

From the Career & Academic Counselor

SEPTEMBER 2009



Welcome back! I hope you all enjoyed a summer full of fun and adventure, and are now rejuvenated and ready to work hard this year.

This is my fourth year in serving as Career & Academic Counselor (CAC) for Palliser Regional Schools. I will be dividing my time between Coalhurst High School, Noble Central School and Picture Butte High School. (My school schedule is listed below).

NEWSLETTERS:

I will once again be sending out monthly newsletters containing information on upcoming scholarship deadlines as well as other important events, dates and deadlines. The newsletter may contain dates of events at all of my three schools. Please make note of the events at *your* school, and know that if a scheduled date at your school does not suit you, that you are welcome to attend the session at either of the other schools.

STUDENT/PARENT MEETINGS:

I will be available to meet with students and/or parents on a drop-in basis or by scheduling an appointment with me. We can use the time to go over high school graduation requirements, current progress (credit checks) and discuss post graduation interests. Students may make time to come and see me in the Career Counselor office outside regular class time. We can take a look at future plans and exploring possible career choices and what kind of educational requirements or training may be necessary to prepare you for that career.

SCHOLARSHIPS:

As noted above, I will include scholarship deadlines in my newsletters as they approach us throughout the year. I encourage students to apply for available scholarships --- remember that a huge amount of scholarship money goes unclaimed each year because no one applies. I also try to help students realize that scholarships are *extra* money for them. All too often I hear students say *"But I don't need scholarships. My parents have put money aside for my education. I don't need any extra money."* I say, *"REALLY??!! Wow – I wish I was in your shoes! I can always use some extra cash. Whether it's \$100, \$500 or \$1000, I would welcome any amount of extra money I can get my hands on."* I try to make them realize that scholarships are the reward for working hard over the years. Perhaps they have been saving over the years and have money put away (if so, they are VERY lucky!) – But who's to say they can't take their money and reward themselves for all the hard work they've done. Maybe they can go on a trip, put a down payment on a car (or replace their worn out tires on the car they have), or put it in the bank to save for when they might need it later on.

If students have any questions about completing scholarship applications, they should not hesitate to come and see me.

SCHOLARSHIP INFORMATION EVENINGS

The following evenings have been scheduled to invite students and their parents to spend an hour or two learning how to search on-line for scholarships and to provide tips in creating applications that will get the \$\$.

WEDNESDAY, OCTOBER 7	7:00 p.m.	COALHURST HIGH SCHOOL (Computer Lab)
WEDNESDAY, OCTOBER 14	7:00 p.m.	NOBLE CENTRAL SCHOOL (Distance Ed Room)
MONDAY, OCTOBER 26	4:00 p.m.	PICTURE BUTTE HIGH SCHOOL (Computer Lab)

If none of these days work, please give me a call to find out dates of Info Evenings at other high schools in the region.

POST SECONDARY FAIR:

This year, all students in Grade 11 and 12 will be attending the **ELAA Post Secondary Fair**. This event will be held at Picture Butte High School **on Monday, October 26 from 1:00 to 3:30 p.m.** This is an excellent opportunity to talk to recruitment officers from a variety of different types of institutions and organizations, gather information and get answers to any questions you may have. **Parents are encouraged to attend this event as well.** More information to follow.

UPCOMING EVENTS/DEADLINES:

(See Mrs. Loman for more details on any of these events or scholarship deadlines)

September 30, 2009 University of Lethbridge – **CAREER FAIR 10:00 a.m. – 3:00 p.m.**

An annual event hosted by the Career Resources Centre at the University of Lethbridge to create and build relationships between employers, students and graduates. Business and organizations from all over Canada participate in this event, as well as students and graduates and community members of surrounding Lethbridge. Show up on the day of the event and be prepared to market yourself to employers. Location: U of L First Choice Savings Centre for Sport & Wellness.

October 16, 2009 **Discovery Day at Olds College 9:00 a.m. – 3:00 p.m.**

Tours, information and more. Visit www.oldscollege.ca/discoveryday for more information.

To register call: 1-800-661-6537

Lethbridge College – STUDENT FOR A DAY programs – see below for specific program/dates. See Mrs. Loman before OCTOBER 9 to register for any of these “Student for a Day” programs.

October 19, 2009

Natural Resource Compliance Diploma
Environmental Assessment Restoration
Civil Engineering
Fashion & Interior Design (1/2 day each)

Renewable Resource Management
Geomatics Engineering
Engineering Design & Drafting

October 20, 2009

Multimedia Production
Business Administration
Computer Information Technology
Exercise Science (max. 10)
Therapeutic Recreation – Gerontology (max. 10)
Advertising and Public Relations

Office Administration
Professional Golf Management
Massage Therapy (maximum 10)
Print Journalism
Broadcast Journalism

October 21, 2009

Nursing (NESA) (max. 10)
Agriculture – Plant & Soil
Biotechnology – Cellular/Molecular

Culinary Careers (max. 10)
Agriculture – Animal Science
Central Sterile Processing

October 22, 2009

Criminal Justice – Policing
Corrections
Child & Youth Care
Special Needs Ed. Assistant

Practical Nursing (max. 10)
Early Childhood Education
Disability Services
Fetal Alcohol Spectrum Disorder

October 26, 2009 POST SECONDARY FAIR at Picture Butte High School 1:00 - 3:30 p.m.

Students and parents are invited to meet with representatives from a variety of traditional and non-traditional post-secondary institutions and organizations. Ask questions about specific programs and gather information for the next step in your career development plan!

All students in Grade 11 and 12 from NCS/CHS/PBHS will be attending this event. Parents are also invited and encouraged to attend!

October 26, 2009 Scholarship Information Evening at Picture Butte High School 4:00 - 5:00 p.m.

Come and learn how to search for scholarships and awards, get tips on how to complete application forms, and describe how to better your chances of receiving scholarships and awards. Both students and parents are welcome to attend.

October 26, 2009 Post Secondary Fair at LCI 6:30 - 8:00 p.m.

This is a repeat of the afternoon event. Parents, if you were not able to attend the session at PBHS, you are welcome to attend this one at LCI.

November 2, 2009 Wendy's Classic Achievers Scholarship Program deadline

This award recognizes Canadian students who excel in academics, extracurricular activities and community service. To be eligible for the Wendy's Classic Achiever Scholarship Awards Program, you must meet the following criteria:

- Canadian citizen or permanent resident
- Be in your graduating year at a Canadian high school and plan to attend college or university in the next academic year
- Achieved at least a 70% grade average in your previous year
- Participated in at least one extracurricular activity
- Demonstrated involvement in your local community (i.e. Volunteer Work)

Please note: you do not need to be an employee of Wendy's to apply for this award. Visit www.wendysclassicachiever.ca for more details.

November 5, 2009 Lethbridge College Career Conference and Open House 10:00 a.m. – 6:00 p.m.

You are invited to Lethbridge College's Career Conference 2009. This event is a prime opportunity for students and alumni to see into their futures by investigating the numerous career areas represented. Industry experts, business people and Lethbridge College program representatives will be your career advisors for the day. This event takes place in the Val Matteotti Gymnasium and throughout the college.

November 25, 2009 Chinook Regional Career Transitions – Cardboard Boat Races

Teams will be competing to design, construct and sail a boat made of cardboard. Teams from NCS/CHS/PBHS will be competing once again this year.

December 15, 2009 University of Lethbridge Board of Governor's Admission Scholarship

Scholarships will be granted to the highest achieving applicants from geographic regions in Alberta, BC, and Saskatchewan. You must apply for admission to the U of L by December 15, 2009.

December 15, 2009 University of Alberta Academic Excellence Entrance Award Deadline

Eligible applicants will have a minimum award average of 80% based on Grade 11 and 12 marks. Visit www.ualberta.ca to apply.

OTHER PROGRAMS/INFORMATION FOR STUDENTS AND PARENTS:

ENCOUNTERS WITH CANADA

Spend a week with Encounters with Canada – Canada's largest youth forum! Every week of the school year, 120-138 teens from across Canada (ages 14-17) come to Ottawa where they discover their county through each other, learn about Canadian institutions, meet famous and accomplished Canadians, explore exciting career themes, develop their civic leadership skills, and live an extraordinary bilingual experience. Over 78,000 youth have lived the EWC experience so far! Visit <http://www.encounters-recontres.ca> for details.

EDUCATION FIRST

Education First is an exchange year for students ages 14 to 18. Would you like to speak Mandarin, French, German or Spanish fluently? Experience another culture and other customs or traditions? Attend high school in another country, and experience for yourself how teenagers there live and think. All of this will come true when you participate in a high school year abroad with EF. Visit www.ef.com for details.

KATIMAVIK

KATIMAVIK is a 9-month program for young people who want to make a difference and try something new. Live in three different provinces with a group of 10 other people your age from across the country. Explore new and different work environments while making a hands-on contribution to your host communities in three different provinces. You generally put in 35 hours per week for non-profit organizations – build hiking trails, teach reading skills, organize festivals, restore heritage sites, work for community TV stations, accompany the elderly or people with learning disabilities, and the list goes on! It's more than volunteer work! You'll live in a house rented by KATIMAVIK for your group and your project leader. Together you'll learn to manage and share housing duties, connect with members of your host community and discover the region. For more information, visit www.katimavik.org.

I hope you will find the information in this newsletter interesting and informative! I look forward to working with you again and wish you a successful year!

*Sherryl Loman
Career & Academic Counselor
Palliser Regional Schools*



CONTACT INFORMATION:

Sherryl Loman
Mobile (*feel free to call anytime*): 403.894.9918
Email: sherryl.loman@pallisersd.ab.ca
My website: <http://www.pbhs.ca/Career%20Counselor.php>

SCHOOL OFFICE HOURS:

Coahurst High School Tuesday: 1:00 p.m. – 3:30 p.m.
Phone: 403.381.4812 Thursday: 8:30 a.m. – 12:30 p.m.

Noble Central School Tuesday: 8:30 a.m. – 12:30 p.m.
Phone: 403.824.3817 Thursday: 1:00 p.m. – 3:30 p.m.

Picture Butte High Monday & Wednesday 8:30 a.m. – 3:30 p.m.
Phone: 403.732.4404 Friday 8:30 a.m. – 2:15 p.m.