

# Guidance & Counselling 2016-17

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## Counselling

The Counselling Dept. offers a wide variety of services ranging from individual counselling, post-secondary information/ planning, career information, course selection to time-tabling. We work with students, parents, teachers,

administrators, social workers, psychologists, AFM counsellor, clinicians, universities, colleges, you name it! If we don't have the answer to your question, we will make every effort to find it for you!

*Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines, sail away from the safe harbor. Catch the trade winds in your sails. EXPLORE. DREAM. DISCOVER." Mark Twain*

## University Fair

Thursday, November 3 (1:15-3:15 in Gym)

Collège Sturgeon Heights is proud to host the U Fair. Grade 11 and 12 students are invited to attend. Approximately 32 universities are expected to be here from across Canada. This is an excellent opportunity to visit with representatives and gain first-hand admission

requirements, scholarships and bursaries, programs of study and information related to student life. Interested families can also attend evening events at Balmoral Hall and St. John's Ravenscourt. Contact Tim Rafter [trafter@sjsd.net](mailto:trafter@sjsd.net) for further information.

## Important Dates

**U of M Evening of Excellence** – October 25, 2016 – University Centre. Students and parents can attend this evening open house and academic fair to learn more about programs scholarship opportunities and the application process.

**U of W Future Student Night** – November 22, 2016 – Duckworth Centre – Tour the campus, meet professors, staff and students and learn more about U of W's excellent academic programs.

### Post-Secondary Presentations for Grade 12 Students in our Theatre:

U of M – Oct. 20 – Period 2

U of W – Oct. 27 – Period 3

Red River – Oct. 28 Period 1

## *Take our Kids to Work - Gr. 9*

On Wednesday, November 2, **Grade 9** students will be participating in the Canada wide Take Our Kids to Work Program. Our students will join parents, friends and relatives to explore the world of work. This program offers students a realistic view of the work world and gives them an understanding of its demands and opportunities. Education goes far beyond the classroom walls and the preparation of our younger generation is a community

effort. Please ensure your child has a work placement for this important day!

## *Safe Teen – Gr. 10*

Safe teen is an acclaimed assertiveness and violence prevention workshop. Highly trained facilitators offer skills for choosing healthy relationships, bullying and harassment prevention strategies and skills to de-escalate verbal, physical and emotional violence. Most importantly, the program cultivates empowerment, self-agency, critical thinking and self-esteem in children **and**

youth. This workshop can have a profound effect on curbing all forms of violence including self-harming practices. The unique safe teen model cultivates a peaceful community. All Grade 10 students attend Safe Teen Workshops.

## *Careercruising*

- Grade 10 students will be introduced to career cruising on November 2<sup>nd</sup>. Check out [www.careercruising.com](http://www.careercruising.com). User name is manitoba452, password: careers. See a counsellor for more info.

*Follow your Heart*

*Change is Constant*

*Focus on the Journey*

*Access Your Allies*

*Learning is Lifelong*

*Know Yourself*

## *I Succeed Program– Promoting Student Health*

Grade 9 students have the opportunity to participate in a wellness check-up. There is no cost to this program and it is completely voluntary and confidential. The check-up consists of two stages. The first is a 10 question survey to identify youth who may be at risk. The second stage is to complete a more comprehensive profile to identify areas where they may need assistance. Teenagers experience tremendous change as they develop throughout adolescence and this program will help us better understand the changes they are experiencing.

***Rotary Career Symposium*** – Grade 11 students are invited to attend this exciting event at the Winnipeg Convention Centre in March. There will be over 200 exhibit booths and many speaker presentations. There will also be a career café for job search, resume and interview advice. Listen to the announcements. Field trip forms will be available in the Student Services Office.

# Red River College

Red River College has a wide variety of program choices meeting industry needs.

- Admission requirements vary greatly between programs. If you need help, see a counsellor.
- First come, first served –submit your transcript of marks with your timetable confirming courses for graduation. You must submit required document within 30 days of applying. Some programs require proof of completion of various other admission requirements. Apply Now!
- Check entry date deadlines online to see if there is a wait list.
- Strongly recommend you visit their website to become familiar with your program of interest.
- There is a non-refundable \$95.00 application fee.
- Indigenous Support Services are available as well as diversity and intercultural services.
- Apprenticeship Manitoba offers in-school, technical courses at Red River.
- Open House – Tuesday, February 21 and 22, 2017

**3 Ways to Get Post-Secondary Scholarships**

- 1) **Automatic Entrance Scholarships based on your high school marks;**
- 2) **Application to scholarships posted on our Sturgeon Heights Website.**
- 3) **Scholarships and school board cash awards in June. June awards have many different eligibility criteria – marks, extra-curricular involvement, good citizenship, future interests, financial need, etc.**

**Award links to check out:**

**[umanitoba.ca/student/awards](http://umanitoba.ca/student/awards)**

**[uwinnipeg.ca/awards](http://uwinnipeg.ca/awards)**

**[rrc.ca/awards](http://rrc.ca/awards)**

There are a variety of organizations, employers and private companies who offer scholarships and awards to students pursuing a post-secondary education. Here are some very useful websites to assist with this search.

**[www.studentawards.com](http://www.studentawards.com)**

**[www.scholarshipscanada.com](http://www.scholarshipscanada.com)**

**[www.canlearn.ca](http://www.canlearn.ca)**

**[www.univcan.ca](http://www.univcan.ca) (Universities Canada)**

**Manitoba Students Aid - [studentaid.gov.mb.ca](http://studentaid.gov.mb.ca)**

- Government Student loans for full and part time students.
- Interest and payments are not required as long as you are in school.
- Applications are typically available in June of each year.
- There are some grants and bursaries.
- Submit applications online by July.
- Amounts will vary based on individual circumstances.
- Submit an application every year.

# University of Manitoba

- October 20<sup>th</sup> – U of M Presentation at our School in Theatre during Period 2 (Grade 12 students)
- Students are encouraged to visit the website and search for the First Year Planning Guide to find faculty pre-requisites and first year courses [umanitoba.ca/firstyear](http://umanitoba.ca/firstyear)
- October 25 - Evening of Excellence for students and parents – University Centre - [umanitoba.ca/eveningofexcellence](http://umanitoba.ca/eveningofexcellence)
- October – online applications available – students will self-report their anticipated grade 12 marks. Application fee \$90.00 and \$120.00 for International Students - [umanitoba.ca/applynow](http://umanitoba.ca/applynow)
- December 1 – Leader of Tomorrow and Indigenous Leader of Tomorrow Scholarship application deadline. For full application details visit [umanitoba.ca/student/awards](http://umanitoba.ca/student/awards). Value: \$16,000.00 over four years.
- January 15 – Application deadline for Faculty of Music – auditions held in February.
- February 23 – U of M Open House (field trip for Grade 11 and 12 students) – [umanitoba.ca/openhouse](http://umanitoba.ca/openhouse)
- March 1 – Application Deadline if a student wants to be considered for automatic entrance scholarships (85% or higher on

select courses) Visit [umanitoba.ca/student/awards](http://umanitoba.ca/student/awards) to review the list of 40S courses used to evaluate eligibility. All students are encouraged to apply by March 1.

- May - New for 2017 – Admission decisions for all Direct Entry Programs will be based on April interim grades. Students who apply by March 1 should expect to be notified of their admission decision sometime in May.
- Spring – Recruitment officers will visit our school to provide information about the next steps of becoming a university student. [umanitoba.ca/nextsteps](http://umanitoba.ca/nextsteps)
- June – Offers of admission must be accepted by June 1. Students who do not meet admission requirements for Direct Entry to a specific faculty will be automatically admitted to U1 with no further application required. (provided they still meet the U1 admission requirements)
- June – Entrance scholarship offers are typically provided to eligible students.
- Admission offers for students who apply to U1 after the March 1 deadline will be based on final grades and admission offers will be made in July
- School Division will provide all interim and final grades to the university. If a student applies to U1 after March 1 application deadline, they will be responsible for submitting their own transcript.

- July – admitted students will register for their first year university classes in mid-July. This is done using Aurora, the online registration system. Tuition amounts and book lists are available to students after they register for classes.
- Orientation – Before starting classes in September, students attend Orientation and are welcomed to campus with tours, social events, concerts and info about the UM communities. Students can also attend events such as Head Start for an early introduction to campus life. [umanitoba.ca/orientation](http://umanitoba.ca/orientation)

# University of Winnipeg

- October 27 – Presentation to our Grade 12 students in the Theatre during Period 3
- November 22 – Future Student Night – Interactive evening for potential students and their parents at Duckworth Centre – Doors open at 6:00 pm
- February 1 – Application-Required Entrance Scholarship Deadline – requires the completion of an Entrance Scholarship Application Form. Go to [uwinnipeg.ca/awards](http://uwinnipeg.ca/awards) Available online October 1.
- February 22 – U of W Open House. Field Trip forms will be available in Student Services. Interested Grade 11 and 12 students can spend the day touring, listening to presentations and asking questions.
- March 1 – Application and Special Entrance Scholarship Deadline based on self-reported grades. Students will be considered for special entrance scholarships and receive priority course registration in the fall. The University will request final grades from the school.
- Spring – U of W representative will visit school to help students with their next steps for registering for classes.
- June 1 – Application Deadline – based on self-reported grades. For applications submitted after June 1, Students are responsible for submitting their final transcripts to the admissions office.
- July 2 – Final Application Deadline – based on final grades. Applications may be accepted after this date, however processing times may be delayed and class availability may be reduced. June and July – Course Registration.