



*Port Moody Secondary
School*

Focus on the
BIG PICTURE
for the
Graduates of 2023
- a guide for your Grade 12 Year -

Overview of the Year Ahead

September 2022

Top 8 Things to Do:

1. Check Required Courses for Graduation.
2. Complete Career Life Connection Components.
3. Order Cap and Gown.
4. Check Post-Secondary Requirements and Application/Admission Deadlines.
5. Complete the Student Transcript Request form with the Ministry of Education (**in November**)
6. Scholarships—attend information meetings and complete the package on time!
7. Be aware and listen to the school announcements



Port Moody Secondary School

CALENDAR DATES

OCTOBER	
5	Grad Class Photo
Oct 6 – 16	Artona Grad Photos on-site, @ PMSS , make appointment on-line: www.artona.com
12	Scholarship Meeting #1, —MPR, 3:20
13	Canadian Universities Event @ Heritage Woods 9am-11 am
27	Post Secondary Institutions Event @PMSS, small gym 1:40-3:30
	Various Virtual Presentation from Universities and Colleges, see next page for full details
NOVEMBER	
21	2:15 Grade 12 Assembly: Student Transcript Request Process with the Ministry of Education
24 & 25	Support Workshop for helping students to complete the Student Transcript Request, at Lunch, in the Library
DECEMBER	
1	Applying for the UBC Major Entrance Scholarship; must apply for admission to UBC
2	Graduation Verification sent home
5	Return Graduation Verification to block 2 teachers, signed by parent
15	SFU Entrance Scholarship Deadline
JANUARY	
15	Deadline for U.B.C applications
26	Gr. 12 PMSS Day: Capstone presentations, CLC 12
31	Deadline for S.F.U. applications
FEBRUARY	
16	Photo Retakes and catch up
22	Grad Gown sizing, Grad comments due on-line
28	Document Deadline for some universities, check websites!!
MARCH	
3	Grade 12 Grad Assembly, FLEX
10	Local Scholarship Application Deadline, 3pm
APRIL	
3	Valedictorian Applications available
14	Grad Guest Forms due
26	Valedictorian Speeches and vote
30	Deadline for Student Transcript Request Service (FOR all grade 12s applying to college or university)
MAY	
30	IB Exams Scheduled
	Commencement Ticket Sales open
JUNE	
7	Awards Celebration (afternoon)
8	Athletic Banquet (evening)
10	Grad Dinner & Dance—Pinnacle Hotel, 5:30-11pm
11	Midnight– 4 am, After Grad Event—Details to come
17	Commencement Ceremony—Orpheum, 11am (Grads arrive EARLIER!)



PMSS 2022-23
Post-Secondary
Info sessions, Presentations & University
Fairs

School/ Program Name	Date	Time	Location
Simon Fraser University	Wednesday October 5 th 2022	11:35am – 12:25pm (lunch)	Drama Room
University of Victoria – Gustavson School of Business	Wednesday October 12 th 2022	11:35am – 12:25pm (lunch)	Drama Room
Canadian Universities Event (CUE)	Thursday October 13 th 2022	9:00am – 11:00am	Heritage Woods Secondary School
Western University	Tuesday October 18 th 2022	11:35-12:25pm (lunch)	Drama Room
Simon Fraser University – Beedie School of Business	Thursday October 20 th 2022	11:35am – 12:25pm (lunch)	Drama Room
University of Toronto	Monday October 24 th 2022	10:49am – 11:39am	Small Gym
UBC Sauder	Wednesday October 26 th 2022	11:35am – 12:25pm (lunch)	Drama Room
Post Secondary BC Fair (PSBC)	Thursday October 27 th 2022	1:40pm – 3:30pm	Small Gym
McGill University	Tuesday November 15 th 2022	7:00pm – 8:00pm	Heritage Woods Secondary School Theatre
University of Waterloo	Wednesday November 16 th 2022	11:35am – 12:25pm (lunch)	Drama Room
University of Calgary	Tuesday November 22 nd 2022	11:35am – 12:25pm (lunch)	Booth in MPR
University of Victoria	Monday November 28 th 2022	10:50am – 11:40am	Drama Room
University of Alberta	Thursday December 1 st 2022	11:35am – 12:25pm (lunch)	Drama Room
Langara College	Wednesday December 7 th 2022	11:35am – 12:25pm (lunch)	Drama Room
University of British Columbia	**ONGOING – ONLY HOSTING ONLINE INFO SESSIONS		

Graduation Requirements

REQUIRED COURSES

SUBJECT AREA	Minimum Credits
Two English 10 Courses (2 credits each)	4
One English 11 Course —Indigenous Focused Component	4
English Studies 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 Health Education 10	4
Career Life Education 10	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

Career Life Connections 11 & 12

Students must earn **4 credits for Career Life Connections completed in grades 11 & 12** 4 credits

OVERALL TOTAL

Of the 80 credits for graduation, **at least 16 must be at the Grade 12 level, including English Studies 12 and 4 credits must include Indigenous Focused coursework.** **80 credits**

Fact Sheet: Scholarships



Scholarship packages for local and district scholarships and bursaries will be available in FEBRUARY. A more detailed presentation will be posted soon, check the announcements!

Universities like UBC and SFU have Entrance Scholarship with deadlines early in **December**. Visit the university websites to find out how to apply for entrance scholarships.

Scholarship Sites:

Tip:

Scholarships and bursaries are open to all!

These scholarship search engines will help you find scholarship opportunities!

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 Career Centre section of the TIMES for new opportunities. There are many scholarships available each year, and they all have different application dates and criteria.

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

Provincial Scholarships

Provincial Scholarships:

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

To apply online:

<https://www.canada.ca/en/employment-social-development/services/sin/apply.html#online>

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 provide resumes & references as indicated by the Ministry.
6. Must meet the minimum grade requirements as indicated by the Ministry.



Provincial Scholarships

The information below is based on last year's information, some changes may be announced from the Ministry of Education in October.

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:

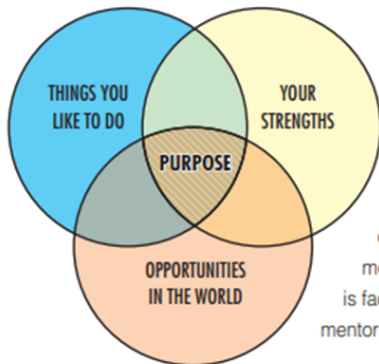
- 5500 Scholarships of \$1250
- Awarded to graduating students for excellence in their chosen field of interest
- Recipient must demonstrated outstanding achievement in one of the following areas: Indigenous Languages & Culture, Fine Arts, Applied Skills, Physical Activity, International Languages, Community 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.

Career Life Connections

Career-Life Connections 11 & 12: a course to assist you in transitioning to your first year after graduating from High School. The focus of this course is to have you begin researching and reflecting on different pathways that you could take after you graduate, to help you prepare for employment and ensure that you have a balanced lifestyle.



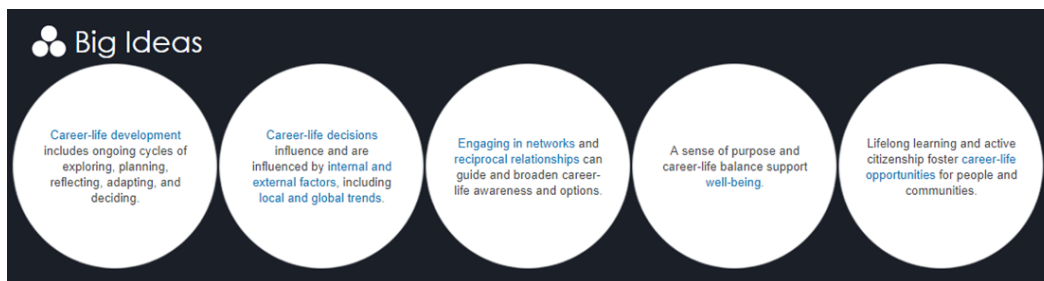
Sense of purpose

Career-Life Education and Career-Life Connections are designed to assist students in reflecting on where their personal interests and strengths overlap with emerging career-life opportunities in the world. Sense of purpose can occur where these three qualities overlap, offering possible career-life directions that are both personally meaningful and viable. This type of purposeful career-life development is facilitated by the learning standards of CLE and CLC and ongoing mentorship opportunities throughout the secondary years.

This course involves assignments that will ultimately lead you towards a Capstone project, presented in **January 26, 2023**. Each of the assignments is designed to have you reflect on your plans for next year and give you some support in preparing. All assignments will be handed in through Microsoft One-Note. Students will complete:

- **Written Assignments**
- **Final Capstone Assignment**
- **Capstone Presentations**

The capstone is an opportunity for students to showcase their strengths, passions, and learning journey to a relevant audience. As a celebration of their learning journey, students are encouraged to share successes both in school and out of school, including their contributions and aspirations, and their possible postgraduation plans. The capstone can take many different forms, depending on student needs and interests. Each student will work on an individualized capstone project, which will lead to a 15-20 minute presentation on **January 26, 2023**.



IB Diploma Students Creativity Action and Service CAS

IB Diploma Students must still complete a portion of Career Life Connections. CAS covers Daily Physical Activity and Work and/or Volunteer hours.

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.

Capstone Project Interview

The final component of CAS is the Capstone Project 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
 - ◆ Plans for the Future—short and long term goals
 - ◆ How they will budget for the future
 - ◆ How they will prepare for the workplace
 - ◆ How they will approach this with a balanced lifestyle
-
- ◆ IB diploma students must bring their Extended Essays and reflect on the experience and successfully complete CAS requirements.
 - ◆ **This year the Capstone Project Interviews will be held in January 26, 2023**
 - ◆ Here is an online link to help you: **www.ibo.org**
 - ◆ If you have any questions, contact your CAS teacher.

Career Planning

www.educationplannerbc.ca

- Plan Your Education
- Search the Programs of Interest
- Apply to Post Secondary Institutions

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

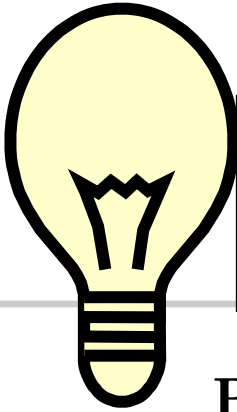
Remember, the job title "web developer" didn't always exist. Developments occur so rapidly that the form a career takes now could be very different in a few years. It's a balancing act. Keep track of your own changing wants while also keeping an eye on the horizon.

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. This is a two step process, as you must have a BCeID to access the Student Transcript Service. See video tutorials below.

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#studenttranscripts>

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 Student Transcript Request 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. See the videos below for the two step process:

How To Videos:

Step 1: Registering for a BCeID and Accessing the Student Transcript Service

<https://youtu.be/lzmY0WeTfFs>

Step 2: How to Order and or Send a transcript to a post Secondary Institution

https://www.youtube.com/watch?v=SSo_U7XmH8k

What you need to know: University Requirements

- You must check the requirements before completing grade 12. Check out post-secondary websites to determine the requirements for general admission and specific program admission.
- Some post secondary institutes require specific courses, specific GPA's, and may require personal experience in the career area
- 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.
- Information sessions happen throughout the year –listen for when they are announced!

Useful Post Secondary Websites (check requirements)



Tip:
Attend virtual information sessions held by post secondary institutions. See the announcements in the Times for dates & times!

Apprenticeship: www.itabc.ca

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

Career/Work/School
www.educationplannerbc.ca
www.workbc.ca
www.schoolfinder.com
www.univcan.ca

Military: www.forces.ca



**To Get Information
About:**

Universities/College in B.C.	http://apply.educationplannerbc.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!

English Assessment Tests—Universities and Colleges may require an English Assessment test, if you do not meet their minimum years in an English school environment OR if your grade 12 English Studies mark falls below their requirements. Check the individual post secondary websites to see if you meet their specific requirements. Accepted English Assessments are below.

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 <http://global.act.org/>

English Assessment Tests

<p>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</p>	<p>www.ets.org/toefl</p>
<p>IELTS (Academic)—International English Language Testing System Test centers: Global Village Test Centres, various locations, Vancouver & Surrey ~\$309 CDN</p>	<p>www.ielts.org/</p>
<p>CAEL—Canadian Academic English Language Test —Available on-line and at test centers. The test measures the English language proficiency of students planning to study at Canadian universities and colleges, ~\$268 CDN</p>	<p>www.cael.ca</p>

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

Grad Information

Dinner / Dance

The dinner/dance takes place on **June 10** 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 11, 12:00am-4:00am



Commencement

Commencement is a school leaving ceremony. **June 17, 2023** at the Orpheum at 11:00am



Awards

Our awards celebration takes place on **June 7** in the school gym. Award winners will be contacted prior to the ceremony and invited to celebrate with their peers.

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. 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 2023

Graduation portrait sittings for Grade 12 students are scheduled between **October 6–16**. 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 website 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.

Artona requires 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.

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 2023**' is included in the yearbook and composite.

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

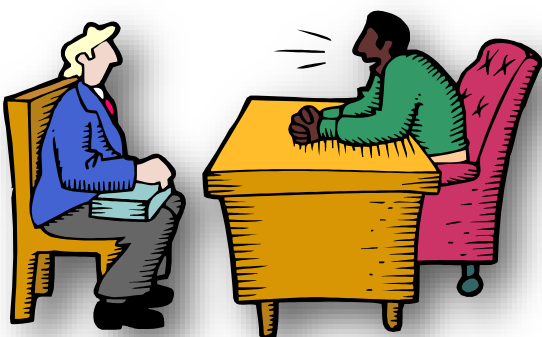
Best Ways to Find a Job

- 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.
- Check the local newspapers and bulletin boards at libraries and community centers.
- Refer to online job search services like www.Indeed.com

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.