



# LCI Career Corner

October 2018

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## Supplemental Activities: Tools and Opportunities to Assist Students Plan for Life after High School

By Erica Larson

High School is a stepping-stone towards your preferred future; you are building a foundation for the next stage of your life. Making decisions about post-secondary can be a stressful undertaking. During your high school career, it is important to choose classes based on interests, abilities, traits and employment goals. You may ask, "How am I to do this?" if you are not quite clear what your options are, and what you want to pursue. I created a Supplemental Activities and Supplemental Activities Descriptions document that describe opportunities available to high school students and are meant to support you with your current and future career and employment exploration needs. After completing activities and processes listed in this document, you will have a better awareness about career, employment and post-secondary options that are available after you leave high school, i.e. work, apprenticeship, college and university. You will also learn steps you need to take to create and reach your goals.

Additional Benefits:

- Activities completed and information gathered can be used in scholarship applications
- Provides content for portfolios

Be sure to check your email as I sent this out to all parents, guardians and students through Power School. To find information on local career and post-secondary activities and events you can access the district calendar here: <http://www.lethsd.ab.ca/Off-Campus%20Ed.php>

### October Areas of Focus

- Post-secondary applications are open
- Student for a Day at the U of L and Lethbridge College starts
- Regional Post-Secondary Fair October 17 hosted at LCI
- Sign up for Job Shadow
  - Grade 10's are now eligible for group job shadow sessions

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*Success is where  
preparation and  
opportunity meet*

*~Bobby Unser*

## Upcoming Events

### Job Shadow Information Booth - Oct 1

LCI Main Foyer

11:30am – 12:30pm

Come and ask how a Job Shadow can help you learn more about a career that interests you.

Individual placements open to Grade 11's and 12's

**New this year** group placements open to Grade 10's, 11's & 12's



### uLethbridge Information Booth - Oct 15

LCI Main Foyer

11:49 am – 12:24pm (Lunch)

Come and meet Meagan Koshman to discuss programs and services available to you if you choose the University of Lethbridge for your post-secondary education.

### University of Saskatchewan Information Booth - Oct 16

LCI Main Foyer

11:30am – 12:30pm

Come and talk to a recruiter to learn more about what the University of Saskatchewan has to offer.

### University of Calgary Information Booth - Oct 17

LCI Main Foyer

11:30am – 12:30pm

Come and talk to a recruiter to learn more about what the University of Calgary has to offer.

### Regional Post-Secondary Fair - Oct 17

Lethbridge Collegiate Institute

Post Secondary Fair 6:00pm – 8:30pm

Scholarship/ Student Loans Presentation – 5:30-6:00 and 6:50-7:20

Transitioning to Post-Secondary Presentation - 6:10-6:40 and 7:30-8:00

Don't miss your chance to talk with recruiters and representatives from Canada and the United States.

Parking is available for students and parents along the front of the school.

**Go to this link for more information on the event:**

[www.careersteps.ca/post-secondary-fair](http://www.careersteps.ca/post-secondary-fair)

### Job Shadow Forms Deadline - Oct 17

Job Shadow is a great way to see if your chosen career path is right for you. This activity is open to Grade 11 and 12 students. Come pick up a Job Shadow package in the LCI Career Centre as soon as possible

### Study and Go Abroad Fair - Oct 20

BMO Centre at Stampede Park in Calgary

Fair Times 1:00pm – 5:00pm

Free Seminars 12:00pm – 5:00pm

Meet with top universities, graduate schools and professional schools from Canada and around the world.

Study, travel, work or volunteer

Register online

<http://www.studyandgoabroad.com/calgary/>

## Volunteer Lethbridge Information Booth - Oct 22

LCI Main Foyer

11:49 am – 12:24pm (Lunch)

Come and meet with a representative from Volunteer Lethbridge to learn about how you can start a rewarding volunteer position in the community.



## Engineering Pre-Professional Transfer Program Presentation - Oct 25

If you are interested in pursuing Engineering as a career this presentation is for you!

11:30am – 12:30pm

Large Lecture Theatre

Bring a lunch

If you have a Period 3 class you must have PERMISSION to leave early

Sign up sheet is on Erica Larson's door in the Wellness Centre



## Lethbridge College Information Booth - Oct 29

LCI Main Foyer

11:49 am – 12:24pm (Lunch)

Come meet with Jessica Quarterman to learn about what the Lethbridge College has to offer.

## Open Houses



Post-Secondary Education is a big investment. Be a wise consumer and make an informed decision about where you will be spending your time and money. Mark your calendars for the institutions you are interested in.

### Olds Open House - Main Campus - Oct 12

Join Olds College for tours, program sessions, meet students, staff and faculty and find out if we have the program to help you pursue your career goals.

<http://oldscollege.ca/visit>

### Olds Fashion Institute Calgary Campus Open House - Oct 13

Are you into fashion? Join Olds college – Calgary Campus for a tour, program info sessions and more.

<http://oldscollege.ca/visit>

### NAIT Open House - Oct 12&13

Main Campus

Interactive displays demonstrations and fun activities, there's something for everyone.

<http://www.nait.ca/prospective/open-house.htm>

### SAIT Open House - Oct 19&20

Main Campus

9:00am – 4:00pm

<https://www.sait.ca/future-students/visit-campus/open-house-2018>

**Please note: Students who are going on the SAIT field trip must make arrangements for drop off and pick up times.**

The schedule for the day is as follows:

<b>6:45 am</b>	Board the bus at Winston Churchill High School
<b>7:00 am</b>	Bus leaves Winston Churchill High School
<b>9:30 am</b>	Bus arrives at SAIT campus and the fun begins!
<b>11:30 am</b>	Lunch at the Food Court
<b>2:30 pm</b>	Bus departs for Lethbridge
<b>5:00 pm</b>	Bus arrives in front of Winston Churchill



## Open Houses

### University of Lethbridge Open House - Oct 20

1<sup>st</sup> Choice Savings Centre for Sport and Wellness

10:00am – 3:00pm

Discover the programs and opportunities available at the U of L! There will be displays, tours and sessions you can attend. For more information go to:

<https://www.uleth.ca/future-student/events/open-house-1>

### University of Alberta Open House - Oct 20

Explore campus, learn about program options, discover student life, and so much more!

<http://www.admissions.ualberta.ca/Recruitment-Events/Open-House.aspx>

### Mount Royal University Open House - Oct 27

The Roderick Mah Centre for Continuous Learning

9:30am – 3:30pm

Join us at Open House to learn about our programs and services. Meet our amazing faculty, take a campus tour, chat with current students or find out how our alumni have moved into their careers.

<http://www.mtroyal.ca/Admission/OpenHouse/>

### Red Deer College Open House - Nov 3

Tours, program displays and activities, one on one opportunities with program staff and alumni

9:30am – 11:30am

<https://rdc.ab.ca/future-students/student-life/open-house/open-house>

### MacEwan University Open House - Nov 3

10:00am – 3:00pm

Booths, info sessions, tours. Win up to \$2,000 towards your tuition

<https://www.macewan.ca/wcm/MacEwanEvents/OpenHouse/index.htm>

### Lethbridge College Open House - Nov 8

10:00am – 2:00pm

Val Matteotti Gym

Join us for a day of exploration and discovery.

Take a tour of the campus. Speak with a faculty member or a representative from your academic area of interest

Explore our wide range of academic programs, student services, and student activities and organizations

<https://lethbridgecollege.ca/events/open-house-fall-2018>



You've probably heard and read a lot about the growth mindset, arguably the most popular psychological theory in education today. The growth mindset is the concept established by Dr. Carol Dweck that your intelligence and talents can be developed through hard work and effort rather than being set in stone (i.e., fixed mindset). Through studies on child behaviour, researchers have determined several benefits to a growth mindset:

- 1) Students with a growth mindset tend to choose challenging tasks that can help them learn new things
- 2) Students with a growth mindset are more persistent when working through difficult tasks than students with a fixed mindset
- 3) Students with a growth mindset also generally cope well with transition, exhibit the ability to self-regulate, and have higher self-esteem.

Studies have shown that we can change a person's mindset from fixed to growth. This transition can be facilitated in the classroom through the type of work and feedback we give our students.

**Want to learn more about activities that you can complete in the Education Planner to support your students with developing a growth mindset?**

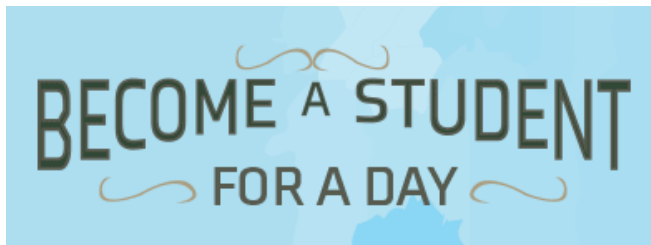
1. Reviewing the S.M.A.R.T. Goal Setting guide within myBlueprint
2. Creating S.M.A.R.T. Goals related to your academics, cross-curricular activities, competencies, and pathway plans
3. Adding new skills, hobbies, and certifications to your resumes and adding them to their portfolio to reflect on what you did to achieve/accomplish them
4. Creating a portfolio of things that you would like to accomplish someday, and reflecting on what you are doing to now to begin building the required skills
5. Adding personal artifacts, videos, pictures, and audio recordings to your Portfolios as you grow and accomplish new things

How to login:

1. New user: Go to [www.myblueprint.ca/lethbridge](http://www.myblueprint.ca/lethbridge)
2. Click "Sign up" on the top of the page
3. Choose your school
4. Create an account using your school email
5. Ex. [Bob.smith20@lethsd.ab.ca](mailto:Bob.smith20@lethsd.ab.ca)

If you already have an account:

1. Go to [www.myblueprint.ca](http://www.myblueprint.ca)
2. Click Log-in at the top of the page
3. Enter your email and password
4. If you have forgotten your password select the "Forgot Password" link and follow the prompts
5. If it asks you to enter your Alberta Student Number please don't skip this part, you can find it on myPass or ask a teacher or counsellor to look it up in Powerschool



### Lethbridge College

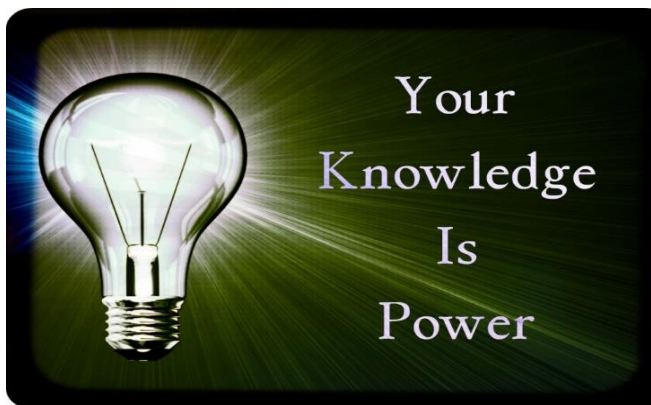


The next available session will run October-November 2018. For inquiries, please contact [info@lethbridgecollege.ca](mailto:info@lethbridgecollege.ca) or call Recruitment Services at 403-320-3322. Or click on the following link: <https://www.lethbridgecollege.ca/student-for-a-day>

### University of Lethbridge



We'll pair you with a student volunteer in the program you're interested in, and you'll attend classes, labs and even go for lunch (on us, of course). <https://www.uleth.ca/future-student/be-student-day>



## Planning for Post-Secondary - Grade 12 Checklist

- Make sure the courses you are taking right now meet the admission requirements for the post-secondary program and school you would like to attend. Admission requirements are available online, or for more information on other post-secondary schools, ask your guidance counsellor or visit the post-secondary school's website.
- Apply for a [Social Insurance Number](#) (SIN) if you don't already have one.
- Create your own checklist of deadlines for:
  - Admissions applications (These will vary with each post-secondary school.)
  - Financial aid applications
  - Tuition
  - Housing
  - Materials you will need to submit.

**Tip:** Keep all this information in a folder and record important dates in your calendar.

- Find out where and who to send your [high school transcripts](#) to.
 

**TIP:** Not sure where to start? Check out the post-secondary school's website or contact them directly.
- Start researching [scholarships and bursaries](#). Bookmark anything that interests you online or print paper copies of post-secondary student funding programs and scholarships.
 

**TIP:** Get a head-start and begin to fill out applications now... send them in before the deadline to be safe.
- Update your [portfolio](#) to showcase all your accomplishments in school, volunteer work, jobs, hobbies, sports or other extra-curricular experiences.

#### You Should Know...

- Your Grade 12 marks, especially from the first semester, count heavily in post-secondary admissions.
- Some post-secondary schools have application deadlines as early as November 1. Check application deadlines for the post-secondary schools that interest you. Also, find out if there are early deadlines to qualify for certain programs, attend different campuses, or to apply for student housing.

<https://alis.alberta.ca/explore-education-and-training/plan-your-education/planning-for-post-secondary-grade-12-checklist/>



ApplyAlberta is an online application and transcript transfer system that anyone can use to apply to undergraduate programs at one or more of Alberta's post-secondary institutions.

[www.applyalberta.ca](http://www.applyalberta.ca)

## Early Application to Competitive Programs - Oct 1

If you are applying to a competitive program it is recommended you get your application in as soon as possible using your final Grade 11 marks. The earlier you apply, the earlier your application can be processed, which increases your chances of receiving an offer at the earliest possible date.

## Scholarships

### Loran Scholarship - Up to \$100,000

School Sponsored Deadline Oct 17, 2018

Direct Pool Deadline Oct 24, 2018

Character, service and leadership are the selection criteria for the Loran Scholar program. Loran Scholars are people of strong moral character who have demonstrated commitment to service and potential as leaders

The Loran Scholar program is open to every graduating high school student from coast- to-coast-to-coast. Renewable for up to four years, and valued at up to \$100,000, it includes an annual tuition waiver and a stipend of \$9,000, access to funding and internships through our summer program, invitations to annual gatherings and forums, and one-on-one mentorship. To be eligible, applicants must have earned a minimum cumulative average of 85% in the previous three academic years and be a Canadian citizen or permanent resident.

Click here for more on the application process.

<http://loranscholar.ca/application-process/>

**See Robin Mackenzie in the Wellness Centre for more info about being a school-sponsored applicant**

### Horatio Alger - \$5,000 Deadline Oct 25

There are 80 \$5,000 Scholarships available funded through the generosity of the Members of the Canadian Association. Must meet financial need criteria. Click here for more info:

<https://www.horatioalger.ca/en/scholarships/about-our-scholarships-programs/provincial-programs/>

### TD Scholarships for Community Leadership - Up to \$70,000 - Deadline Nov 16

Unique in Canada, the TD Scholarships for Community Leadership are designed to recognize the achievements of youth who are making a difference and help them realize their educational goals. After all, today's community-minded students are tomorrow's leaders. Have you made your community a better place? Then we want to hear from you. You may qualify for one of our Community Scholarships.

[https://portal.scholarshippartners.ca/welcome/td\\_en](https://portal.scholarshippartners.ca/welcome/td_en)



To help with students prepare and transition to post-secondary life we have launched the [ScholarTree Blog](#). University students write the blog because we want the information to be as relevant to current student life as possible. The main areas of focus for the blog are:

1. Student Life: general advice and hacks
2. Scholarship Tips
3. Entrepreneurial Spotlight: stories about students starting their start-up or not for profit
4. How to: tips for applying and getting into prestigious programs

Make sure to subscribe, so you don't miss the weekly updates.

### Scholarship Websites

<https://alis.alberta.ca/>

[www.yconic.com](http://www.yconic.com)

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

[www.scholartree.ca](http://www.scholartree.ca)

### Application Tips

- Make a master copy of all of your information then you can copy and paste sections into scholarships instead of retyping everything all the time
- Type in a word document first to spell check and edit
- Save and save often
- Have someone read it over before submission
- Fill in all required information
- Use **N/A** if sections do not apply
- Do not repeat yourself when answering questions
- Answer questions clearly and concisely
- Check deadlines carefully
- There is a difference between postmarked and received by when sending applications in via mail

*Erica Larson*

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