

WELCOME TO THE 2018/2019 SCHOOL YEAR

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Character Education and the Evolution from Green to Gold

Welcome back to another school year. Grade 9's, welcome to the building, Grade 12's, enjoy your time here with your classmates, be sure to let these last months of your K-12 experience be the best you have had so far! Last semester the LCI community came together to discuss character, and what it means to be part of the LCI family. Students and staff were asked what characteristics we wanted to focus on, and what was a good slogan that encompasses the changes and stages of being a high school student from the time you enter, to the time you graduate. We came up with Grit, Respect, Empathy, Responsibility and Growth and the slogan: Green 2 Gold. Look for these themes within the school and ask how you can foster them within yourselves as you move from adolescence to adulthood.

LCI's Career Practitioner Overview

Erica Larson erica.larson@lethsd.ab.ca 403-328-9606 ext. 24109

My role within the school is to advise you in the area of career and post-secondary awareness so you can make informed decisions about life after high school. This is accomplished through assessing goals, using career exploration tools, suggesting research, recommending high school courses, connecting you with school based and off-site activities and linking you to post-secondary institutions. My office is E215 and is located in the Wellness Centre, you can meet with me Monday to Thursday between 7:45 a.m. and 3:30 pm and Fridays from 7:45am – 12:30pm. I am out of the office Wednesdays from 8:30am to 11:30am. I am leaving my position in November to go on Maternity leave but I hope that I can meet with as many of you as possible before I go.

September Areas of Focus

- Introduction to Ironworking Presentation
- Sign up for the field trip up to SAIT's Open House – free transportation
- University of Calgary Open House - Sep 29

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Character is higher than intellect. A great soul will be strong to live as well as think.

Ralph Waldo Emerson

Off-Campus Education

Registered Apprenticeship Program (RAP) and Work Experience (WE)

Andrew Krul – Off Campus Coordinator andrew.krul@lethsd.ab.ca

(403) 894-0375

Jaye Swanson – Off Campus Career Practitioner

Jaye.Swanson@lethsd.ab.ca

403-892-7884

Amanda McMahon – Off Campus Career Practitioner

Amanda.McMahon@lethsd.ab.ca

(403) 715-1079

Jacquie Lowe – Admin Support Jacquie.lowe@lethsd.ab.ca

(403) 394-4621

Work Experience

Students can earn valuable high school credits for the skills developed in part time jobs and volunteer positions. We encourage students to earn the maximum of 30 credits for Work Experience, 15 of which count towards a high school diploma. Work Experience is good to have on a resume and it may be used in the calculation for the Alexander Rutherford Scholarship.

The Registered Apprenticeship Program (RAP) is an opportunity for students to get a head start in a career to pursue full time when they graduate. Students learn to work, make themselves marketable, and apply classroom learning. Up to 40 credits may be earned and students are paid. See

www.tradesecrets.gov.ab.ca for a complete description of all 50 plus trades.

Summer Work Experience Hours Due - Sept 28

Hand your summer work experience hours into Jacquie Lowe in the Off-Campus Education office located in room B113



The Green Certificate Program is an industry driven agricultural training program. Its apprenticeship style of delivery ensures that participants learn through actively performing required skills.

This means learning, hands-on, out in the barn, field, greenhouse or corral and getting dirty. It also means having a trainer who is knowledgeable and interested in the trainee's success.

Green Certificate Specializations:

Beekeeping, cow-calf, dairy, equine, feedlot, field crop, irrigated field crop, greenhouse, sheep, swine and poultry.

What's in it for you? 16 Grade 12 (30) level credits! Two course marks that are eligible for Rutherford scholarship. And industry recognized training that is resume worthy. All at no cost to you, the student.

Outside Agencies and Partners

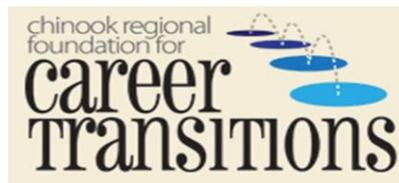


CAREERS: The Next Generation

Saroeun Keuth-Ray – Field Director

SKeuthRay@nextgen.org 403.795.2750

CAREERS: The Next Generation is a non-profit organization raising youth awareness of career options and helping students earn while they learn through internship. As Field Director I will provide the following services to LCI Students and Parents: engage youth and parents in career discovery through classroom and workshop presentations and manage the assigned student internship programs (RAP & Summer Health Internships) including recruitment of employers, coordination of intern placements with schools and monitoring student progress. Go to <http://nextgen.org/> to learn more.



Career Transitions

Judy Stolk-Ingram – Executive Director

Career Transitions is a not for profit agency that serves all of the high schools in southwestern Alberta. The team works in conjunction with career counsellors, off-campus coordinators and administrators to offer a range of career related programs and services designed to support students in creating pathways to employment and/or post-secondary training. Go to <http://www.careersteps.ca/> to learn more



Junior Achievement

Shelly Flexhaug – Regional Coordinator

Junior Achievement is the world's largest organization dedicated to educating students about work readiness, entrepreneurship and financial literacy through experiential, hands-on programs. Go to <http://www.janorthalberta.org/> to learn more.

Upcoming Events

Ironworkers Presentation - Sept 12

LCI Large Lecture Theatre

8:00am – 9:00am

Are you interested in working in the trades? Come listen to a presentation by the Calgary Ironworkers Local 725 and Career Transitions, so that you can learn more about the Introduction to Ironworking program.



SAIT Information Booth - Sept 17

LCI Main Foyer

11:49 am – 12:24pm (Lunch)

Come and talk to a recruiter to learn more about what SAIT has to offer and hear about their upcoming Open House .



Field Trip Information for the SAIT Open House

Sign up Sheet in LCI Main Foyer September 17th during Lunch

Please note: Students must make arrangements for drop off and pick up times. The schedule for the day is as follows:

6:45 am Board the bus at Winston Churchill High School (1605 15 Avenue North)

7:00 am Bus leaves Winston Churchill High School

9:30 am Bus arrives at SAIT campus and the fun begins!
Students will be able to plan their time on campus with the help of the OPEN HOUSE guide (available at sait.ca and in print form at SAIT campus)

11:30 am Lunch at the Food Court

2:30 pm Bus departs for Lethbridge

5:00 pm Bus arrives in front of Winston Churchill High School

Sign up here: <https://www.eventbrite.ca/e/reach-new-heights-at-ulethbridge-tickets-49616446126>



Reach New Heights - University of Lethbridge - Sept 18

1:30 to 2:30 p.m.

University Theatre | University of Lethbridge

Career exploration. With so many options available, where do you start? We live in a society where we are constantly told to, "find your passion," but what does that mean?

NASA astronaut, Doug H. Wheelock (Colonel, U.S. Army, Ret.) and Dr. Kelley Wheelock (Pharm, RPh) have each successfully found balance combining meaningful work in science and personal fulfillment through artistic expression.

Join us for an inspiring and candid talk about the journey they each undertook in developing their careers, what influenced their choices, and the strategies used that led to their successes.



University of Lethbridge Career Fair - Sept 19

1st Choice Savings Centre for Sport and Wellness

10:00am – 3:00pm

This is an event for students to discover post secondary and career path information, meet representatives from program departments and talk to employers!

For more information go to:

<https://www.uleth.ca/ross/ces/career-fair>



Off-Campus Education RAP and Work Experience Information Booth - Sept 24

LCI Main Foyer

11:49 am – 12:24pm (Lunch)

Come and talk with Jaye Swanson our Career Practitioner from Off-Campus Education and Saroeun Keuth-Ray from Careers the Next Generation. Learn about the Registered Apprenticeship Program and pick up contracts for Work Experience.

Job Shadow Information Booth - Oct 1

LCI Main Foyer

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

11:49 am – 12:24pm (Lunch)

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

11:49 am – 12:24pm (Lunch)

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

chitook regional foundation for
career transitions
PRESENTS:
THE 14TH ANNUAL POST-SECONDARY FAIR

OCTOBER 17
LCI
1701 - 5 Ave S, Lethbridge

PRESENTATIONS FROM:
5:30-8:00 pm
FAIR DOORS OPEN:
6:00-8:30 pm



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



Discovery Day Health Sciences - Oct 19

Health Sciences Building - Foothills Medical Centre Calgary

Application deadline September 29

* There must be a teacher contact from LCI for students to participate in this event*

<http://cdnmedhall.org/university-calgary>

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.

Open Houses



September through November is the prime time for open houses. Mark your calendars for the institutions you are interested in.

University of Saskatchewan Open House - Sept 28

Open House is our annual event for prospective students to experience life as a University of Saskatchewan (uSask) student!

9:00am – 3:30pm

Click here to register: <https://www.eventbrite.ca/e/open-house-2018-students-registration-48970731777>

University of Calgary Open House - Sept 29

Jack Simpson Gymnasium – Exhibit Fair

10:00am – 3:00pm

Join campus tours, discovery sessions and in depth program tours.

<http://www.ucalgary.ca/openhouse/>

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

Whether you come to apply, explore or get information, Open House is the ideal time to visit campus and see how SAIT can help you attain your goals. **Want to attend and receive transportation from Lethbridge?** Sign up with Erica Larson in the Wellness Centre

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

University of Lethbridge Open House - Oct 20

1st 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>

Grant 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>



www.myblueprint.ca

myBlueprint is Here to Stay in School District #51

By Erica Larson

If you have been an ongoing subscriber to my newsletters over the years you will have noticed I promote myBlueprint on a regular basis. Since 2013, LCI has introduced students to the tool in Grade 9 and the expectation was that students and teachers would continue to use this tool through their 10-12 classes.

In reality, this scenario has rarely happened. Fortunately our District is still strongly behind the tool and have taken steps starting this past spring to train Health and CALM teachers across the district in Grades 7-12 on how the tool works and how to utilize it in lesson plans. This forward momentum starting in the younger grades will support our students to make more educated decisions about employment, training and post-secondary decisions that they will make after they leave high school. Future roll out includes introducing myBlueprint to students in Grade 6 and in the near future the "All About Me" platform for students in K-6 will be introduced.

For those who aren't aware of the platform, myBlueprint is a tool that will help you monitor your progress through high school and help you plan for your future. It has many different functions all located in one convenient space.

Watch an introduction video here:

<https://www.myblueprint.ca/support/videos/education-planner/U13FKLYBaKQQu6Sq6oQAq>

How to login:

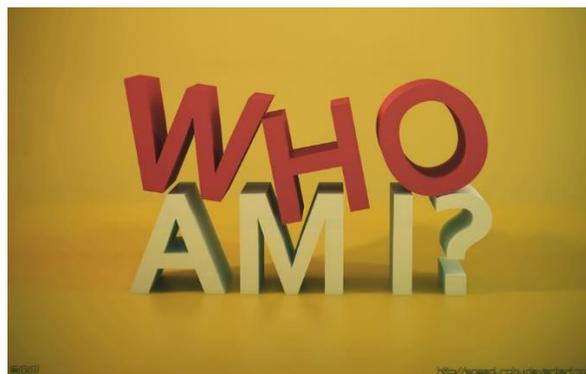
1. Go to www.myblueprint.ca/lethbridge
2. Click "Sign up" on the top of the page
3. Choose your school
4. Create an account using your school email
5. Ex. Bob.smith20@lethsd.ab.ca

If you already have an account:

1. Go to 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

The importance of self-discovery in grades 7-12 and how to support students with the question "Who Am I?"

Humans have an innate desire to explore their identity through any means available to them. Students, especially in secondary school, often find themselves in a stage of self-searching to understand who they are and what they can do. School is the ideal place for this self-discovery due to the countless learning opportunities available to students in and outside of the classroom. Through course exploration, interactions with teachers, and socializing with their peers, students explore a whole lot about themselves - interests, motivators, competencies, learning style, and more. The more students understand about themselves, the better equipped they are to seek out opportunities that are best suited to them. For this reason, self-discovery forms the foundation for post-secondary planning, job searching, and identifying volunteer opportunities.



Some stats and information for you:

- In Alberta only 40% of students who enter Grade 10 transition to post-secondary education after leaving high school
- 70% of new jobs will require some level of post-secondary education
- Students are choosing post-secondary studies that leave them unemployed or underemployed
- Contributing factors to youth unemployment, a mismatch in skills and graduates having to work part-time jobs because their chosen industry is over-saturated
- Average undergraduate tuition for full time students per year across Canada \$6,838
 - when you add in fees and living expenses the total cost could range from \$11,000 - \$16,000 per year
- Average amount of student debt after graduation \$28,000
- The cost of a Bachelor's Degree today is 20% higher than it was in the late 2000's

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.

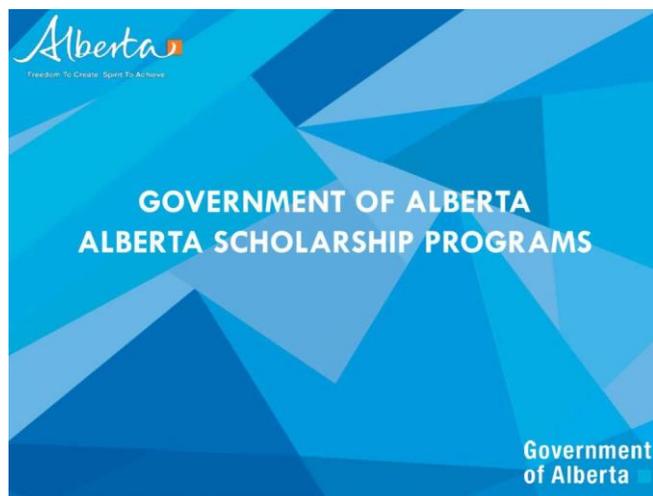
<http://loranscholar.ca/application-process/>

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/>



Click on the following link to see upcoming deadlines for scholarships in Alberta

<http://studentaid.alberta.ca/scholarships/alberta-scholarships-deadlines.aspx>

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/>

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