



*Port Moody Secondary
School*

Focus on the
BIG PICTURE
for the
Graduates of 2019
- a guide for your Grade 12 Year -

September 24, 2018
Questions & Answers:

- ♦ Graduation Requirements
- ♦ Graduation celebration details
- ♦ Career Options and Planning
- ♦ Student Transcript Request Service
- ♦ SAT, TOEFL and LPI Info
- ♦ Post-Secondary Requirements & Applications
- ♦ Provincial Scholarship summary
- ♦ Grad Photo details and booking appts on-line with Artona
- ♦ Tips and Advice for Grade 12

Top 8 Things to Do:

1. Check Required Courses for Graduation.
2. Complete Grad Transition Components.
3. Order Cap and Gown.
4. Check Post-Secondary Requirements and Application/Admission Deadlines.
5. Complete the Post Secondary Institutions Transcript request form
6. Scholarships
7. Be aware and listen to the school Announcements & get the “My School Day” App!

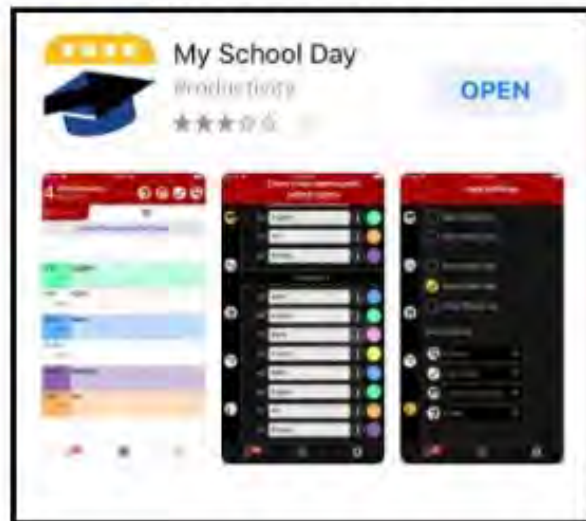


STAY CONNECTED / STAY INFORMED

DOWNLOAD OUR 2018.19 APP

Search "My School Day"

Select our school



- The best way to know is to have the information sent RIGHT to you!
- Ensure that you downloaded the latest version and select our school
- Select the channels that are relevant to you:
 - GRAD 2019
 - Scholarships and Awards

Port Moody Secondary School

CALENDAR DATES

OCTOBER	
3	SFU Info Session, 7-8pm, Main Gym
4	CUE University Fair Fieldtrip at Riverside, 9-11am
4	Grade 12 Parent Night, 7:00pm, MPR
9	BC Post Secondary Institutions Fair (PSIBC): University Mini Fair, Block 5 Small Gym
10	PSAT, 3:00 to 6:00pm; Pre-register in the Career Resource Room – cost \$20. Deadline for registration is October 7th
12	Senior Sail, 6:30-11pm
17	Scholarship Info meeting #1, @3:00pm, MPR
24	UBC Info Session, 7-8:30, Main Gym
Oct. 24-Nov. 3	Artona Grad Photos on-site, make appointment on-line
Oct. 30	IB Grade 12 Parent Meeting, 7pm
NOVEMBER	
1	Univ. of Toronto Info Session, Main Gym, 7-8:30pm
2	Western University Info Session, Drama Room, Lunch
6	Univ. of Victoria Info Session, Drama Room, Lunch
7	Queen's University Info Session, Lunch, Drama Room
14	Scholarship Info Meeting #2, 3:00pm, MPR
19	Univ. of Alberta Info Session, Drama Room, Lunch
21	Waterloo Univ. Info Session, Drama Room, Lunch
DECEMBER	
1	If applying for a UBC Major Entrance Scholarship, application to UBC and scholarship package due
3	SFU Entrance Scholarship Deadline
7	Completed Grad Transition Booklets due with Resume and Volunteer/work verification forms. Hand in to your Home Room Teacher. Pick up your Graduation Verification from your home room teacher.
12	Scholarship Info Meeting #3, 3:00pm, MPR
JANUARY	
21–25	English 12 Provincial Exam and Numeracy Assessment
15	Deadline for U.B.C applications, if not applying for the UBC Major Entrance Scholarship
31	Deadline for S.F.U. applications, if not applying for the SFU Entrance Scholarship
FEBRUARY	
28	Deadline for most University Applications; be sure to check each institute's specifications
MARCH	
1	Local Scholarship Application Deadline
APRIL	
TBA	LPI Exam—register online: www.lpitest.ca
25	Valedictorian speeches
MAY	
3	Grad Transitions Exit Interview Day
JUNE	
7	Grad Dinner & Dance: 6:00—11:30pm
7-8	After Grad
12	Awards Ceremony
22	Commencement Ceremony, 11am

2017-18 Exam Schedule

January 2019		
Date	Subject	Time
January 24	English 12	9:00am-11:00pm
January 25	Communications 12	9:00am-11:00pm

June 2019		
Date	Subject	Time
June 24	English 12	9:00am-11:00pm
June 26	Communications 12	9:00am-11:00pm

Graduation Requirements

REQUIRED COURSES

SUBJECT AREA	Minimum Credits
English 10	4
English or Communications 11	4
English or Communications 12	4
Social Studies 10	4
A Social Studies 11 or 12	4
Science 10	4
a Science 11 or 12	4
a Mathematics 10	4
a Mathematics 11 or 12	4
Physical Education 10	4
Planning 10 or Career Life Education	4
a Fine Arts and/or Applied Skills 10, 11, or 12	4
Total	48 credits

ELECTIVE COURSES

Students must earn at least **28 elective credits for Grade 10-12 courses.** 28 credits

GRADUATION TRANSITION

Students must earn **4 credits for Graduation Transition** 4 credits

OVERALL TOTAL

Of the 80 credits for graduation, **at least 16 must be at the Grade 12 level, including English 12 or Communications 12.** Others may be required or elective courses. **80 credits**



Questions:

Can I re-write a provincial exam?

Students are permitted to rewrite an exam once within the twelve-month period following their first attempt at the examination. If a year has lapsed since the student's last attempt, he/she must retake the course.

What is an exam re-read?



If a student questions their mark on a provincial exam, the student may have that provincial exam reread and remarked for a fee of \$50 each. Individual exams will not be re-read more than once. Please note that the reread result becomes the student's mark. Students are informed of the result of a reread by letter approximately four weeks after the reread request has been received.

*Students may want to request an examination review first to assess if they should pay for a re-mark.

**Students risk decreasing their exam score by requesting a re-read. If a result in a mark that is less than the original scores by an amount equal to or greater than a specific statistically-calculated margin, the original score is decreased accordingly. The number of reported increases resulting from rereads is minimal.*

www.bced.gov.bc.ca/exams/rereads_remarks/



What can I do if I'm not sure what I want to do after high school?

- 1) Take advantage of the resources at school; talk to teachers, use the library, use the career resource centre, research career options on-line, etc.
- 2) Find a job and use your time to RESEARCH career areas
- 3) Talk to everyone – ask questions
- 4) Enroll in a general studies program at a college or university - still need to do research though!

Scholarships

Scholarship packages for local and district scholarships and bursaries will be distributed in December.



UBC Entrance Scholarship deadline is **December 1st**
SFU Entrance Scholarship deadline is **December 3rd**

Government student loan should be processed online at
www.studentaidbc.ca

Tip:

Scholarships and bursaries are open to all!

(Don't feel like you have to be a brain.)

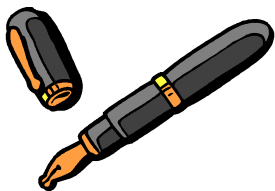
Scholarship Sites:

www.schoolfinder.com
www.scholarshipscanada.com
www.canadian-universities.net
www.canlearn.ca
www.bced.gov.bc.ca/awards



U.S. Financial Aid/Scholarships:

www.collegeboard.org
www.finaid.org
www.edupass.org/finaid/
www.iefaf.org
www.bestschoolsusa.com (American University Rankings)



Scholarships and Financial Aid

Students who plan to apply for scholarships and bursaries need to check the BLUES NEWS-the Career Centre Newsletter, the internet and the scholarship file cabinet in the Career Centre, Room 3065. There are 100s of scholarships available each year, and they all have different application dates and criteria. Students must make themselves aware of these.

Provincial Scholarships

From the Financial Aid/Scholarship Booklet

Question: What do I need to do to qualify for a **Provincial Scholarship**?

1. Be sure you have a social insurance number. If you don't have one, visit your local Service Canada office in person:

Service Canada Office
Suite 100, 2963 Glen Drive,
Coquitlam, BC

2. Must be a Canadian citizen, or Permanent Resident
3. Must be enrolled in or registered as a BC public home school
4. Must be graduating in the year that you are applying for the scholarship
5. Must complete the applications/resumes/provide references as indicated by the Ministry (see next page).
6. Must meet the minimum grade requirements & provincial exam requirements as indicated by the Ministry.



Provincial Scholarships

BC Excellence Scholarship:

- \$5000 scholarship awarded to **55 students**
- Must be nominated by the school (one nomination per school allowed)
- Winner will have demonstrated service and leadership at school and in their community, and show aptitude and commitment to their chosen career path
- Application includes a 'B' average in grade 11 & 12 as well as a 500 word essay, with no more than one C+ in their academics
- Meet any requirements outlined by the Ministry of Education
- A student cannot win both the BC Excellence and the Pathway to Teacher Education Scholarship.

BC Achievement Scholarship:

- \$1250 scholarship awarded to **8000 students**
- Recipients must have a 'B' average or better in their Language Arts 12 course
- Recipients chosen based on their achievement in course work (including electives). A cumulative average percentage will be calculated and form the basis for determining recipients.
- **Students do not apply for this award.**

District/Authority Scholarship:

- 5500 Scholarships of \$1250
- Awarded to graduating students for excellence in their chosen field of interest
- Recipient must demonstrated outstanding achievement in one of the following areas: Indigenous Languages & Culture, Fine Arts, Applied Skills, Physical Activity, International Languages, Community Service or Technical & Trades Training
- Students complete the school scholarship package to access these awards that is handed out in December.
- Application due in the beginning of March.

Pathways to Teacher Education Scholarship:

- 20 Scholarships of \$5000
- Awarded to 'Outstanding' graduating students who are intending to enter a BC Faculty of Education , and submit on deadline indicated (TBA)
- Must complete an application package on line: www.gov.bc.ca/scholarshipsprogram
- Must have a 'B' average, with no more than one C+ in academics
- A student cannot win both the BC Excellence and the Pathway to Teacher Education Scholarship.

Graduation Transitions Info

Graduation Transitions is intended to prepare students for a successful transition to life after secondary school. It is a four credit **requirement** for Graduation. At Port Moody Secondary, this program is self-paced course delivered to students through **Grade 12 Assemblies and Homeroom** class.

Students are required to collect evidence and reflect on the following items:

Health

Daily physical activity (**DPA**), a commitment to physical and emotional well-being are key to healthy living. In this component of Graduation Transitions, students develop the knowledge, attitudes, and habits needed to be healthy individuals by:

- ♦ **maintain a personal health plan.** Students must participate in at least **150 minutes** of exercise **(on average)** per week. This works out to about 100 hours of physical activity per school year.
- ♦ Examples of evidence are photos, journals, certificates etc.

Experiences

Life after graduation includes the world of work and community responsibilities. As part of Graduation Transitions, students gain employability skills through participation in at least **30 hours of work experience and/or community service.**

Career and Life

Graduation Transitions requires students to **explore personal and career goals** during their secondary school years and **create a plan for life after graduation.**

This plan will include:

- ♦ Researching a career
- ♦ Financial plan - how will I meet my financial obligations one year from graduation
- ♦ Up to date Resume

Work/volunteer experience form with proof, Transition Plan and Up to date Resume must be handed in to your Homeroom Teacher **December 7th.**

Exit Interview

The final component of Graduation Transitions is the Grade 12 exit interview. This presentation is **mandatory for both Ministry of Education students and IB Diploma Students**. Students must be prepared to discuss the following:

- ♦ Who they are and their achievements
- ♦ Future plans, short term and long term goals
- ♦ Meaningful reflection of their time at Port Moody Secondary School

IB diploma students must bring their Extended Essays and reflect on the experience and successfully complete CAS requirements.

- ♦ **This year Exit Interviews will be held on May 3, 2019.**

Here is an online link to help you:

http://www.bced.gov.bc.ca/graduation/grad-transitions/grad_planner.pdf

Please visit the Graduation Transitions Website, or see Mr. Dino Bolognese, PMSS Graduation Transitions Coordinator for more details. Room 3055 (found on the third floor) or contact via email: dbolognese@sd43.bc.ca

IB Diploma Students Creativity Action and Service CAS

IB Diploma Students must still complete a portion of Graduation Transitions. CAS covers Daily Physical Activity and Work and/or Volunteer hours. IB Diploma Students are still required to complete other aspects of Graduation Transitions.

Students complete CAS with the aid of an advisor and by recording their experiences on Manage BAC. Manage BAC is an online program that assists students to fulfill their IB Diploma requirements.

Exit Interview

The final component of CAS is the exit interview. This presentation is **mandatory for both Ministry of Education students and IB Diploma Students**. Students must be prepared to answer the following:

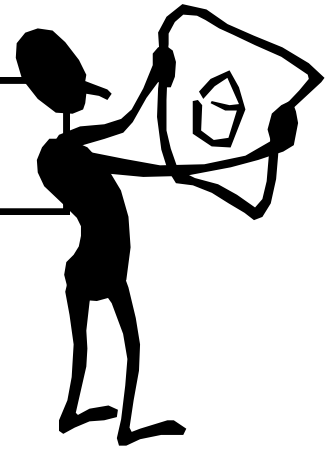
- ♦ Who they are and their achievements
- ♦ Future plans, short term and long term goals
- ♦ Meaningful reflection of their time at Port Moody Secondary School
- ♦ IB diploma students must bring their Extended Essays and reflect on the experience and successfully complete CAS requirements.
- ♦ **This year Grad Transitions Exit Interviews will be held on May 3, 2019.**
- ♦
- ♦ **May 24, 2019**—CAS presentations and IB Celebration.
- ♦
- ♦ Here is an online link to help you: **www.ibo.org**

If you have any questions, please feel free to contact the following people:

Mr. S. Lenihan slenihan@sd43.bc.ca (IB Coordinator)
Mr. D Bolognese dbolognese@sd43.bc.ca (CAS Coordinator)
Ms. J. Tsui jtsui@sd43.bc.ca (CAS Advisor)
Ms. A. Sarte asarte@sd43.bc.ca (CAS Advisor)

Career Planning

www.educationplanner.ca



You can't plan your whole life ahead of time

Have you ever heard someone say something like, "I fell into my career"? That's because as important as planning and research are, chance still plays a role. Keep an open mind and learn to tolerate some degree of uncertainty.

You change over time

As your life circumstances evolve - you get older, develop new insights - your feelings about what you want to do will evolve. You need to be able to reorient yourself when necessary.

The work world changes over time

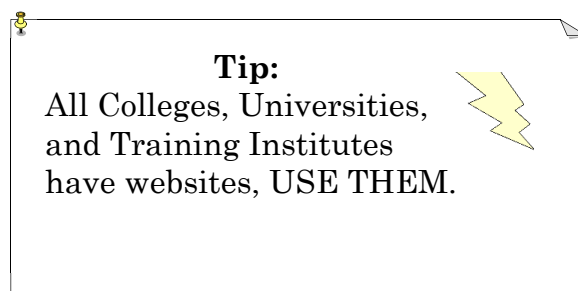
Remember, the job title "app developer" didn't exist ten years ago. Developments occur so rapidly that the form a career takes now could be very different in a few years. It's a balancing act. Keep track of your own changing wants while also keeping an eye on the horizon.

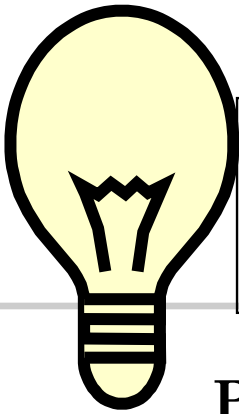
No job will be without some things that bug you.

Don't fall into the trap of expecting to find the "perfect" career. Identify the elements of what would be the ideal path for you, and then make conscious choices about where you're willing to compromise.

Satisfaction, not status, is key!

Many people feel pulled to a field that's familiar, popular, or high status. You'll be much happier and far more successful if you find something that relates to your own interests and strengths. Qualities that you take for granted can be valuable assets in many career fields.





Student Transcript Request Service

Purpose of the Post-Secondary Transcript Request Form

To help transition from secondary school to post-secondary education, your transcripts can be sent to various universities, colleges and institutes. Select your post-secondary institutions (PSIs) using the StudentTranscripts service between November and June of your graduation school year. Note: Results from August provincial exams are not available in time for September admission to post-secondary institutions

The *Transcript Request Form* link is available in November at the Student Secure Website:

<https://www2.gov.bc.ca/gov/content/education-training/k-12/support/transcripts-and-certificates#studnettranscripts>

Your choices must be entered by end of April.

You will need your Personal Education Number (PEN) and a BCeID in order to create an account and access the PSI form. Once you have signed in with your BCeID, you will have access to the menus to select which post-secondary institutions you want to receive your transcript. This is an important part of ensuring you provide the final transcript to the institutions. If not completed, you may risk your admissions to post-secondary opportunities.

**Watch for announcements for tutorials to help you
through this process!**

University Requirements

- You must check the requirements before completing your grade 12 year. Start now! Check out post-secondary websites to determine the requirements for general admission and specific program admission (i.e. Business or Engineering).
- Some post secondary institutes require specific courses, specific G.P.A.'s, and may require personal experience in the career area (e.g. Child and Youth worker - 100 hours of work experience and 19 years of age).
- Plan on applying to several post secondary institutions, and always have a Plan B.
- Information sessions are a **must** if you are planning to go into a college program.

Useful Post Secondary Websites (check requirements)



Tip:

Attend information sessions held by post secondary institutions.

Apprenticeship: www.itabc.ca

B.C. Career Colleges: www.bccca.com

Career/Work/School

www.educationplanner.ca
www.workbc.ca
www.schoolsincanada.com
www.schoolfinder.com
www.univcan.ca



**To Get
Information
About:**

Applying Online to:

Universities/College in B.C.	www.applybc.ca
Universities in Ontario	www.ouac.on.ca
Transfer Guide/Admission Guide	www.bctransferguide.ca

Question: Are there special exams or tests required to enter post secondary institutions?



YES!

L.P.I. - The Language Proficiency Index is used by UBC & SFU to assess English skills for registration in first-year English courses. Check to see if you are required to take this before you register in your (mandatory) university English course. Your English 12 final mark is the determining factor. The test is offered for a fee at several locations several times a year. Register online, www.lpitest.ca.

English Assessment Test - If you have been instructed in English for less than four years, you will need to write an English assessment. TOEFL (Test of English as a Foreign Language) is the most widely accepted and therefore, test dates/centers fill up quickly. See English Assessment Tests page for other options.

S.A.T. & ACT- The Scholastic Achievement Test or the American College Test is required for entry to U.S.A. colleges or universities. S.A.T.'s and ACT's are offered at several times throughout the year. Check www.collegeboard.org/ or www.act.org/content/act/ for specifics or visit the Career Centre for more information.



Dollars and Sense

Financing your education is an expensive venture and takes plenty of planning and preparation. It is important to know from the start what costs can be expected and where that money might be obtained. The following is an approximate cost to begin budgeting for your time spent at any of the local universities, or colleges.

You will also need additional funds for pocket money, recreation, clothing, travel to and from home, and so on. Such expenses could bring the required amount to over \$10,000 for the academic year. Remember that these are average figures, and all costs will normally rise by a small percentage.



How much will a year of university cost?

University Tuition	\$6000 average
College Tuition	\$2800 average
Books & Supplies	\$1900 average
Room & Board	\$9000 average
Personal Costs	\$3000 average

English Assessment Tests

TOEFL —Test of English as a Foreign Language, Internet Based Test (paper based test being phased out; currently only available to locations with no internet access Test centers: Coquitlam, Vancouver \$245 CDN	www.ets.org/toefl
IELTS (Academic) —International English Language Testing System Test centers: Global Village Test Centres, various locations, Vancouver & Surrey \$309 CDN	www.ielts.org/
LPI —The Language Proficiency Index Test centers: UBC, SFU, Douglas College, KPU (Langley & Surrey) \$115 CDN	www.lpitest.ca/

BCIT TOEFL IBT IELTS	UBC TOEFL IBT IELTS	SFU TOEFL IBT IELTS	UVIC TOEFL IBT IELTS LPI	Douglas College TOEFL IELTS
<p>*check with the schools for scores required for admission*</p>				

Grad Information

Dinner / Dance

The dinner/dance takes place on Saturday, June 7, 2019 at the Pinnacle Vancouver Hotel Harbourfront from 6:00 to 11:30 pm. Tickets go on sale in April.



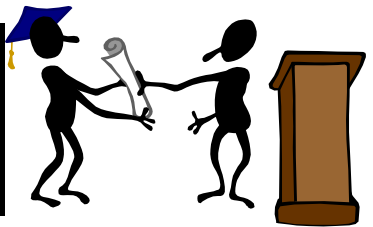
After Grad Party

All students are encouraged to attend.
June 8, 12:00am-4:00am



Commencement

Commencement is a school leaving ceremony. June 22, 2019 at the Orpheum at 11:00am



Awards

Available awards:

Semester Honour Roll (acknowledged at the end of each semester),
Graduation with Honors' (acknowledged at the commencement ceremony)
Year-end Honor Roll
Departmental Curricular Awards
Trustee's Award (top Grade 12 academic student)
Senior Blues Award (excellence in service and leadership)
Senior Phoenix Award (top overall student) - all acknowledged at our annual year-end awards ceremony

Our awards celebration takes place on **June 12th** in the school gym. Award winners will be contacted prior to the event.

After Grad Parties

You should know that any plans students may have to continue their grad celebration in the week following the dinner/dance are not condoned or encouraged by the school. There are only **2 weeks** between the dinner/dance and exams. Missing these days could make or break your graduation.

Limo Tips

If you plan to use a limo, book early (the best ones go first). Even if you don't have a group for your limo yet, you will by the end of the year. Make sure the company is credible. Use references from past graduates that you may know.

Expense Tips

You don't need to spend a lot of money on grad. Buying a suit can be cheaper or just as much as renting a tux. Please see your counsellor if you cannot attend due to monetary reasons.



Graduation Portraits – Class of 2019

Graduation portrait sittings for Grade 12 students are scheduled for **October 25-November 3, 2018**. All sittings are scheduled between 3:00 pm and 9:30 pm in the Artona Mobile Studio that will be on location at Port Moody Secondary

Sittings are scheduled by appointment only. Reserve your sitting time by logging on to Artona's web site at **www.artona.com** and follow the links for Port Moody sign-ups.

Students must be photographed in order to appear in the yearbook and on the graduation composite.

Your sitting is FREE. Artona does, however require a \$60 refundable deposit in order for you to receive your session previews. The deposit may be applied to the purchase of any portrait package or refunded in full when the previews are returned to Artona.

Your portrait session includes:

- 16 different poses with four different studio sets.
- 10 x13 Diploma folder with a copy of the 2017 Graduation Composite.
- 5 x 7 Convocation photograph of you receiving your diploma.

Please visit www.artona.com to view the "How to Prepare" brochure.

Artona Group Inc.
353 West 7th Ave.
Vancouver, BC V5Y 1M2
Phone: 604 872-7272

Website: www.artona.com

It is essential all graduates be photographed to ensure the entire 'Class of 2019' is included in the yearbook and composite.

Please make your sitting appointment early
and be prompt for your appointment.

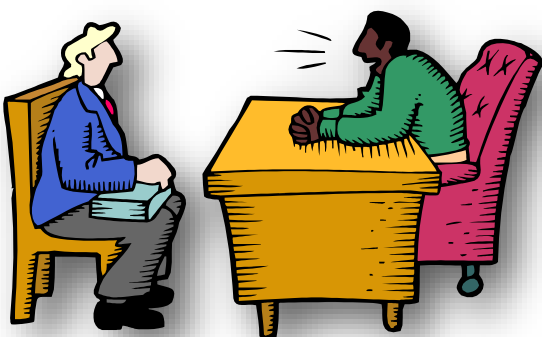
Best Ways to Find a Job

- Ask for job-leads from family, friends, teachers, people in the community, staff at career centers, club members, etc.
- Knock on the door of an employer, factory or office that interests you.
- Use on-line resources to find work opportunities.
- Check the local newspapers and bulletin boards at libraries and community centres.

Important Differences Between High School and University



- I. Academic Environment: → classes meet less frequently
→ larger number of students
- II. Grading: → poor quality work is failed
→ high quality work is required for A and B grades
- III. Knowledge Acquisition: → taking and making good notes is vital
→ studying is assumed (2-3 hours for each classroom hour)
- IV. Student Support : → much less contact with professors than with teachers
→ students given very little individual feedback
- V. Stress: Major Difference in the Amount of Stress Students Experience
→ typically five courses are completed in 14 weeks
→ the workload is heavy and the pace is fast
- VI. Responsibility: Major Difference in Responsibility
→ independent reading and studying is essential
→ must determine when they need help and how to get it.



Guidelines to Self Care: Success at University / College

- 1. Have a support system to whom you can go when you are feeling stressed or need to unwind.**
 - ✓ It is extremely important to have a support system with whom you can interact.
 - ✓ Take advantage of their support and nurturing.
- 2. Acknowledge your 'people' limitations and be honest with yourself and the group you are with about your need for time out.**
 - ✓ You are going to have times when you need to take some time for yourself, particularly if you are living in residence. Make sure that you find times and places where you can spend some time on your own.
- 3. Stay organized and informed.**
 - ✓ It is essential that you ask the questions you need in order to be fully informed.
 - ✓ Having information is one of the most important factors to doing well at university.
- 4. Maintain good relationships.**
 - ✓ Accept that you will be working with different personality types and that there will be times when those personalities clash.
 - ✓ You can deal with personality clashes with respect and with open communication.
 - ✓ Tension between you and a member of your group can lead to difficulties in communicating and functioning.
- 5. Take care of yourself.**
 - ✓ Make sure that you are getting enough sleep, eating properly, and getting exercise.
 - ✓ If your body is healthy, you are more capable of dealing with the stressors of life and new experiences.
- 6. Treat yourself with the same respect you are expected to give others.**
 - ✓ Set your boundaries with people, and expect them to be respected. This can help the people you are with to know what is okay for you and what is not.
 - ✓ If you aren't respecting someone else - STOP. Nobody has the right to treat anyone else with disrespect.