

Preparing for Your Future

Career Awareness & Education Planning

CTS with Hughes

Valuable Websites

Health and Wellness

# PLAN - IT

STUDENT SERVICES CENTRE



## Planning Your Future with Bridges

- Students can explore career and education options, to create a successful plan.
- Parents help your child achieve their best.

Use *Career Explorer* to explore career and education options, then track your progress and create a successful plan.

Use *Choices Planner* is an advanced online career information delivery system that helps students build powerful plans as they compare, connect and choose from a vast network of work and education options.

**Do What You Are personality inventory** Learn about your personality type and discover your strengths, weaknesses, preferences and potential career paths.

To access *Career Explorer*, *Career Planner* and *Do What Your Are*, go to: [www.bridges.com](http://www.bridges.com) enter your username and password. If you are a first time user you must create a portfolio.

*"Parents can only give good advice or put them [children] on the right paths, but the final forming of a person's character lies in their own hands."*

*Anne Frank*

## Post-Secondary Choices - Is Apprenticeship For You?

**Lethbridge College** gets \$85 million to modernize the school's trades facility creating space for another 1,300 students (double) spaces go to the college's trade and industrial training programs, which include welding, mechanics, electrical trade and agricultural technicians.

### SAIT School of Construction - Overview

The School of Construction employs 260 faculty and support staff to provide career training to just over 15,000 students a year. Areas of study range from an applied degree in geographic information systems, construction technology diplomas and certificates, to construction trades training through apprenticeship and pre-employment programs.

All the construction programs are continuously reviewed and updated through our close association with our industry advisory committees. The construction industry continues to experience ongoing demand and growth with our graduates achieving a 98% employment rate for 2005.

Enjoy one of the highest graduate employment placement rates in Canada (97%) with programs in a variety of disciplines

## The Job Market is Strong

This is a good time to be looking for a career in the skilled trades. The Conference Board of Canada estimates there will be a shortage of one million workers in the trades and related occupations within twenty years. Employers in many industries and regions raise concerns about shortages of skilled workers in the trades. The "Baby Boomer" generation is going to retire soon and needs to be replaced.

Industries that rely on apprenticeship training - including construction, transportation, manufacturing and services - have been growing and need new workers. These jobs are highly skilled and pay well.

Governments have responded to this need for skilled people and have invested more in the apprenticeship system. This means new facilities and equipment and more classes.

Once you are a journeyman, you may choose to practice in your trade or use your knowledge and skills to pursue other careers such as:

- ♦ an instructor
- ♦ a contractor
- ♦ an entrepreneur
- ♦ a manager
- ♦ a salesperson
- ♦ an inspector

## Canada Prospects 2007 - 2008 the magazine for job seekers, career and life planners

Order your free copy @ [http://www.canadapropects.ca/products/cp\\_14/home.cfm?l=e&yearid=14](http://www.canadapropects.ca/products/cp_14/home.cfm?l=e&yearid=14)

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### SELF-ASSESSMENT TOOLS FOR YOUR STUDENTS ...

#### Activities and tools to guide your career-development journey

([http://www.canadapropects.ca/products/cp\\_14/home.cfm?yearid=14&sectionid=8&art\\_number=0&l=e](http://www.canadapropects.ca/products/cp_14/home.cfm?yearid=14&sectionid=8&art_number=0&l=e))

- [Rate Your Logical Thinking Skills!](#) How logical is your logic? Test it out in these eight scenarios.
- [Test Your Computer Skills!](#) Test your computer knowledge by answering ten basic questions.
- [Test Your Documentary Skill!](#) Are you able to interpret complex documents? Test yourself by examining 10 different scenarios.
- [Test Your Talking!](#) Have you mastered the art of improvisation? Rate how comfortable you are applying your oral communication skills to 10 common situations.
- [What Kind of Learner Are You?](#) Everyone learns differently, and it is often helpful to know early on what method of learning suits you best. Complete this simple quiz to discover your dominant learning style.

### Tools for Career Seekers

- [Cover Letter Dos and Don'ts](#) Follow these guidelines to write persuasive cover letters.
  - [Résumé Dos and Don'ts](#) Get the attention of your potential employers with these résumé tips.
  - [Interview Dos and Don'ts](#) The key to a successful interview is preparation. Here are some tips to help you perfect your presentation.
  - [Selling Yourself: Tips for Building a Winning Portfolio](#) A portfolio is a great self-marketing tool. Here are some tips on how to put together a winning portfolio.
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## What is Apprenticeship

*"I've always wanted to work with my hands and have something at the end of the day to show for it," says Ecker. "Every day is different, which keeps it fresh."*

**An apprenticeship** is a formal agreement between an individual who wants to learn a skill and an employer who needs an extra worker. Once an apprentice has completed the necessary coursework and the required number of apprenticeship hours, he or she must pass a written exam to become certified in the trade.

For example if you plan to study as an electrician:

#### **Get the prerequisites**

Make sure you earn the high-school math, science and language credits you need to enter a community college program.

#### **Connect with allies - Network**

Each apprentice must find a suitable work placement, although most colleges offer guidance and advice. Do you know any electricians? Find out who in your community may be able to help you find work at the apprenticeship stage.

#### **Keep your chin up**

If you are a woman, do not be surprised if some people try to discourage you from pursuing a skilled trade, because many will try. Don't let them succeed! Log on to [Skills Canada](#) to be inspired by Canadian youth who have won skilled trade competitions at the provincial, national and international levels.

You'll find a lot of information and helpful resources on the skilled trades and apprenticeship on the following websites:

- [Electricity Sector Council](http://www.brightfutures.ca/eng/index.html) <http://www.brightfutures.ca/eng/index.html>
- [Canadian Apprenticeship Forum](http://www.caf-fca.org/) <http://www.caf-fca.org/>
- [Construction Sector Council](http://www.csc-ca.org/) <http://www.csc-ca.org/>
- [Alberta Apprenticeship and Industry Training](http://www.tradesecrets.gov.ab.ca) <http://www.tradesecrets.gov.ab.ca>

# CTS with Hughes at BCHS

## BCHS offers: Foods, Construction and Communication Technology.

- These are one credit (25 hour courses). Most students earn 3 credits in a 1 semestered CTS course that meets for five forty minute blocks.
- In construction students learn machine and hand tool skills in furniture making. They will construct a series of small practice projects which leads to a main project. Examples of projects are tables, chairs or book shelves.
- In Comm. Tech. students learn graphics and photo editing using Adobe Photoshop. They also create digital photography slideshows, web designs and movies using Imovie.

### These 1 credit modules in Construction are offered at BCHS:

- |                           |                            |                           |
|---------------------------|----------------------------|---------------------------|
| ▪ 1010-Basic tools        | ▪ 2160-Cabinetmaking       | ▪ 2140-Furniture Making 2 |
| ▪ 1120-Project Management | ▪ 2170-Cabinetmaking 2     | ▪ 2150-Finishing          |
| ▪ 1130- Solid stock       | ▪ 2180-Wood Forming        | ▪ 3120-Tool Maintenance   |
| ▪ 2130-Furniture          | ▪ 2200-Product Development | ▪ 3130-Furniture Making 3 |

Other modules can also be offered on an individual basis.

### These 1 credit modules in Comm. Tech. are offered at BCHS:

- |                           |                                    |                             |
|---------------------------|------------------------------------|-----------------------------|
| 1. 1020-Media and You     | 7. 2050-Photographic Communication | 14. 3010-Presentation 2     |
| 2. 1030-Photography       | 8. 2060-Photo Techniques           | 15. 3020-Media Design 2     |
| 3. 1060-Intro Audio/Video | 9. 2090-A/Video 1                  | 16. 3030-Script Writing 2   |
| 4. 1070-Animation 1       | 10. 2100-A/Video 2                 | 17. 3050-Photojournalism    |
| 5. 1080-Digital Design 1  | 11. 2110-Animation 2               | 18. 3110-Video 3            |
| 6. 1210-Digital Imaging 1 | 12. 2120-Digital Design 2          | 19. 3130-Digital Design 3   |
|                           | 13. 2210-Digital Imaging 2         | 20. 3210- Digital Imaging 3 |

## Valuable Websites - Planning for Your Future

### ALIS High School Transition Guide:

On-line Services & Information The ALIS website has resources to help students make a smooth transition from school to work or to further learning. <https://www.alis.gov.ab.ca/career/cr/userguides.asp>

T2U: Transition to University online course <http://www.uofaweb.ualberta.ca/academicsupport/t2u.cfm>

New online workshop for grade 12 students designed to enhance the first year experience by familiarizing students with parts of the university culture before they attend their first year.

Job Postings Scroll down to the bottom of the page for job banks specifically for students.  
[www.alis.gov.aab.ca/employment/jp/jobbancsab.asp](http://www.alis.gov.aab.ca/employment/jp/jobbancsab.asp)

Industry Job Bank Links Students wanting industry-specific experience  
<http://www.alis.gov.ab.ca/employment/jp/byindustry.asp>

The Millennium Alberta Rural Incentive Bursary <https://www.alis.gov.ab.ca/news/main.asp?EK=2743>

If you qualify for a student loan and if you attended a rural\* high school in Alberta or lived in rural Alberta for 12 months before starting post-secondary studies, you may qualify for a bursary of up to \$1,000.00

\* Rural Alberta is defined as any community outside of Edmonton, Calgary, Sherwood Park and St. Albert.

Scholarship Information and Updates <http://www.crps.ab.ca/bchs/Scholarship%20Weblinks%2007%2008.htm>

Post-Secondary Information <http://www.crps.ab.ca/bchs/Post%20Secondary%20Info.htm>

Weblinks <http://www.crps.ab.ca/bchs/Web%20Links.htm>

Alberta Post-Secondary Institutions Dates at a Glance

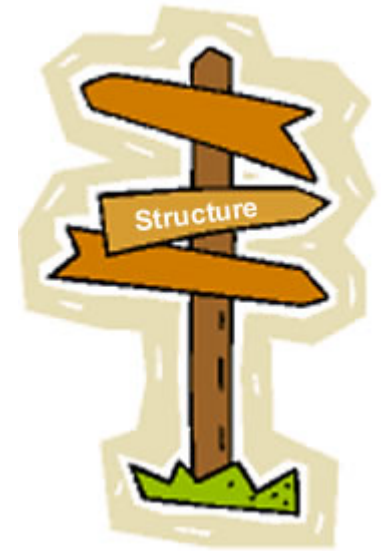
<http://www.elaa.ab.ca/images/pdf/2007%20elaa%20poster.pdf>

## 10 THINGS TWEENS AND TEENS SAY- AND WHAT THEY REALLY MEAN

1. "Fine!" (I don't feel I have any choices.)
2. "What do you care?" (I don't feel understood.)
3. "Do I look like I care?" (I can't handle this right now.)
4. "I'm not a kid anymore" or "you're not my boss." (I need more control over my life.)
5. "So!" (I can't find a logical explanation right now.)
6. "You're so out of it" (I don't feel understood.)
7. "I hate you!" (I don't want to hear what you said.)
8. "Yeah, yeah, yeah." (I am tired of being nagged.)
9. "I have rights you know!" (I feel victimized.)

More than ever, today's children need:

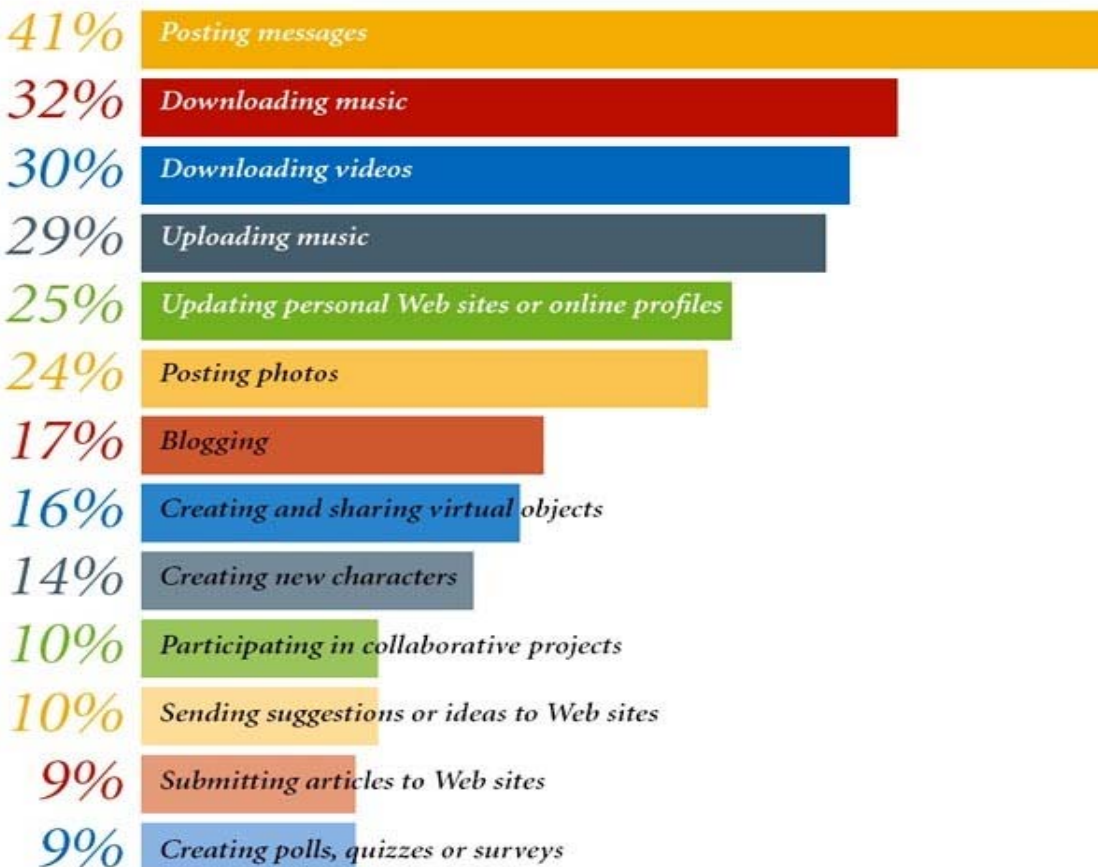
- ♥ Communication, interpersonal and conflict resolution skills.
- ♥ Healthy self-image and esteem.
- ♥ Bully-proofing: assertiveness and empathy training.
- ♥ Anger management tools.
- ♥ Problem solving strategies.
- ♥ Emotional intelligence development.
- ♥ A caring connection with you!



*Edited excerpt from Discipline Without Distress (Profession Parenting Canada, 2007) by Judy Arnall*

### POPULAR SOCIAL NETWORKING ACTIVITIES

Percentage of online tweens and teens who say they do these activities at least weekly



**Volunteering  
is  
Career  
Building**

"Education is not the filling of a pail, but the lighting of a fire."  
-- William Butler