



2021-2022

CÉGEP COMPANION GUIDE

R.V.S. ÉCOLE
ROYAL VALE
SCHOOL

Guidance Department
Created and prepared by Ms. Krsteski | M.A., c.o.

GUIDANCE COUNSELLOR'S MESSAGE



To our Grade 10 and Grade 11 students,

High school is an exciting time for career exploration and self-discovery. That said, applying to CEGEP and post-secondary schools can seem overwhelming at first. With so many choices, you may not know where to start. How do you choose the right school setting? Is there really a place for everyone? How does one start and complete the tasks of applying to, and selecting a school?

Written with the intent to minimize the stress of the CEGEP application process, this companion guide strives to support you through your educational milestone. I am here to help you make informed educational and career choices. As Lead Counsellor of this Department, I feel so fortunate to work with you!

Your career development is more than just deciding on a program and what job you want to get when you graduate. It truly is a lifelong process; meaning that throughout your life you will grow and change, situations will change, and you will continually have to make important career and life decisions. The goal of Career Counselling is to not only help you with the decisions you need to make now but give you the knowledge and skills needed for your future career and life decisions.

Career counselling can consist of:

- exploring values, skills, interests, learning abilities, personality, background, and circumstances
- understanding the Quebec Education System
- receiving general program information
- discussing possible career/vocational paths associated with a field of interest
- locating relevant or applicable resources and advocacy.

I strongly believe that this process begins with you, as students, to proudly carry the responsibility during process, as *you* are the college candidate and this is *your* future. Steps to take such as conducting your own research, collecting information, and planning for your applications are all essential learning experiences and important skills to hone.

The exciting task of our Guidance Department is to remain alert to the issues and trends facing our students, provide clarity about the pressures of the CEEGP process, and support you on your journey. I am confident that all students will come through the process feeling more self-assured, recognize their potential, and understand their post-secondary options.

My best recommendation is to begin your search in advance which will help you break down the college application process into simple steps.

Warm regards,

Ms. Krsteski

OVERVIEW

CEGEP COMPANION GUIDE



Welcome Statement

02 Letter from the Guidance Counsellor

Important Information

04 Graduation Requirements

05 Quebec Education System (Diagram)

Getting Ready

06 Making the Right Choice: Exploring your Values

07 CEGEP Pathways: 2 Year & 3-Year Programs

09 CEGEP Requirements

10 Application: Procedures, System, & Timeline

Tools

17 myBluePrint / PYGMA

18 College Preparation Form & Checklist

ADDITIONAL INFORMATION

19 FAQ for CEGEPS

21 Career Intake Form

23 Open House Dates – Fall 2021



HIGH SCHOOL GRADUATION REQUIREMENTS

To receive a Secondary School Diploma (DES) a student must:

1. Accumulate 54 credits in Secondary 4 and 5.
2. Twenty (20) of these credits must be at the Secondary 5 level.
3. The remainder of credits will come from other Secondary 4 (e.g. ERC Secondary 4).

The following credits are compulsory:

- Secondary 4 Math 4 credits
- Secondary 4 Science & Technology 4 credits
- Secondary 4 History and Citizenship 4 credits
- Secondary 4 Art (Visual Arts, Music, Drama or Dance) 2 credits
- Secondary 5 Ethics & Religious Culture **or** Phys. Ed. 2 credits
- Secondary 5 Language of Instruction **English** 6 credits
- Secondary 5 Second Language **French** 4 credits

The last digit of each course code indicates the credits given for passing that course:

i.e.: a 504 course is worth 4 credits while a 506 is worth 6 credits.

PLEASE NOTE:

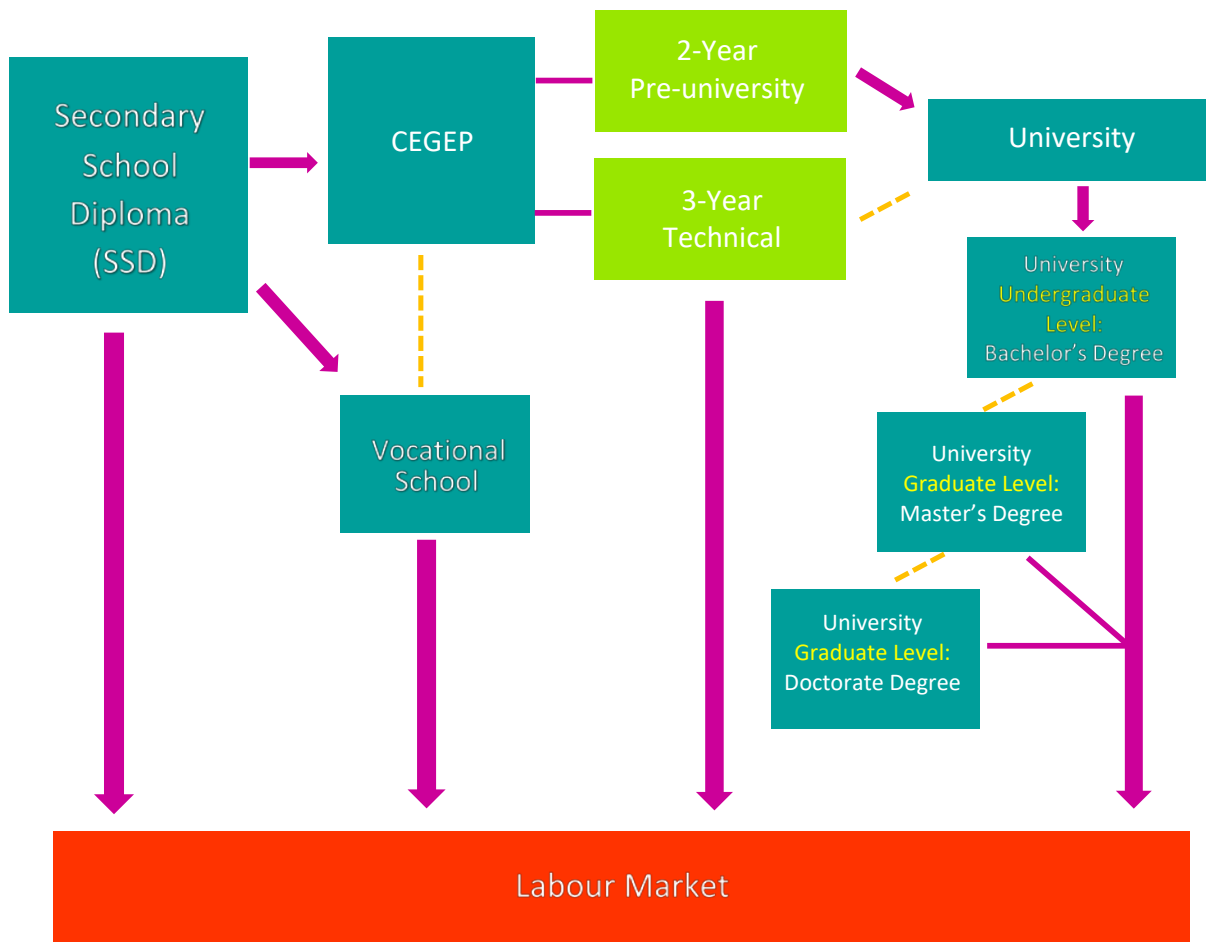
Many CEGEP programs have specific pre-requisites such as SN Math, Chemistry, Physics, etc. Please check CEGEP websites to make sure you have the requirements for the program you are interested in.

Do not hesitate to come schedule an appointment in 113-A. Appointments specific to career counselling will begin in October only.

Thank you and best of luck this school year!

Ms. Krsteski

Quebec Education System



CEGEPs (Collège d'enseignement général et professionnel,). Unique to Québec, this level of education serves as a bridge between high school and university.

College-level institutions offer:

- 2-year pre-university education programs that ready students for university studies and lead to the Diploma of College Studies (DEC)
- 3-year technical training programs that ready students for the job market and lead to the Diploma of College Studies (DEC)

University: In Quebec, university-level education is followed by graduation from a pre-university education (or 3-year technical if students take additional courses at the college level to fulfill missing pre-requisites).

There are 3 levels of university studies:

- Bachelor's (cycle 1), takes 3 or 4 years, depending on the subject
- Master's (cycle 2), takes 1 or 2 years
- Doctoral (cycle 3), 3 years takes or more (usually 5-7 years)

Vocational School is part of the secondary school education system and is available to both youth and adults.

Students can enroll in vocational training after having successfully completed Secondary III or Secondary IV (9 or 10 years of schooling). Vocational training programs of study lead directly to the job market, with students receiving one of the following official diplomas:

- Diploma of Vocational Studies (DVS)
- Attestation of Vocational Specialization (AVS)
- Skills Training Certificate (STC)

Values

Making the Right Choices

1. Know Yourself:

Understand who you are, your skills, values, interests, what drives you, and what motivates you.

2. Explore:

Research the landscape of the programs offered and potential career opportunities.

3. Process:

Sort out the information you know about yourself and what you've explored.

4. Create a plan

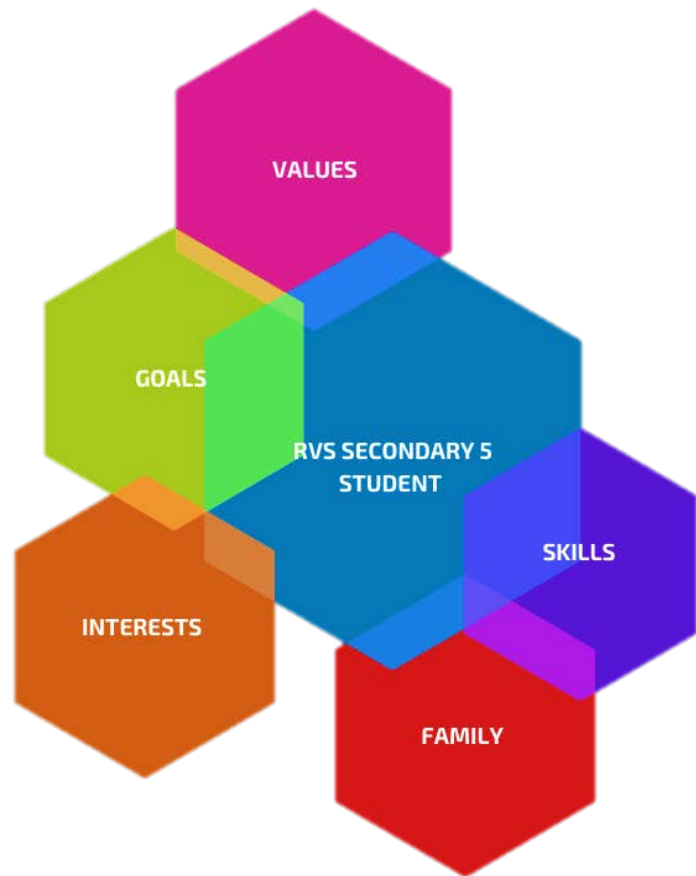
Formulate a plan in terms of which program will be best for you to apply. First choice and back-up plans are key.

5. Act:

Turn your ideas and plans into action! This is where the application happens!

REMEMBER:

- A career choice is **not** static (it can change).
- There is no perfect choice
- We are able to do so many different things: identify your skill set & abilities!
- It is not necessary to choose a career before the end of high school
- A college diploma can lead to multiple university degrees and professions
- Explore all options; come to your own conclusions
- Be open, explore likes and dislikes.
- Seek help and ask for advice; speak to parents/guardians, friends, Guidance Counsellor CEGEP academic advisors.



CEGEP PATHWAYS

Upon completion of a CEGEP program, you will earn you a **Diploma of Collegial Studies/Diplôme d'études collégiales (DEC)**.

CEGEP offers 2-year pre-university programs, 3-year technical programs, and 3-year Double DEC programs (e.g., Science & Social Science, Science & Music, etc).

2-year Pre-University Programs

- Pre-university programs start in fall (Sept.) and winter (Jan.) semesters.
- Prepare you for further studies at the university level.
- DO NOT provide the marketable skills necessary to enter the workforce immediately. You **MUST** go on to do a minimum of a Bachelor's degree at the university level prior to professional employment.
- Require that you pass ***core curriculum classes**.

3-year Career (Technical) Programs

- Technical programs start in the fall (September) semester.
- Include stage placements/internships so that you can learn on the job.
- Provide the marketable skills necessary to enter the workforce.
- Require that you pass core classes (French, English, Humanities, Phys. Ed.).
- Allow you to further your studies in university (may need prerequisites).

3-year Double DEC Programs:

- Requires taking two pre-university programs in 3 years.
- Students complete the program in 3 years rather than 4 years doing two pre-university programs back to back because you are only fulfilling the core curriculum requirements once.

*All students must take the following **core curriculum** classes in CEGEP:

4 English, 2 French, 3 Humanities, 3 Physical Education, 2 Complementary Courses.

CEGEP PROGRAM GRID EXAMPLES

YEAR 1		YEAR 2	
Term 1	<ul style="list-style-type: none"> Required Courses (choose two): General Psychology, Western Civilization, Introduction to Economics 100-Level Option Course (choose one): Anthropology, Biology, Business Administration, Classics, Geography, Mathematics* (Calculus I), Philosophy, Political Science, Religion, Sociology English French Humanities Physical Education 	Term 3	<ul style="list-style-type: none"> Quantitative Methods 100-Level Option Course (choose one from list) 200-Level Option Course and 300-Level Option Course (choose one from 100-Level discipline you have passed) French English Complementary
Term 2	<ul style="list-style-type: none"> Research Methods Required Courses (choose one): General Psychology, Western Civilization, Introduction to Economics 100-Level Option Course (choose one from list) 200-Level Option Course (choose one from 100-level disciplines you have passed) English Humanities Physical Education Complementary 	Term 4	<ul style="list-style-type: none"> Integrative Seminar 200-Level Option Course and 300-Level Option Course (choose one from 100-Level disciplines you have passed) 400-Level Option Course (choose one from a discipline in which you have passed a 200-Level or 300-Level Course)** English Humanities Physical Education

Example of a 2-year Pre-University Program Grid (not a DOUBLE DEC) with 4 Semesters. The courses written in blue are the “core courses” that all students must take to obtain a DEC regardless of the program.

YEAR 1		YEAR 2		YEAR 3	
Term 1	<ul style="list-style-type: none"> Anatomy and Physiology 1 Medical Ultrasound: Fundamentals of the Profession Patient Care, Health and Safety Ultrasound Instrumentation and Imaging Modalities Physics of Medical Ultrasound English Humanities Complementary 	Term 3	<ul style="list-style-type: none"> Obstetrical and Gynecological Ultrasound 1 Abdominal, Pelvic and Surface Ultrasound 2 Cardiac Ultrasound 1 Breast and Surface Ultrasound English Humanities Physical Education Complementary 	Term 5	<ul style="list-style-type: none"> Clinical 1 Clinical 2
Term 2	<ul style="list-style-type: none"> Anatomy and Physiology 2 Ultrasound Instrumentation and Quality Control Abdominal, Pelvic and Surface Ultrasound 1 Medical Records of Ultrasound Patients Patient Care and Pharmacology Communication and Wellbeing in the Medical Ultrasound Profession English Physical Education French 	Term 4	<ul style="list-style-type: none"> Obstetrical and Gynecological Ultrasound 2 Vascular Ultrasound Cardiac Ultrasound 2 Musculoskeletal Ultrasound Continuous Improvement of Ultrasound Practice English Humanities Physical Education French 	Term 6	<ul style="list-style-type: none"> Clinical 3 Clinical 4 Integration and Consolidation

Example of a 3-year Career Program with 6 Semesters. The courses written in blue are the “core courses” that all students must take to obtain their DEC regardless of the program.

CEGEP REQUIREMENTS

- A Secondary School Diploma is the minimum admission requirement.
- Program specific prerequisites (e.g., 506 SN Math, Chemistry, Physics, EST Science)

Some programs may require:

- Audition
- Portfolio
- Testing: Entrance Drawing Test, Language Testing, Reading Comprehension & Writing Tests, Theory & Ear Training Test, Physical aptitude testing, etc.
- Interview
- Video statements
- Letter of intent
- Reference letters

Note: Please verify program requirements to be sure you are not forgetting anything!

NOTE: PRE-REQUISITES

ONLY apply to programs for which you will have ALL prerequisites by the end of the school year, i.e., by June. If you need the summer to get a missing prerequisite, you should NOT apply to that program until the winter or following fall semester!

Fulfillment of these program specific requirements does not guarantee admission. Every program has a limited number of spaces. Acceptance is based primarily on academic performance.

APPLICATION

CEGEP APPLICATION PROCESS

It is recommended that students apply to 3 public schools (Dawson, Champlain, Vanier or John Abbott) to increase your chances of acceptance and pay the application fee by the March 1st deadline.

- Any applications or documentation received after the deadline will be considered late and will not be reviewed. Applications to SRAM will be considered for the subsequent round.
- Once the application has been submitted, be sure to keep a copy of your transaction/transmission number as this becomes the way that you can keep track of and check the status of your application.
- You will also need to log into the individual application portals regularly to verify the status of your application.
- **Remember:** once you have received conditional acceptance, you **MUST** acknowledge acceptance (by replying to their correspondence which will most likely be through email) or you will lose your spot!

WHAT YOU NEED TO APPLY to CEGEP ONLINE

- Permanent code: On your report cards & Relevé de notes (transcript)
- City of birth
- Schools/Programs you wish to apply to
- Visa OR Mastercard credit card

SIMULATIONS

You can **practice completing an online application** by clicking “simulation” on school application sites including SRAM

Website: <https://admission-demo.sram.qc.ca/>

APPLICATION FEE

There is a \$30 non-refundable **application fee for all applications**. It can be up to 50\$ for private colleges

- Pay online by Visa or Mastercard credit card
- Mail a certified cheque or money order

If you choose to pay with a certified check or money order, this payment must be received by the CEGEP by March 1st deadline; or else your application will be treated as a late submission!

Paying immediately by credit card is the best way to avoid late payment!

DOCUMENTS

Your application will not be complete until you provide all required documents. Most CEGEPs ask that you upload necessary documentation on their application portal.

The deadline to submit all required documents is **MARCH 1st**.

- BIRTH CERTIFICATE: Some CEGEPs will ask you to include a scan or photo if you were born outside of Quebec.
- OTHER DOCS: letter of intent, reference letters, medical notes, etc.

TRANSMISSION OF MARKS

- Academic records do not have to be sent in by the student, as the EMSB has an agreement with the CEGEPs for the electronic transfer of academic records.
- Secondary 4 achievement record and Secondary 5 (Term 1) marks will be sent to the CEGEPs by us.

NOTICE OF DECISION

Final acceptance is contingent upon successful completion of all entrance requirements, as well as applicable program prerequisites. All offers of acceptance will be withdrawn from applicants whose file remains incomplete, or who no longer meets the program prerequisites.

****ACCEPTANCE into a program IS CONDITIONAL****

Acceptance is based on the premise that you will successfully complete the courses as expected AND to the same level of proficiency to which is the basis that your application was evaluated on.

WHAT HAPPENS IF YOU ARE REFUSED TO ALL CEGEPS?

CONTINUING EDUCATION

If you are not accepted into any day CEGEP programs, you may apply to continuing education (evening CEGEP classes), where you will follow a particular CEGEP program during the evening. It is important to note:

- You will only need to in May-June.
- Registration is ongoing until August 2022.
- Any student in Continuing Education may request to switch into the day program after their first semester. The switch is conditional on their improved academic record.

CEGEP APPLICATION SYSTEM - PUBLIC

- **SRAM:** Service Régional d'Admissions du Montréal Métropolitain.
- **Dawson College**
- **Champlain St-Lambert**
- **Private Colleges:** Marianopolis, Lasalle College, O'Sullivan College, TAV,

SRAM

Website: <https://www.sram.qc.ca/home>

You apply to 1 program at 1 of the following schools

- Vanier College
- John Abbott College
- Champlain College (Lennoxville)
- 30+ French CEGEPs

SRAM Affiliated Cégeps

Le service régional d'admission du montréal métropolitain (SRAM) regroupe les cégeps suivants :

Cégep de l'Abitibi-Témiscamingue	Kiuna (First Nations Collegial Studies Centre)
Collège Ahuntsic	Cégep André-Laurendeau
Collège de Bois-de-Boulogne	Champlain College - Lennoxville
Cégep de Drummondville	Cégep Édouard-Montpetit
École nationale d'aérotechnique	Cégep Gérald-Godin
Cégep de Granby	Heritage College
John Abbott College	Cégep régional de Lanaudière à L'Assomption
Cégep régional de Lanaudière à Joliette	Cégep régional de Lanaudière à Terrebonne
Collège Lionel-Groulx	Collège de Maisonneuve
Cégep Marie-Victorin	Collège Montmorency
Cégep de l'Outaouais	Collège de Rosemont
Cégep de Saint-Hyacinthe	Cégep Saint-Jean-sur-Richelieu
Cégep de Saint-Jérôme	Cégep de Saint-Laurent
Cégep de Shawinigan	Cégep de Sherbrooke
Cégep de Sorel-Tracy	Cégep de Trois-Rivières
Cégep de Valleyfield	Vanier College
Cégep du Vieux Montréal	Institut de technologie agroalimentaire du Québec - campus de Saint-Hyacinthe
Institut de tourisme et d'hôtellerie du Québec	Macdonald College

- Although you may only apply to **1 program** through SRAM, there are **3 ROUNDS**.
- You will receive an admission decision notice in late March to early April.
- If you are not accepted in your **Round 1** choice (made by March 1st, 2022), you will be given a deadline by which you need to login to your SRAM account to make a **Round 2** choice.
- You will also receive a list of the programs in all SRAM schools that still have space for

ROUND 2.

Note: You DO NOT pay the application fee again in **Rounds 2 or 3.**

The deadline to make a **Round 2** choice is usually mid-April. You will receive the decision for **Round 2** by mid-May.

- The deadline to make a **Round 3** choice if refused in **Round 2** is usually the end of May. Applicants should have a decision for this Round by the end of June.
- Note:** You do not need to apply to the same school in Rounds 2&3 as you did in past rounds.

DAWSON COLLEGE

Website: <https://apply.dawsoncollege.qc.ca/>

- You make a 1st and 2nd choice on their application.
- If you are accepted in your first-choice program, you will not be evaluated for your 2nd choice program.
- To maximize your chances of being admitted to Dawson, please apply to a 1st choice program where you meet the overall average admission cut off.
- See your guidance counsellor for more information.

CHAMPLAIN COLLEGE ST-LAMBERT:

Website: <http://champlainapplication.ca/>

- You may make *only 1 choice* on their application.
- To maximize your chances of being admitted to Champlain, please apply to a program where you meet the overall average admission cut off.
- See your guidance counsellor for more information.

CEGEP APPLICATION SYSTEM - Private

MARIANOPOLIS

Website: <https://www.bemarianopolis.ca/admissions/apply-now/>

You make a 1st and 2nd choice on their application

- You make a 1st and 2nd choice on their application.
- If you are accepted in your first-choice program, you will not be evaluated for your 2nd choice program.
- To maximize your chances of being admitted to Marianopolis, please apply to a 1st choice program where you meet the overall average admission cut off.
- See your guidance counsellor for more information

TAV

Website: www.tav.ca

O'SULLIVAN COLLEGE

Website: www.osullivan.edu

LASALLE COLLEGE

Website: www.lasallecollege.com

COLLEGE ANDRÉ GRASSET

Website: <https://www.grasset.qc.ca/>

COLLEGE BRÉBEUF

Website: <https://www.brebeuf.qc.ca/>

APPLICATION SYSTEMS OVERVIEW

Main Application Systems



SRAM

- VANIER COLLEGE, JOHN ABBOTT COLLEGE & French CEGEPs
- 1 CHOICE, 1 APPLICATION, 3 ROUNDS



DAWSON COLLEGE

- "MY DAWSON PORTAL"
- 2 CHOICES, 1 APPLICATION, 1 ROUND



CHAMPLAIN COLLEGE

- "COMMON APPLICATION SYSTEM (CAS)"
- 1 CHOICES, 1 APPLICATION, 1 ROUND



MARIANOPOLIS COLLEGE

- "BEMARIONOPOLIS OMINVOX"
- 2 CHOICES, 1 APPLICATION, 1 ROUND

Timeline

<p>JANUARY</p> <p>Understand how to apply to CEGEP.</p> <p>Learning how to make the best choice to optimize your chances.</p>	<p>FEBRUARY</p> <p>Appointment with Guidance Counsellor to discuss options.</p> <p>Talking to my parents.</p> <p>APPLY!</p>	<p>MARCH</p> <p>Official deadline is MARCH 1, 2020.</p> <p>Responses from CEGEPs begin to come in.</p>	<p>APRIL</p> <p>Confirm acceptance (dates vary).</p> <p>SRAM Round 2.</p> <p>Plan B discussions with your Guidance Counsellor.</p>
<p>MAY</p> <p>SRAM Round 3</p> <p>Apply for Continuing Education</p> <p>Explore Vocational Education</p>	<p>JUNE</p> <p>Final exams</p> <p>Chance to pass any courses where credits are missing for graduation</p>	<p>JULY</p> <p>Log on to EMSB to print your final Relevé des Apprentissages</p> <p>Summer school registration</p>	<p>AUGUST</p> <p>Last chance for supplemental exams to obtain any missing credits for diploma.</p>

CONFIDENTIAL CAER COUNSELLING INTAKE FORM

APPLICATION Timeline DEADLINE: MARCH 1st, 2022

EXAMPLE:

SRAM	DAWSON	MARIANOPOLIS	CHAMPLAIN ST-LAMBERT
<p>ROUND 1 DEADLINE: March 1, 2021</p> <p>SCHOOL: Vanier</p> <p>PROGRAM: Pure & Applied Science</p>	<p>DEADLINE: March 1, 2022</p> <p>Choice 1 PROGRAM: Health Science</p> <p>Choice 2 PROGRAM: Biomedical Laboratory Technology</p>	<p>DEADLINE: March 1, 2022</p> <p>Choice 1 PROGRAM: Health Science</p> <p>Choice 2 PROGRAM: Social Science: General Profile</p>	<p>DEADLINE March 1, 2022</p> <p>Choice 1 PROGRAM: Health Science</p> <p>*Choice 2 is no longer offered.</p>
<p>SRAM ROUND 2: DEADLINE: Mid-April</p> <p>SCHOOL: Vanier</p> <p>PROGRAM: Respiratory and Anaesthesia Technology</p>			
<p>SRAM ROUND 3: DEADLINE: Mid-May</p> <p>SCHOOL: Collège de Maisonneuve</p> <p>PROGRAM: Sciences de la nature -Profil Sciences pures et appliquées</p>			

TOOLS

myBlueprint




You are asked to sign up and create a portfolio. This tool is a comprehensive education and career/life planning program helps you make informed decisions about your future. It is your new career and jobs exploration online platform that you can use for as long as you want (even after high school).

Here is what you need to do to get started:

1. VISIT myBlueprint.ca/emsb
2. Click **Sign Up**
3. Select **Your School: Royal Vale**
4. Click **Create Account**
5. Complete profile:
 - a. Click on **Student**
 - b. Select **Grade 10/Grade 11**
 - c. Enter your **D.O.B.**
 - d. Enter your **Student Id No. (7 digits, can be found on your timetable).**

If you are having trouble finding it, please let us know!

 Royal Vale School STUDENT TIMETABLE 2021-2022	Last Name, Student A			2021-09-02
	Quebec Permanent Code ABCD12345678 Id. No.	Sex Female	Birth 2008-01-01	Homeroom 123
Classif. G2B	Class 2	Adult responsible Adult 1, Adult 2		

Once your account is set up, here are some of the many things myBlueprint allows you to do:

- Who Am I section with different surveys (learning style, interests, personality, motivations)
- High School section with access to courses completed and credits obtained
- Post-Secondary section with CEGEP, university, trade school and workplace options
- Work section to help you find a job (create a resume and cover letter, search jobs)
- Money section to help you make a budget

To keep your account active after you graduate: you must login one time in the 18 months after your graduation in order to keep your access to this powerful new tool. So put this in your To Do list or your Calendar so you don't lose access!

PYGMA

To explore all of Quebec's colleges and their programs

Website <https://pygma.ca/>



Guidance Department

FAQ Questions for Open Houses and Educational /Career Fair

Asking questions is a great way to learn about schools beyond the CEGEP brochures or websites. Visiting or speaking with prospective colleges is a great opportunity to learn from the people who study, work, and teach on campus. In doing so, it will help you gain a strong sense of a school and its culture. It will also allow you to think more critically when doing your research in terms of what to look for.

Academics

- Are most students able to get their first-choice programs?
- What majors are most popular?
- What is the average class size?
- Are your classes lecture-based or discussion-based?
- Does your major require an independent study or projects?
- How much reading and writing is required in your program compared to others?
- How often are collaborative work or group presentations required?
- Do professors hold office hours?
- Are most of your classes taught by professors or teaching assistants?
- Can you study abroad?

Student Services

- Is there a student for a day? Are there opportunities to shadow current students in my major of interest?
- If I am struggling with a course, who can I go to?
- Do students use any on-campus tutoring programs or writing centers?
- What support can I get with an Individualized Education Plan (IEP)
- What kind of services do you offer for students with disabilities?
- How do I qualify for accommodations?
- Where are the best places to study?

Career Services

- Are internships available? How do you find them?
- Can we request to have a mentor?
- Does your school have a co-op program?
- Are there opportunities to build leadership skills on campus?
- Do employers recruit students on campus?
- How easy is it to find summer jobs and other kinds of work through your school?
- What kinds of hands-on or practical experiences have you had in and outside of the classroom?

Financial Aid and Merit Awards

- How can I apply for financial aid?
- What are the requirements to receive a scholarship?
- Where can I learn more about your merit scholarships?
- Do you award extra scholarships for specific majors?
- Do scholarships require separate applications?
- What percentage of students receive grants and/or scholarships?
- Does your institution offer athletic scholarships?

Student Body

- What makes the student body unique?
- Is there diversity on campus? Are there many students from other countries?
- How would you describe your fellow peers?
- Are the students here friendly?

Campus Life

- What are the facilities like (e.g., science labs, libraries, theatres, gyms, etc.)?
- What's it like to be a first-year student here?
- Which clubs and student organizations are popular?
- Is there a wide variety of campus activities? (e.g. clubs, sports, volunteer opportunities)
- What's a typical day like?
- What do students do when they're not in class?
- Is it easy to get around campus?



CAREER COUNSELLING INTAKE FORM

GUIDANCE DEPARTMENT – MS. KRSTESKI

You are asked to complete “the career counselling intake form”. This form is aimed to help you reflect on some of your career questions and concerns. Please note that there are no “right” or “wrong” answers. Therefore, you are encouraged to include any information about your academic and/or professional future without worry of judgement. This form is confidential, which means that only you and your Guidance Counsellor have access to this information.

Of important note, the form must be completed and brought to your career counselling appointment.

Best of luck!

Ms. Krsteski

STUDENT INFORMATION:

Name:

Grade:

Current Academic Program (Flex/Immersion and Humanities/Science):

Date:

PRE-COUNSELLING QUESTIONNAIRE

1. What do you hope to accomplish from career counselling session with your Guidance Counsellor?
2. Where are you planning to apply (CEGEP, vocational education/Trade School, Adult Education, other)? **Specify the school and program you are considering:**
3. Have you been passing all of your subjects? Do you think you have the minimum average to get into you program of interest?

CONFIDENTIAL CAEER COUNSELLING INTAKE FORM

4. What are your overall career goals (even if you are unsure, just write any thoughts that come to mind)? How certain are you about these plans: certain, pretty sure, uncertain, very uncertain?

5. If you could do anything you wanted, what would it be?

6. Please select which of these values are the most important to you regarding your future

- | | | | |
|--|---|--|--|
| <input type="checkbox"/> Environment | <input type="checkbox"/> Competition | <input type="checkbox"/> Self-Direction | <input type="checkbox"/> Solving Problems |
| <input type="checkbox"/> Leadership | <input type="checkbox"/> Helping Others | <input type="checkbox"/> Authority | <input type="checkbox"/> Travel |
| <input type="checkbox"/> Stability | <input type="checkbox"/> Status/Recognition | <input type="checkbox"/> Independence | <input type="checkbox"/> Work/Life Balance |
| <input type="checkbox"/> Enjoyment | <input type="checkbox"/> Intellectual Stimulation | <input type="checkbox"/> Achievement | <input type="checkbox"/> Working Alone |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Variety | <input type="checkbox"/> Adventure | <input type="checkbox"/> Location |
| <input type="checkbox"/> Money | <input type="checkbox"/> Challenge | <input type="checkbox"/> Diversity | <input type="checkbox"/> Prestige |
| <input type="checkbox"/> Job Security/Benefits | <input type="checkbox"/> Social Justice | <input type="checkbox"/> Hands-On/Physical | <input type="checkbox"/> Structure |
| <input type="checkbox"/> Working Outdoors | <input type="checkbox"/> Flexible Schedule | <input type="checkbox"/> Risk-Taking | <input type="checkbox"/> Team Work |

ADDITIONAL INFORMATION (OPTIONAL):

Please provide other information that you think is important for you Guidance Counsellor to know.

FOR GUIDANCE COUNSELLOR:

For Guidance Department Use Only:

Follow-up Plan: Yes No Date: _____

Comments:

CÉGEP Virtual Open House Dates - Fall 2021

Choosing a college is one of the first big decisions you will make in your soon-to-be young adult life. Luckily, there are resources available to help you make this decision. One of the best ways to determine whether a certain college is the right fit for you is to visit its Open House and Information Sessions. Open Houses provide students with valuable insights into program options, college life and the overall campus experience.

CHAMPLAIN COLLEGE

November 7, 2021

*See website for more details to come
www.champlainonline.com

DAWSON COLLEGE

October 24, 2021: 2 Webinars: 11am & 12:15pm

*Videos will be available as of October 18th
*Registration to be announced
*Live chat from 3:00-4:30pm
*In-Person Tours TBD
www.dawsoncollege.qc.ca

JOHN ABBOTT COLLEGE

October 23, 2021, 12:00-4:00pm, Live Chat,

*Website Links available as of October 15th
*Live Chat, Q&A, meet reps and students
*In-Person Tours TBD
www.johnabbott.qc.ca

O'Sullivan College

October 19, 2021, 5:00-8:30pm

*In-Person info session & tours
www.osullivan.edu

VANIER COLLEGE

November 6, 2021

Campus tours: November 19
(In person: 2pm-6pm)
*See website for more details to come
www.vaniercollege.qc.ca/open-house

MARIANOPOLIS COLLEGE

October 31, 2021

*See website for more details to come
www.marianopolis.edu

LaSalle College

November 2, 2021

*Online session 11:00-2:00pm
*In-Person session 3:00-8:00pm
*Sign up at www.lasallecollege.com

TAV COLLEGE

Ongoing: by appointment only

Website: www.tav.ca

COLLEGE BRÉBEUF

November 2-4, 2021 (Virtual)

<https://www.brebeuf.qc.ca/>

Salon Carrière Formation De Québec

October 21 & 22, 2021

<https://www.saloncarriereformation.com/>

Salon Virtuel de l'étudiant

October 21 – Oct 29, 2021

<https://ecarrieres.com/fr/evenements/salon-virtuel-etudiant/>

CONFIDENTIAL CAEER COUNSELLING INTAKE FORM