



**PARENT INFORMATION**  
**October 2, 2018**

# Goals for evening

- Provide info from Gr 12 Sept assembly (edited)
- Assist parents/guardians to understand post secondary possibilities
- Outline timelines and processes
- Discuss responsibilities of grade 12 students in transition to post secondary options
- Provide tools for research

# Changing Landscape “No GPS”

1. Many young people will not move in a linear pathway from high school to post-secondary to employment/career
2. Many occupations have not been “created” yet nor are there “safe” jobs
3. Workplace is evolving and thus the importance for traits of self discovery and risk taking

# Thoughts for Parents

- Importance of making realistic choices
- There is stress in life (building resiliency and stamina)
- There are no “easy” solutions
- We can't always get what we want
- Money does not always fix the problem
- Short cuts often have a price to be paid in the end
- Find out as much as you can
- Discover our role in this transition

Guidance Department  
Bur Oak Secondary School



**“Create your own road map”**

**“It’s your road, and  
yours alone, others  
may walk it with you,  
but no one can walk it  
for you.”**

**Rumi**

# Team Guidance Goals

To support students to:

- become independent and critical thinkers
- understand where and how to find information
- develop informed decision making skills
- increase resiliency through a stressful year
- respond to personal challenges
- be accountable for their own actions

PS—You can't always get what you want.....

# Dodham's Cautions

#1  
Don't listen  
to everything  
people tell  
you.



rock



paper



scissors

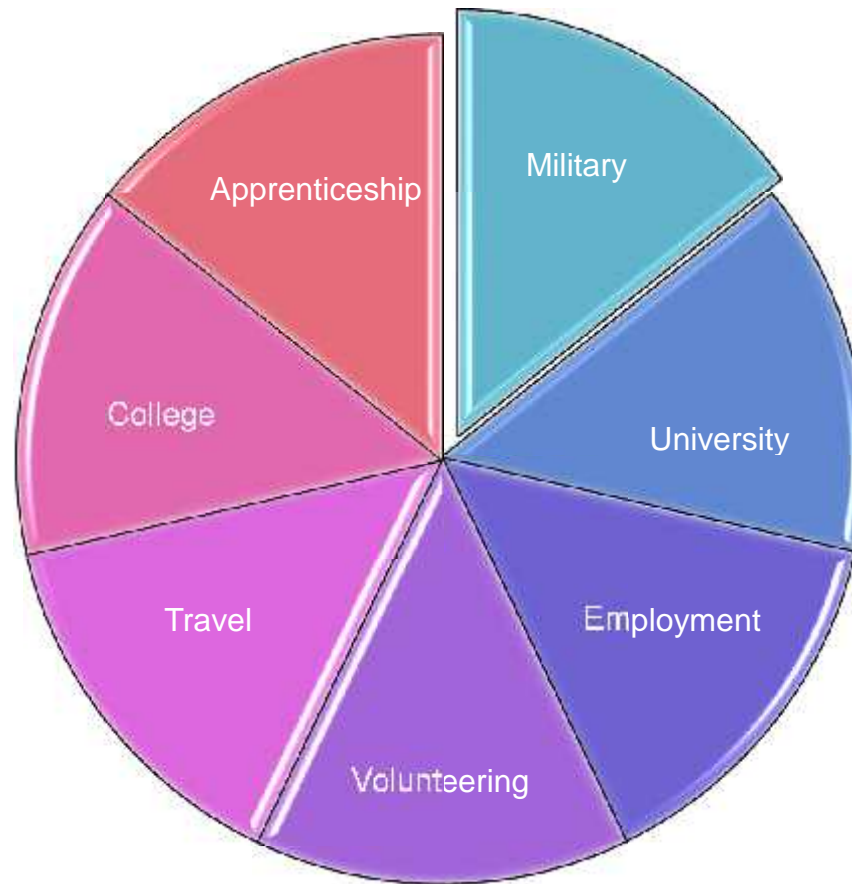


"I'm just doing what the other ones are doing"





# What's after Bur Oak?



# Workplace Plans

- Develop and refine employability skills
- Consider your transition and reason for employment
- Refine your resume and cover letter
- Begin to network, attend workshops, and research the local job market
- Look into volunteering and part time jobs this year

# Apprenticeship (Skilled Trades)

- Not through application to post secondary
- Most learning through one to one by a *journeyperson* already certified in the trade (registered training agreement)
- Portion of learning takes place in local community college
- Bursary and grants available to apprentices
- Talk with guidance or coop OR get started at <http://www.earnwhileyoulearn.ca/>

# Research First, then decide

- Do your research and explore your options
- Consider pros and cons for all options:
  - Colleges
  - Universities
  - In province, out of province, other country

THEN make informed decisions.

Do not decide and then find information that fits the decision.

# Think about YOUR journey...

- Do I NEED a diploma, advanced diploma, work experience or a degree?
- Where is the best place to earn this credential? What is my personal pathway?
  - starting with a diploma and moving into a degree?
  - starting with a degree and then doing a diploma? (highly competitive programs)

# Reality Check: Know your own Options



# Questions to ask schools

- Where are options available?
- What you are “getting”:
  - Specialized diploma or degree
  - Ability to transfer to another program
  - Joint programs--credentials
  - Coop, internship, work experience included?
  - “pre” or foundation programs to build skills
  - Specific bridging options between two schools

# Overview: Understanding Educational Options



# Degree (usually 4 year Bachelor)

## WHY?

- Some specific careers that require degree
- Passion for academic learning in specific area
- Future employment edge through specialized degree program

## WHAT DO I NEED?

- Usually need to be earning a minimum 75% average in 6 "U" or "M" courses
- Grades vs Grades Plus-interview, supplementary application, audition, portfolio

# Admission Requirements

- Based on six Gr. 12 "U" or "M" level courses
- Prerequisite courses are included  
THIS INCLUDES ENGLISH!
- May state minimum averages\*\* (sad story)  
e.g. 70% in ENG4U or MHF4U
- Every school calculates averages differently
- Repeated or non-day school courses may be treated differently
- Conditional offers will state averages that you must maintain...if in doubt, ask the school

# A thought: Specialized Degrees

- Criminal Justice
- Interior Design
- Hospitality Operations
- Hospitality and Tourism
- Athletic Therapy
- Journalism
- Aviation Technology
- Golf Management
- Business Administration
- Child Development
- Design
- Digital Communications
- Early Childhood Leadership
- Game Design
- Industrial Design
- Computer Engineering
- Tech
- Music
- Public Relations
- Nursing Science
- Construction Management

# Where are these programs?

- 4 years of academic study and applied practical experiences through Ontario colleges
- Degree credential is earned (Bachelor of....)  
Very specific and “one of a kind” to that school
- Requires six Grade 12 U or M courses
- Bonus: Generally includes a work placement, internship or coop

# Joint or Collaborative Programs

- degree and diploma from the partner schools in four years (college and university credentials)
- Requires six grade 12U or 12M courses
- Honours Bachelor of Arts, Joint Major in Journalism (Trent and Loyalist)
- Honours Bachelor of Applied Science in Kinesiology (BASc) and Diploma in Fitness & Health Promotion (Guelph and Humber)

# College Diploma Programs

- 2 or 3 year programs
- Academic theory plus “applied” learning with prep for employment:
  - Areas: Applied Arts, Business, Health and Human Services and Technology
- “Pre” or Foundation: to prepare or upgrade (1 year)
- General Transition pathway:
  - two year program**
  - may** eligible to transfer to degree program or complete an advanced diploma

# Diploma Programs

- Two or three years in career related area
- Technology vs Technician (Example: Engineering)
- 2 year Diploma or 3 year Adv. Diploma—may transfer into degree program
- Affiliations and additional credentials may be included
- Programs may start in September, January or May
- most include work experience

# Admission Requirements

- Graduation and Gr. 12 English
- May consider other grade 11 and 12 marks (including co-op)
- Averages 65% or above to be eligible
- Highly competitive programs are much higher\*\*
- May require specific courses (e.g. math, science)
- May include non-academic criteria (audition, interview)

What level of English and Math can you be the most successful?



# Myths (or Urban Legends)

- Easy grade 12 courses—mark boosters!
- Higher averages mean a better school
- You get to pick which courses get sent
- If your U or M course combo looks “hard”, you have a better chance
- If you get accepted by your gr 11 marks, don't worry about grade 12
- I can always go to private school
- BOSS will always “bump” your marks

# Making Informed Decisions

## Research

- Utilize online resources
- Read view books and calendars
- Attend university and college visits at Bur Oak
- Attend open houses, preview days, and tours

Discuss interests and goals with your parents, teachers, and guidance counselors once you have done some research!

# Resources Available

Guidance Page on Bur Oak website  
Grade 12 page and Parent/Guardian

- Trailblazers Poster Series
- Dates for college and university visits
- OUAC and OCAS timelines (fact page)
- Brief guide to help through application process
- Links to useful tutorials and videos

# Coming to BOSS

## Opportunities to talk with Representatives

- Mini Fair: colleges and some universities
- Individual Visits: October and November
- GTA morning sessions:
  - Ryerson, UOIT, York, U of T
  - Seneca, Centennial, George Brown, Sheridan, Durham

# Process for Sign ups

- Registration online
- Tickets distributed in guidance
- Limited seating
- During class time (approved absence)
- Other opportunities:
  - Evening sessions at other local high schools—will announce through Coach Guidance and Parents' weekly email
  - Local libraries
  - Student Expo

# The Application Process

# Do your homework...tutorials available online



APPLY ONLINE AT:

ONTARIO  
COLLEGES .CA

 Ontario Universities'  
Application Centre

# Finding information

University Info: eInfo ([www.electronicinfo.ca](http://www.electronicinfo.ca))

- Search for programs, schools, finances, open houses

- Useful video: How to use eInfo

([www.electronicinfo.ca/how-to-use-einfo](http://www.electronicinfo.ca/how-to-use-einfo))

College Info: [www.ontariocolleges.ca](http://www.ontariocolleges.ca)



# Ontario University Application Centre (OUAC)

- “Application 101” for high school students for university in Ontario
- Many degree programs through college
- Many universities outside Ontario can connect to collect marks

## **Responsible for:**

- collecting and distributing marks, applications, offers of admissions, communications
- Timelines available on guidance site

# Ontario College Application Service (OCAS)

- Collection and distribution of demographics, marks, application, offers and acceptance
- Equal consideration date Feb 1<sup>st</sup> (rolling acceptances afterwards if programs have not filled)
- **Highly competitive applications start sooner** (website opens in early October)
- Meeting with college English classes in mid October

# Compare Applications

## OUAC

- PIN required (Nov delivery)
- create password
- Jan 16, 2019 deadline
- \$150 for 3 choices
- \$50 for additional choices

## OCAS

- Create own account and password
- Opens in October
- Equal consideration deadline Feb 1<sup>st</sup>
- \$95 for 5 choices
- Maximum 3 at one college

# Important Dates for OUAC

- **January 16, 2019 (11:59 p.m.)** – Last day to apply online
- **May 29, 2019**– Latest date to receive decision –conditional offer, refusal or deferral pending more information
- **June 3, 2019** – Earliest date to which you must respond to an offer of admission to a university or make a financial commitment

# Important Dates for OCAS

- **Nov 2018**—Earliest day college may acknowledge your application (start in Oct)
- **Feb 1, 2019** – Application deadline for equal consideration AND earliest release of offers by the colleges
- **May 1, 2019** – Confirm your offer of admission
- **June 15, 2019**— You may be required to make a tuition deposit

# Help in Applying

OUAC 101 –How to videos

<https://www.ouac.on.ca/ugrad-tutorials/>

College Info: [www.ontariocolleges.ca](http://www.ontariocolleges.ca)

Video on You Tube explains OCAS process:

<http://bit.ly/Collegeapp>

# Grades Plus: Supplementary Applications

- Between student and post secondary school not OUAC, OCAS or BOSS
- Read everything carefully! Reread!
- Proof read before sending
- Optional? – You really should submit it!
- Deadlines firm
- Make a professional email
- Provide references or proofreaders enough time to support you

# Submission of Grades

- Completed 11 and 12 marks and demographic info submitted in **Nov**
- Grade 12 – sem 1 final marks in **Feb**
- Grade 12 – mid-term sem 2 marks in **April**
- Grade 12 – final grades in **July**
  
- **All marks** (day school, night school, virtual school, private school) are submitted
- Full disclosure dates in calendar



# Issues affecting Graduation

# Stress: Working through it

- Make “realistic” choices that you can live with
- Try to avoid thinking ONLY about the marks
- Search out assistance from your teachers
- Make a continuum of plans
- Think about: Taking the easy way out?  
Overloading yourself? Too much family pressure?
- Team Guidance is here for you!

# WHERE ARE YOU ON THE MENTAL HEALTH CONTINUUM?

## HEALTHY

Normal mood fluctuations  
 Calm & takes things in stride  
 Good sense of humour  
 Performing well  
 In control mentally  
 Normal sleep patterns  
 Few sleep difficulties  
 Physically well  
 Good energy level  
 Physically and socially active  
 Not using substances to cope  
 None or limited gambling

## RESPONDING/ REACTING

- Irritable/impatient
- Nervous
- Sadness/overwhelmed
- Procrastination
- Forgetfulness
- Trouble sleeping
- Intrusive thoughts
- Nightmares
- Muscle tension/headaches
- Low energy
- Decreased activity/socializing
- Regular but controlled substance use/gambling

## INJURED

- Anger
- Anxiety
- Pervasively sad/hopeless
- Negative attitude
- Poor performance/workaholic
- Poor concentration/decisions
- Restless disturbed sleep
- Recurrent images/nightmares
- Increased aches and pains
- Increased fatigue
- Avoidance
- Withdrawal
- Increased substance use/gambling is hard to control

## ILL

- Angry outbursts/aggression
- Excessive anxiety/panic attacks
- Thoughts of suicide
- Can't perform duties, control behaviour or concentrate
- Can't fall asleep or stay asleep
- Sleeping too much or too little
- Physical illness
- Constant fatigue
- Not going out/answering phone
- Substance or gambling addiction
- Other addictions

**We ALL have Mental Health**  
**Learn more about Mental Health on the BWW**



# SHSM

- Keep track of your CLA, certifications
- Check to make sure you have all courses in the bundle accounted for in your timetable

# Dropping Classes

- Full time status required/Full disclosure dates
- Will not drop scheduled course to take it at night school, e-learning or private school
- Need to see a Vice Principal to discuss part-time status after discussing with guidance

# Additional credits in YRDSB

- Consult with counsellor if considering e-learning courses (day school or night school)
- Some “rules” attached to who is eligible for signing up
- Cannot sign up for a course you already have in your timetable OR if we can provide in your timetable

# Private School

- Family decision but **before** making financial commitments, fill out the “*Private School Declaration Form*”
- ensure that your final grade is submitted to Guidance Friday prior to graduation
  - We strongly recommend you do not do your final credit or compulsory English elsewhere
  - Transcript vs. application centre confusion
- **We cannot submit midterm marks for private school**

# Community Hours

- Final deadline to complete 40 hours is May 31<sup>st</sup> if you wish to graduate in June
- Keep track....may be able to use some of these for scholarship/bursary or supplementary application data



# Other Supports

- College Application Workshops (Dodham)
- Evening college/uni fair at local schools
- Meetings with counsellors to review your plan and CCSS (Team Guidance)
- OSAP and Scholarship presentations

# Keep in Touch

Use Remind.com App

Class: boss12

Text "Join boss12" to  
(289) 277-0545

# Closing Thoughts

- Take responsibility for your future!
- Create realistic multiple plans
  - Plan A, B and C
- Apply by winter holidays in December
- Show up for auditions, interviews, or portfolio presentations on time
- Get organized!
- **Visit and Tour, Ask Questions**
- Think finances
- Work hard at your studies

# Questions

