doing, and how they can improve. Share your teen's interests, skills and hopes with his or her teachers.
- **Ensure that everyone has high expectations of your teen**. High expectations need to be regularly communicated to your teen.
- **Ask questions**. Ask teachers if your teens are reading and performing at grade level, if their assignments are complete and if their attendance is regular. Ask what the teacher sees as your child's strengths and challenges. Ask what you can do at home to support your teen's education.
- **Follow up**. Write down an action plan of what you and the teacher will do to support your teen. Share your conversation with the teachers with your teen. Arrange further conversations with teachers and other support people.

## SECONDARY SCHOOL COURSE PLANNING

### 1. Dogwood or Evergreen?

In British Columbia, students who complete grades Kindergarten to Grade 12 receive either a Dogwood Diploma or an Evergreen Certificate. Most students work towards the Dogwood. Those with the Evergreen are not eligible for entrance into post-secondary institutions.

It is important for parents to understand the difference and be involved when decisions are made to put students in the Evergreen stream. In grades 10, 11, and 12 take time to discuss the difference between an Evergreen and a Dogwood with teachers, school counsellors, and principal.

- Evergreen Certificates are for some students with specific types of Individual Education Plans (IEPs).* For some students they are the right option. However, if students do not have an IEP they should be pursuing a Dogwood.
- Most students with IEPs pursue a Dogwood.
- A disproportionate number of Aboriginal students receive Evergreens instead of Dogwoods. Aboriginal students make up 11% of the school population, yet account for 30% of Evergreens.
- If students leave secondary school with an Evergreen they will have to do adult upgrading in order to get into most post-secondary programs.

* An Individualize Education Plan (IEP) is a personalized learning plan for students with special needs. They are usually developed in partnership with parents.

### 2. English 12, English First Peoples 12 or Communications 12?

Often acting on the advice of their teachers and peers, many Aboriginal students take Communications 12 (Comm12) instead of English 12 (Eng12) or English First Peoples 12 (EFP 12) because Comm 12 is seen as the easier option.

- Comm 12 is not a prerequisite for many post-secondary programs, though. If students choose this path they may find that they have to take Eng 12 or EFP 12 after they graduate and before going on to post-secondary.
- Instead of taking Comm 12 to graduate, and then paying for upgrading after graduation, it would save time and money to take Eng 12 or EFP 12 in secondary school.

### 3. Alternate Education Programs

Many schools offer alternate programs for students who have challenges with the regular system. Some people think that it is easier to graduate through alternate education, but this is often not the case.

- 3 out of 4 Aboriginal students who go into alternate education graduate a few years after their peers, or don't graduate at all. Check with your child's school to find out what the success rate is of its alternate program.
- In a regular classroom the teacher does much of the planning and organizing for students. Many alternate programs require students to work by themselves for long periods of time every day without getting distracted. If a student has a hard time scheduling time, organizing their work, and working by themselves then they may find alternate education difficult.

## TIPS FOR COURSE PLANNING

- Check with the school about when course planning for each year happens.
- After Grade 8, students usually have to select their courses in the spring for the following year.

"Pure stubbornness is the only way you can get through school. There are always distractions where ever you go. You have to maintain your goal."

Dr. Nicole Jamieson

# British Columbia Educational Program At A Glance

Kindergarten to Grade 9

Students take a common curriculum. Optional courses may be offered in Grades 8 and 9.

Secondary School

Grades 10 to 12

GRADUATION PROGRAM

**Dogwood Diploma**

Students do course work to complete a Certificate of Graduation, also called the Dogwood Diploma.

SCHOOL COMPLETION CERTIFICATE PROGRAM

**Evergreen Certificate**

Students successfully complete an individualized or modified program.

*Parents need to be fully involved in any decisions to place students on an Individualized Education Plan (IEP)or modified program.*

An Evergreen Certificate will not qualify students for Post-secondary entrance.

POST-SECONDARY EDUCATION

After Graduation, there are many options for continued training. There are three main types of institutions:

**Universities**

- Degree programs leading to professional careers such as teacher, archaeologist, lawyer, actor
- Diploma programs in trades and technical fields

**Colleges**

- Academic courses, including university transfer
- Programs in many different trades and vocations resulting in certificates and diplomas

**Institutes**

- Specialized courses in a variety of occupations with different credentials from degrees to certificates

UPGRADING

Students with an Evergreen Certificate may qualify for post-secondary options after successfully completing upgrading programs.

- Seek testing at a university to see what levels of upgrading would be needed should students decide to go on to post-secondary education

# Dogwood Graduation Requirements

*Note*: English First Peoples 10, 11, 12 and BC First Nations Studies are accepted courses for university entrance. However they may not be offered at all schools

*Note*: These Math courses have different pathways. Students need to choose carefully to meet future post-secondary requirements.

*Note*: Some of these courses are 2 credits. Actual courses vary from school to school.

*Note*: It is important that students choose elective courses that will work towards their Post-Secondary goals.

*Note*: Some First Nations language courses are accredited to meet post-secondary entrance requirements

## Grade 10 to 12 Course Requirements

Total of 80 credits – 4 credits for most courses
At least 16 credits must be Grade 12 level courses

**Required Courses (Total 48 credits)**

- Language Arts 10, 11 and 12 (including *English* 10, 11 and 12 and *English First Peoples* 10, 11 and 12)
- *Social Studies* 10
- One Social Studies course at 11 or 12 level, such as *Social Studies* 11, *BC First Nations Studies* 12, *Law* 12
- *Science* 10
- One Science 11 or 12 course, such as *Biology* 11, *Science and Technology* 11
- A Mathematics 10 course: either *Foundations of Mathematics and Pre-calculus* OR *Apprenticeship and Workplace Mathematics*
- One Mathematics 11 or 12 course: *Pre-calculus* 11 and 12 (for Post-Secondary courses that study theoretical calculus, such as Sciences and Computer) OR *Foundations of Mathematics* 11 and 12 (for Post-Secondary courses that do not require calculus, such as Arts and Business) OR *Apprenticeship and Workplace Mathematics* (for entry into trades post-secondary training or directly into the work force.)
- *Physical Education* 10
- *Planning* 10
- One elective course from Fine Arts or Applied Skills 10, 11 or 12

**Elective Courses (Total at least 28 credits)**

Students may choose from other Grade 10, 11 or 12 BC courses. They may also select locally approved courses developed by the local school board or educational authority. This may include approved First Nations language courses offered in your region.

**Graduation Transitions (4 credits)**

From Grade 10 to 12, students must

- Do 150 minutes per week of exercise
- 30 hours of work experience or community service
- Develop a comprehensive plan demonstrating preparation for Career and Life.

As of 2016, the BC Ministry of Education is planning changes to the Provincial Curriculum and to Graduation Requirements. Parents should stay tuned for future changes to the Graduation Program.

## OTHER EDUCATIONAL OPTIONS

There are some special programs offered that may be applicable to your student.

**Dual Credit: Secondary Course Credit from Post-Secondary Courses**

Students can take courses from a local post-secondary institution while in Grade 11 and 12, and earn credit for both their Dogwood Diploma and post-secondary education.

- Students must be accepted to the post-secondary institution.
- Courses may be in trades, technology or academic programs.
- Check with your local high school counsellor for more information on this program.

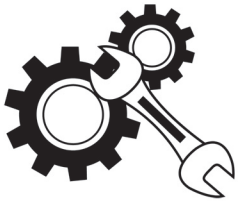
**Secondary School Apprenticeship (SSA)**

In this program students attend secondary school and learn a trade at the same time. They undertake an apprenticeship program where they work and learn in on-the-job training.

- Students find a local employer who is willing to take them on (and pay them) as an apprentice at least until their high school graduation. School counsellors may be able to offer help with this step.
- Students who are 15 or older can take part.
- Students need to formally register with the Industry Training Authority as Youth Apprentices. Find out more at http://www.itabc.ca.
- Successful completion of the program earns students 16 credits towards graduation.
- Students in this program need to be committed to their apprenticeship and employer. It's not just an easy way to get credits!

Find more information from school counsellors. You can check on line to find apprenticeship programs available in your school district:

http://www.learnnowbc.ca/trades/TradesFinder.aspx



## LOOKING AHEAD TO GRADUATION YEARS

Planning for grade 12 should begin in grade 10 when students choose their course for grades 11 and 12.

Planning for what happens after grade 12 should begin in grade 11.

For children and parents Grade 12 is a busy and exciting year. Here are some important tips to keep in mind when planning the year.

### 1. Graduation Transitions

Each Grade 12 student must complete Graduation Transitions* which helps them prepare for their life after graduation. It includes some requirements that you should be aware of so you can support your teen:

- DPA (Daily Physical Activity). Students must complete and report 150 minutes per week of exercise. They can use an online application to record their DPA. Go to learnnowbc.ca to log into the Free Student Tracker.
- 30 hours of work experience or community service.

### 2. Know the deadlines for applying to Post-Secondary Institutions

Students need to begin to send applications to universities and colleges in January for programs starting the following September. Deadlines vary for each institution so make sure you find out what the deadlines are.

- The earlier students apply the better, especially for popular programs.
- Most institutions charge an application fee which is paid with the application. This can typically range anywhere from $35 to $75. Some do not charge a fee to apply.
- Students often apply to more than one institution at a time. A separate application fee is paid for each one.
- For most BC institutions, students can apply on line through applybc.ca, *BC's Post-Secondary Application Service*. Applications and payment of fees are completed through the website. Payment is by credit card. Students can also send in written applications. Application forms are available on institution websites.

* Graduation Transitions is not an actual course, but a series of requirements that students must complete to graduate. See page 10.

### 3. Apply for scholarships and bursaries

Students should apply to as many scholarships as possible. Many scholarships do not receive many applications, so the chances of a student being successful are good. The time invested in applying for scholarships can be well worth the effort. See the "Funding Options" (page 16) section of this guide for more information.

### 4. Apply for Band funding if available

Make sure you determine your eligibility and look into local policies and deadlines early.

### 5. Budget for Graduation expenses

Most students look forward to the events surrounding graduation with anticipation, but there are expenses involved. These include Graduation fees (often included with general school fees), photographs and events. Some Band Councils assist graduating students with these expenses.

"Motivation goes a long way, and a positive attitude. Being a sponge. Take every bit of knowledge you can gain out there. You never know who's going to give you key knowledge."

Jamie Fletcher

## Graduation Year Planning Timetable

Here are some of the key dates for students in Grade 12 who are planning to go on to post-secondary the following September.

**End of Grade 11**

Students should:

- Meet with counsellor to review graduation program. Do you have the right courses to graduate?

**Fall of Grade 12 Year**

Students should:

- Research and decide on post-secondary schools to apply to. (Students often apply to more than one.)
- Begin application process. Use *BC's Post-Secondary Application Service* online at applybc.ca. Find out deadlines and what documents are needed to apply.
  Example: UBC online application opens late August, closes January 31.
- Research scholarships and bursaries to apply for. Some have deadlines in December.

**January- February of Grade 12 Year**

Students should:

- Prepare for and write Provincial Examinations for courses completed in the first term. These are held towards the end of January.
- Submit applications for Early Admission to Post-secondary Institutions* in January or February. Most universities have closing dates of February 28. Use *BC's Post-Secondary Application Service* online at applybc.ca. Qualified applicants will be given conditional admission. Final acceptance depends on final grades.

**March of Grade 12 Year**

Students should:

- Begin self-reporting to Post-secondary Institutions. Students can provide their transcript information at no charge to a number of post-secondary institutions by completing the Online Post-Secondary Institutions Selections form between October and June of each school year.

**June of Grade 12 Year**

Students should:

- Prepare for and write Provincial Examinations for 2nd term or year-long courses.
- Return all text books and library books. Graduation is not complete until this is done.

* Early Admissions to Post-secondary Programs is a system in which students can pre-register for post-secondary institutions and obtain conditional acceptance. This is usually completed by February. Final decisions on admissions are made when a student's final grades are submitted.

# PART TWO
## Career Planning and Post-Secondary Education

Finding the right career path can be exciting but also challenging. Early planning can make it much easier. As a parent, you play a key role in helping your teen make important decision in planning a future career, and possible post-secondary training.

This section gives you some ways that you and your teen can explore career options:

- Funding options for post-secondary education.
- Websites that will help in career planning.

The student workbook in Part Three has a number of activities that may help your teen explore his or her interests, possible career choices, and training requirements that will help in their career path.

**Questions to ask when choosing Post-Secondary Programs**

- *Are the courses transferable to other post-secondary institutions*? Many, but not all courses are transferable. This is important because if students later decide to change schools they would want to ensure they keep credit for all the courses they have taken.
- *What courses are required for admission?*
  Students have to consider not only the requirements for General Admission but also prerequisites for the courses and programs they wish to take.

"Finish high school and go right into university, to get it out of the way and keep that mind frame."

Krisandra Gomez

# Funding Options

One of the biggest challenges of pursuing post-secondary education is the cost, so early planning is essential.

Major student costs include:

- tuition
- housing and living expenses
- books and supplies
- travel to and from the institution, if it is not local

See page 30 for a worksheet to help with early planning.

### Bursaries and Scholarships

District/Authority Awards

A $1000 award for students going on to non-academic post-secondary training. Each school district has a limited number of these awards to give out. Students should apply to their District Scholarship Committee.

Other Bursaries and Scholarships

These are financial awards given to students who apply and meet specific requirements. Some are for students attending a specific university, or to students in a certain field of study. There are many bursaries and scholarships out there, and it is well worth the time to research and apply for as many as possible.

- Your local secondary school should have a list of local scholarships.
- Many scholarships are available for Aboriginal students. The Aboriginal Affairs and Northern Development Canada website has a comprehensive database of bursaries and scholarships. Go to the search page by searching keywords “aboriginal bursaries canada search.”

Here are some other links for scholarships and bursaries:

- **Aboriginal Learning Links: http://aboriginallearning.ca/**
- New Relationship Trust: http://www.newrelationshiptrust.ca/funding/for-students
- I.K. Barber: http://www.bcscholarship.ca/web/
- Indspire: https://indspire.ca/programs/building-brighter-futures/

## Student Loans and Grants

Student Loans

The provincial government offers the British Columbia Student Assistance Program (BCSAP) Student Loans. Some of the eligibility requirements are:

- Students must be a permanent resident of British Columbia
- Students should be enrolled in a qualified and accredited institution
- Students must be able to demonstrate their financial requirements
- Students should hold a satisfactory academic record
- Students need to take a full course load i.e. 60 % (or 40% in case of any disability)

Grants

Grants are funds available to assist students' post-secondary tuition and expenses. They do not need to be paid back. There are various types of British Columbia and Canada grants available to different eligibility requirements. Students that apply for student loans are automatically considered for grants.

For more information on student loans and grants, go studentaidbc.ca

## RESP (Registered Educational Savings Plan)

The Registered Education Savings Plan (RESP) is a tax-sheltered plan that can help you save for a child's post-secondary education. Parents (or other family members) set up a plan naming the child as "beneficiary." If the plan earnings are withdrawn to cover qualifying post-secondary education expenses, they are taxable to the beneficiary, not to the subscriber.

"Understand your barriers and you can overcome every one of them."

Carey Stewart

### Band or Education Funding (AANDC PSSSP and UCEP Program)

Aboriginal Affairs and Northern Development Canada (AANDC) provides funding to First Nations communities to support band members in their pursuit of post-secondary education. This is commonly called Band or Education Funding and is formally known as the Post-Secondary Student Support Program (PSSSP) and University and College Entrance Preparation Program (UCEP Program).

Students may be eligible for support from their First Nation and can find out more about the process by contacting the Education Coordinator or Director at their Band. Each Band may have different deadlines and ways they handle the funding, so the earlier they are contacted, the better. Unfortunately, most Bands do not receive enough funding to provide full support to all applicants, so students will want to be sure that they still look for other funding sources.

To apply for PSSSP Funding, students must already be accepted into a College or University. They may need to complete testing, or assessments, to determine whether they meet the program requirements. If the college or university determines that students need upgrading, they can let the Education Coordinator or Director know that they would like to apply for funding to help with a UCEP Program.

The Band can let students know exactly what type of supports they can expect through the AANDC PSSSP and UCEP Programs. The funding often covers tuition and fees, books and supplies, and a standard living allowance during the school year.

University and College Entrance Preparation (UCEP) Program

UCEP Programs, sometimes called Bridging or Transition Programs, consist of upgrading courses that help students meet post-secondary entrance requirements. The Band can only provide UCEP funding if a student's upgrading can be completed in one year. If it looks like they will need more than a year, they will have to begin upgrading through other options first.

The Post-Secondary Student Support Program (PSSSP) Program

The PSSSP can provide support for education at four levels:

Level 1: Community College diploma or certificate programs;

Level 2: Undergraduate university programs (certificate, diploma, degree);

Level 3: Advanced or professional degree programs or masters programs; and

Level 4: Doctoral Programs

Programs must require grade 12, be at least one year in length, and be offered by a designated institute. Students can find a list of Designated Educational Institutes at www.canlearn.ca

Students will be expected to complete their program within the normal time and maintain satisfactory standing with the institute. They can normally only complete one program at each level of funding and cannot "move" to a lower level once they have received funding at a higher level.

To access these programs, students need to take the following steps:

1. Contact the Band's Education Coordinator or Director and stay in touch through each step of the process. Let them know how things are going with the student's education goals and plans.
2. Make sure that the chosen program and institute are eligible for funding, and confirm this with the Band's Education Coordinator or Director.
3. Apply to the program; students must be accepted before being funded.
4. Once the student is accepted, provide a copy of the acceptance letter along with the application for PSSSP Funding to the Band. If they need to complete upgrading before entering the program, provide this information and apply for UCEP Program funding.
5. Make sure the application is complete and submitted by the deadline with all required documentation. Ask when the student will know whether or not the application is approved.
6. Ask what supports they will receive if the application is approved for funding.

## RECOMMENDED WEBSITES FOR EXPLORING YOUR CAREER PATH

Parents and students can use two very useful websites to help make decisions about career options and the types of post-secondary education that is available. Both are up-to-date and are specifically about B.C.

### EducationPlanner.ca

EducationPlanner.ca is an interesting and useful website that you can use with students to explore career options and plan for post-secondary education. It is a publicly funded site that helps you find and compare post-secondary options in British Columbia.

The site allows you to search over 2000 undergraduate programs offered by BC post-secondary institutions. You can compare courses, find out admission requirements and look up tuition fees for each institution.

EducationPlanner.ca is an easy to use site that is designed to work on any computer, and doesn't require any extra downloads or a fee. You can browse without logging in, or you can sign up to save data.

There are several ways to begin your search, but a fun one is to use the Word Association Game. Simply go to www.educationplanner.ca to get started.

### WorkBC.ca

Educationplanner.ca links to the WorkBC site, but you can also access it through www.workbc.ca.

This website gives career profiles for hundreds of occupations in BC. Detailed information gives you an idea of things like earnings, duties of the job, the work environment and employment outlook. All important things to think about when choosing a career path. Many profiles also include videos with interviews with people on the job.

To get to the career profiles, go to the "Job Seekers" tab on the home page, then click on the link "Explore Careers & Industries" to investigate various career profiles.

# PART THREE
# Student Workbook

Use these activities in the way that suits you and your family. There is no particular order, and don't feel you have to use all of them.

Here is a list of the workbook pages:


**Secondary School Course Planning Worksheet** 22
Work backwards from a career goal to the courses you need in high school.

**Dogwood Graduation Requirements** 23
A blank form to keep track of the courses you need for graduation.

**Personal Profile** 24
Build a profile of your interests, skills and achievements.

**Connecting Interests to Potential Careers** 25
A tool to help you think about possible careers.

**Career Exploration** 26
Research some careers and record key details.

**My Post-Secondary Eduction Plan** 29
A place to record your educational decisions.

**Financial Planning Worksheet** 30
A form to help you budget for your first year at post-secondary.

**Where to Go?** 31
Some questions to help you think about which post-secondary institution to attend.

**Checklist: Building Your Career Path** 32
A quick checklist to make sure you have all your bases covered.

## Secondary School Course Planning Worksheet

Career Goal _____

Program _____

Post-Secondary Institution _____

Credential _____

Secondary School Course Requirements for Admission to Program

Grade 12

What courses are prerequisites for these Grade 12 courses?

Grade 11

Grade 10

# Dogwood Graduation Requirements

Use this table to keep track of your courses required for graduation. See page 10 for the full description of courses and requirements.

When you have completed a course, write it down in the table.

**Grade 10 to 12 Course Requirements**

Total of 80 credits - most courses are 4 credits

At least 16 credits must be Grade 12 level courses

| **Required Courses (Total 48 credits)** | Completed Course (name of course, completion date) |
|---|---|
| Language Arts 10 | |
| Language Arts 11 | |
| Language Arts 12 | |
| Social Studies 10 | |
| Social Studies course at 11 or 12 level | |
| Science 10 | |
| Science 11 or 12 course | |
| Mathematics 10 course | |
| Mathematics 11 or 12 course: | |
| Physical Education 10 | |
| Planning 10 | |
| One elective course from Fine Arts or Applied Skill 10, 11 or 12 | |
| **Elective Courses** | |
| | |
| | |
| | |
| | |
| | |
| **Graduation Transition** | |
| 150 minutes per week of exercise | |
| 30 hours of work experience or community service | |
| Plan demonstrating preparation for Career and Life. | |

## Personal Profile

INTERESTS

Things I like to do for enjoyment

SKILLS

Things I know I do well

VALUES

Things that are important to me

FAVOURITE SUBJECTS

The courses I enjoy the most or am most successful in

AWARDS, CERTIFICATES AND HONOURS

Things that I have earned (awards, trophies, certificates, licenses)

CULTURAL AND COMMUNITY CONNECTIONS

Groups and activities that you participate in and volunteer for

**Did you know?**

This information can help with some scholarship, bursary and post-secondary applications.

## Connecting Interests to Potential Careers

Your Personal Interests

Careers That Might Be Related to Your Interests

Other Careers You Might Be Interested In

Post-secondary Programs that Connect with Your Personal and/or Career Interests

*Use Education planner (EducationPlanner.ca) to explore career options and post-secondary programs.* *See page 20 for more information.*

# CAREER EXPLORATION #1

Use the website WorkBC.ca to explore some career options. (See page 20 for more information.) Choose two or three that interest you and use these pages to record information about them.

Career #1 _____

What I found out about the job:

Some of the duties of the job

Expected salary

Job workplace, location

Post-secondary Education and Training Required

Secondary School Course Requirements

Why I think I might enjoy this career

# CAREER EXPLORATION #2

Career #2 _____

What I found out about the job:

Some of the duties of the job

Expected salary

Job workplace, location

Post-secondary Education and Training Required

Secondary School Course Requirements

Why I think I might enjoy this career

# CAREER EXPLORATION 3

Career #3 _____

What I found out about the job:

Some of the duties of the job

Expected salary

Job workplace, location

Post-secondary Education and Training Required

Secondary School Course Requirements

Why I think I might enjoy this career

# MY POST-SECONDARY EDUCATION PLAN

Area of Study

Post-Secondary Institution

Program

Application Deadline

Institution Admission Requirements

Program Admission Requirements

Specific Course Prerequisites (if any)

Bursaries and Scholarships to Apply For

# FINANCIAL PLANNING WORKSHEET

How much do you need to budget for the first year after you graduate? You will need to do some research on estimated costs depending on what part of the province you will be living/ going to school in.

| **LIVING EXPENSES** | AMOUNT |
|---|---|
| HOUSING | |
| Rent | |
| Electricity / Gas | |
| Cable/Internet | |
| Insurance | |
| TRANSPORTATION | |
| Bus | |
| Car payments | |
| Gas | |
| Insurance | |
| Parking | |
| Travel to and from home community | |
| FOOD | |
| PERSONAL CARE | |
| Toiletries | |
| Hair & skin products | |
| Clothing | |
| Laundry | |
| ENTERTAINMENT | |
| MISCELLANEOUS | |
| Other Travel | |
| Gifts | |
| Other | |
| TOTAL LIVING EXPENSES | |

*Help estimate costs by the month, then multiply by 12 for average yearly estimate.*

| **EDUCATION EXPENSES** | AMOUNT |
|---|---|
| Tuition | |
| Books and Supplies | |
| TOTAL EDUCATION EXPENSES | |
| ADD Living Expenses | |
| TOTAL YEARLY EXPENSES | |

| **INCOME** | AMOUNT |
|---|---|
| Employment | |
| Scholarships/ Bursaries | |
| Band Funding | |
| Savings | |
| Family contributions | |
| Student Loans | |
| Other | |
| TOTAL INCOME | |

BUDGET CALCULATION

TOTAL INCOME _____

minus

TOTAL EXPENSES _____

=

BALANCE _____

# WHERE TO GO?

When deciding what post-secondary institution you want to go to, you might want to think about other things besides the programs and courses they offer. Use these questions and your answers to help you decide what post-secondary institution is a good fit for you. Compare your preferences to the information you find about potential post-secondary institutes.

| | |
|---|---|
| **Location**<br>1. Do you want a local institution near home, or do you want to move away?<br>2. Do you want to be in the big city or a smaller town?<br>3. Would you want to stay in BC or would you be willing to go outside of the province to get the best program? | |
| **Size**<br>4. Would you prefer a large campus or a smaller campus?<br>5. Will you be able to handle large classes of several hundred students, or will you need to find a program that has fewer students per instructor? | |
| **Housing**<br>6. Would you want to live in student housing if it is available? | |
| **Extracurricular Activities**<br>7. What types of activities would you like to participate in: sports, drama, student newspaper, student council? (Note that larger institutions usually have more opportunities.) | |
| **First Nations Focus**<br>8. How important is it for you to have a school or program with a First Nations or Aboriginal focus? Some schools are run by First Nations while many others include programs and courses based on First Nations content. | |

## Checklist: Building Your Career Path

- ❒ I know my interests and skills
- ❒ I know the general field that I would like to work in
- ❒ I have set my career goal
- ❒ I have researched post-secondary options
- ❒ I understand the types of courses I would need to take at the post-secondary level
- ❒ I know the course prerequisites I need for my post-secondary choices
- ❒ I know the post-secondary entrance requirements
- ❒ I know what Grade 10, 11 and 12 courses I need to graduate with
- ❒ I know the difference between the Dogwood Diploma and the Evergreen Certificate.