

# Port Moody Secondary School

Focus on the

## BIG PICTURE

a guide for your Grade 12  
Year



### *Questions & Answers:*

- Post Secondary Requirements
- Course Planning
- Graduation Details
- Career Options



### **S.A.T., TOEFL and L.P.I. Info**

### **How to apply to a College or University**

### **Tips & Advice for a Smoother Grad**

Packed FULL of Really

Useful Information!

### INDEX



Provincial Exams

Grade 12 Graduation Requirements

Life After High School

Career Planning

Where to Find College / University Requirements

Post Secondary Choices Form

S.A.T., T.O.E.F.L., and L.P.I. Tests

Dollars & Sense

Scholarships

Year End Grad Goodies

# Port Moody Secondary School

## 🌀 CALENDAR DATES 🌀

October	12 <sup>th</sup>	PSAT, Room 218, 3:00 to 6:00 pm Pre-register in the Career Resource Room - \$20
	26 <sup>th</sup>	Grad Parent Night, 7:00 pm, MPR
	26 <sup>th</sup>	Scholarship Info Meeting, 3:00 pm, Multi-purpose Room (MPR)
November	2 <sup>nd</sup>	Post Secondary Career Discovery Day/PSI Mini Fair
November	16 <sup>th</sup>	Scholarship Info Meeting, 3:00 pm, MPR
	22 <sup>rd</sup> - 27 <sup>th</sup>	Grad Photo Dates
December	14 <sup>th</sup>	Scholarship Info Meeting, 3:00 pm, MPR
Jan. 23 <sup>th</sup> - Jan. 27 <sup>th</sup>		School and Provincial Exams
January	31 <sup>st</sup>	NEW: Deadline for UBC Applications
February	28 <sup>th</sup>	Deadline for Local University Applications
April	19 <sup>th</sup>	LPI Exam - register online <a href="http://www.lpitestca">www.lpitestca</a> by April 10 <sup>th</sup> (deadline)
April 26 – May 6 <sup>th</sup>		Valedictorian Speeches
June	2 <sup>nd</sup>	Grad Dinner & Dance, 6 pm, Renaissance Vancouver Hotel Harbourside
June	6 <sup>th</sup>	Awards Assembly, 7 pm
June	2 <sup>nd</sup> /3 <sup>rd</sup>	After Grad, midnight, school gym
June	16 <sup>th</sup>	Graduation Commencement, 11 am, Orpheum
June	18 <sup>th</sup> - 28 <sup>th</sup>	School and Provincial Exams

# 2011/2012 Exam Schedule

<b><u>January 2012</u></b>			
<b><u>Date</u></b>	<b><u>Subject</u></b>	<b><u>Administration Mode</u></b>	<b><u>Time</u></b>
<b>January 23-27, 2012 Monday—Friday</b>	Apprenticeship and Workplace Math 10	Electronic	TBA
	Foundations of Mathematics and Pre-Calculus 10	Electronic	TBA
<b>January 25, 2012 Wednesday</b>	English 10	Electronic & Paper	9:00am—11:00am
	BC First Nations Studies 12	Electronic	TBA
	Social Studies 11	Electronic & Paper	1:00pm—3:00pm
<b>January 26, 2012 Thursday</b>	English 12	Electronic & Paper	9:00am—11:00am
	Science 10	Electronic & Paper	1:00pm—3:00pm
	Communication 12	Electronic & Paper	1:00pm—3:00pm
<b>January 27, 2012 Friday</b>	English 12 First Peoples	Electronic	TBA
	Civic Studies 11	Electronic	TBA
	English 10 First Peoples	Electronic	TBA

<b><u>June 2012</u></b>			
<b><u>Date</u></b>	<b><u>Subject</u></b>	<b><u>Administration Mode</u></b>	<b><u>Time</u></b>
<b>June 18—22, 2012 Monday—Friday AND June 25—28, 2012 Monday—Thursday</b>	Apprenticeship and Workplace Mathematics 10	Electronic	TBA
	Foundations of Mathematics and Pre-Calculus 10	Electronic	TBA
<b>June 21, 2012 Thursday</b>	Science 10 (electronic only)	Electronic	TBA
	Social Studies 11	Electronic & Paper	1:00—3:00pm
<b>June 22, 2012 Friday</b>	English 10	Electronic & Paper	9:00am—11:00am
	English 10 First Peoples	Electronic	TBA
	Communications 12	Electronic & Paper	1:00pm—3:00pm
<b>June 25, 2012 Monday</b>	English 12	Electronic & Paper	9:00am—11:00am
	Science 10	Electronic & Paper	1:00pm—3:00pm
<b>June 26, 2012 Tuesday</b>	English 12 First Peoples	Electronic	TBA
	BC First Nations Studies 12	Electronic	TBA
	Civic Studies 11	Electronic	TBA

# GRADUATION REQUIREMENTS

## REQUIRED COURSES

SUBJECT AREA	Minimum Credits
English Language Arts 10	4
a Language Arts 11	4
a Language Arts 12	4
Social Studies 10	4
Social Studies 11 or BC First Nations Studies or Civic Studies 11	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	4
a Fine Arts and/or Applied Skills 10, 11, or 12	4
<b>Total</b>	<b>48 credits</b>

## ELECTIVE COURSES

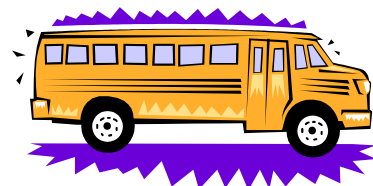
Students must earn at least 28 elective credits for Grade 10-12 courses. 28 credits

## 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 a Grade 12 Language Arts course. Others may be required or elective courses. **80 credits**





### Question: Can I re-write a provincial exam?

This rewrite rule will be relaxed for one year commencing September 1, 2011 to allow students to rewrite Grade 10 and 11 provincial exams to improve their exam result for the purposes of qualifying for a Provincial Examinations Scholarship under the new policy effective September 1, 2011. See Chapter 6: Scholarships and Awards. The following will apply:

1. If a student has had two attempts, they may rewrite a third time to improve their results.
2. If a year has lapsed since the student's last attempt, he or she may rewrite without retaking the course.



### Question: What is a reread?

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 reread 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 risk decreasing their exam score by requesting a reread. 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. All exam marking sessions begin with rigorous standard-setting procedure to ensure a high level of marking consistency.*

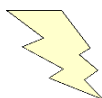
### Question: What can I do if I'm not sure what I want to do after high school?

- 1) Take advantage of the resources at school; talk to teachers, use the library, use career resource centre, read the career section of the newspaper, 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!



#### Tip

Talk to your parents about what you want to do; travel? work? study?



After you graduate, visit:  
YWCA Career Connection  
Phone: 604 944-1311  
for Jobs / Resume

# Provincial Scholarships

## From the Financial Aid/Scholarship Booklet

### Question:

### What do I need to do to get a *Provincial Scholarship*?

Be sure you have a social insurance number. If you don't have one, see the Career Resource Facilitator in the Career Centre or go to [www.servicecanada.ca](http://www.servicecanada.ca).

A student will receive a \$1000 examination scholarship if he/she meets basic eligibility requirements:

- At least a B (73% or higher) in English 12
- At least one 'A' (86% or higher) and three 'B's on four of his/her best provincial exams (can include the English 12 exam)

A student will receive \$2500 examination scholarship if he/she ranks among the top 20 scholarship students in the province.

Students writing an IB exam should contact Mr. Lenihan (5=86%; 6=90%; 7=96%).



## 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 delivered to students through Phoenix Advisory class and GT Manager. **GT Manager** is an online program that allows students to complete Graduation Transitions from anywhere that has internet access. Students must input all information on GT Manager and provide evidence of completion.

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

### 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 April 27, 2012.**

Here are some online links to help you:

[http://www.bced.gov.bc.ca/graduation/grad-transitions/prog\\_guide\\_grad\\_trans.pdf](http://www.bced.gov.bc.ca/graduation/grad-transitions/prog_guide_grad_trans.pdf)

[http://www.bced.gov.bc.ca/graduation/grad-transitions/grad\\_planner.pdf](http://www.bced.gov.bc.ca/graduation/grad-transitions/grad_planner.pdf)

Please visit the Graduation Transitions Website located at [PMSSBlues.net](http://PMSSBlues.net) or see Mr. Dino Bolognese, PMSS Graduation Transitions Coordinator for more details.

Room 3055 [dbolognese@sd43.bc.ca](mailto:dbolognese@sd43.bc.ca)

## **IB Diploma Students Creativity Action and Service CAS**

**CAS** is Creativity, Action, Service and is one of the three core strands that make up the heart of the IB Diploma Programme.

- ◆ **Creativity:** arts, and other experiences that involve creative thinking.
- ◆ **Action:** physical exertion contributing to a healthy lifestyle.
- ◆ **Service:** an unpaid and voluntary exchange that has a learning benefit for the student.

**CAS** enables students to enhance their personal and interpersonal development and provide a counterbalance to the academic pressures of the rest of the Diploma Programme.

**CAS** should involve:

- Real, purposeful activities with significant outcomes
- Personal challenge—tasks must extend the student and be achievable
- Thoughtful consideration—planning, revising, reviewing, reporting
- Reflection on outcomes and personal learning

**CAS** is about you and your journey through life. Think about who you are and who you want to be—and how you are going to get there!

**CAS is...Experiential Learning** which is the process of making meaning from direct experience.

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 ManageBAC. 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.

- ◆ April 26, 2012—CAS presentations from 6-8pm. IB Celebration 8-9pm.
- ◆ **This year Exit Interviews will be held on April 27, 2012.**

Here are some online links to help you:

[www.ibo.org](http://www.ibo.org)

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

Mr. S. Lenihan [slenihan@sd43.bc.ca](mailto:slenihan@sd43.bc.ca) (IB Coordinator)

Mr. D Bolognese [dbolognese@sd43.bc.ca](mailto:dbolognese@sd43.bc.ca) (CAS Coordinator)

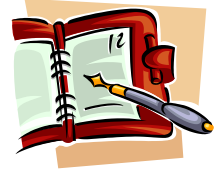
Mrs. A. Sarte [asarte@sd43.bc.ca](mailto:asarte@sd43.bc.ca) (CAS Advisor)



# Reality Checks for your Career Planning

## Get in the right mindset

[www.educationplanner.bc.ca](http://www.educationplanner.bc.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 "webmaster" 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.



### Tip

All Colleges, Universities,  
and Training Institutes have  
websites, USE THEM.



## Post-Secondary Institutions (PSI) Choices Form

**New: The PSI Choices form is now an online document located under the student secure link at: [www.bced.gov.bc.ca/exams](http://www.bced.gov.bc.ca/exams).**

### Purpose of the PSI Choices Form

The Ministry assists each graduating student planning to pursue post-secondary education by sending a copy of his or her transcript data in late July to post-secondary institutions indicated on the *PSI Choices Form*. The data are either sent on paper forms or electronically, depending on the institution.

The *PSI Choices Form* link is available January at the student secure site: [www.bced.gov.bc.ca/exams](http://www.bced.gov.bc.ca/exams).

### Completing the online Post Secondary Institute (PSI) Choices form:

Students in Grade 12 must log into their secure account and complete the form by June 30 if they wish to have their data sent to a PSI in the July 31 release from the Ministry.


If a student is requesting to send their transcript to a post secondary institute that is not listed on the online form, they should send a faxed request to the Ministry using the Post Secondary Institute Change form located at the online site.

There is no longer a fee for PSI choices, however students may only make a **maximum of six choices**. Additional requests above the allowable six can be made for a fee by completing a form at [www.bced.gov.bc.ca/transcript/transcripts\\_ordering.htm](http://www.bced.gov.bc.ca/transcript/transcripts_ordering.htm).

# University Requirements

- § You must check the requirements before completing your grade 12 year. Start now! Check out post-secondary websites to determine the requirements.
- § 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.
- § Information sessions happen throughout the year - keep informed.

## Useful Post Secondary Websites (check requirements)

**Tip**   
Attend information sessions held by post secondary institutions.

Apprenticeship: [www.itabc.ca](http://www.itabc.ca)

Aboriginal Youth Network: [www.ayn.ca](http://www.ayn.ca)

Private Post Secondary Institutions: [www.bccca.com](http://www.bccca.com)

Military: [www.forces.ca](http://www.forces.ca)

Career/Work/School: [www.educationplanner.bc.ca](http://www.educationplanner.bc.ca)  
[www.workfutures.bc.ca](http://www.workfutures.bc.ca)  
[www.schoolsincanada.com](http://www.schoolsincanada.com)  
[www.schoolfinder.com](http://www.schoolfinder.com)  
[www.aucc.ca](http://www.aucc.ca)




**To Get Information About:**

Applying Online to Universities/College in B.C. - [www.applybc.ca](http://www.applybc.ca)

Applying to Universities in Ontario - [www.ouac.on.ca](http://www.ouac.on.ca)

Transfer Guide/Admission Guide - [www.bccat.bc.ca](http://www.bccat.bc.ca)

**Tip**   
Have a dynamic, up-to-date resume, before you leave



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

**YES!**

**L.P.I.** - Language Proficiency Index is used by some college and universities to assess language skills. Check to see if you are required to take this before you register in a college or 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. PMSS offers this test in April. Register online, [www.lpitest.ca](http://www.lpitest.ca), 2½ weeks before the exam.

**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.** - The Scholastic Achievement test is required for entry to U.S.A. colleges or universities. P.S.A.T. is a practice S.A.T. This exam is held at PMSS in October and there is a fee involved. Register in the Career Resource Room. S.A.T.'s are offered at several times throughout the year. Check [www.collegeboard.com](http://www.collegeboard.com) for specifics.

**Dollars and Sense**

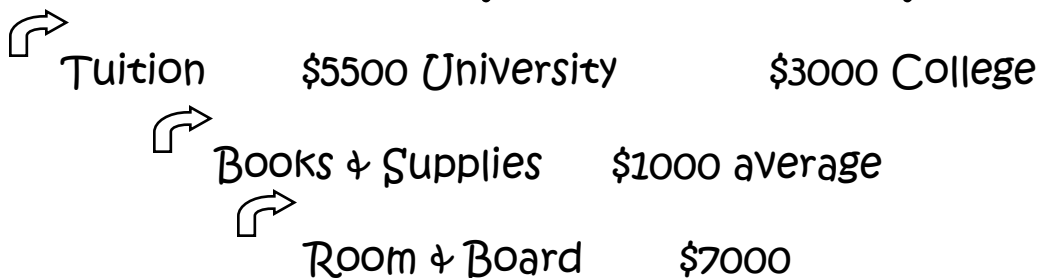
Financing your education is an expensive venture and takes plenty of planning and preparation. It is important to know from the start what costs can be expected and where that money might be obtained. The following is an approximate cost to begin budgeting for your time spent at any of the local universities,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



## English Assessment Tests:

<p><b>TOEFL</b>—Test of English as a Foreign Language          Test centers: Coquitlam, Surrey, Vancouver          \$225 CDN</p>	<p><a href="http://www.ets.org/toefl">www.ets.org/toefl</a>          1-800-468-6335</p>
<p><b>IELTS</b>—International English Language Testing System          Test centers: SFU campus in Vancouver, Burnaby          \$285 CDN</p>	<p><a href="http://www.sfu.ca/ielts/">www.sfu.ca/ielts/</a>  <a href="http://www.ielts.org">www.ielts.org</a></p>
<p><b>CAEL</b>—Canadian Academic English Language Assessment          Test center: Bodwell College, 473 W. Hastings, Vancouver          \$175 CDN</p>	<p><a href="http://www.cael.ca">www.cael.ca</a></p>
<p><b>CPE</b>--Certificate of Proficiency in English from University of Cambridge          Test center: EF International School of English on Granville Street and Global Village on Cambie Street in Vancouver</p>	<p><a href="http://www.cambridgeesol.org/exams/cpe.htm">www.cambridgeesol.org/exams/cpe.htm</a></p>
<p><b>CELP</b><b>IP</b>—<b>Academic</b> —Canadian English Language Proficiency Index Program          Test center: UBC Vancouver campus and Columbia College, Vancouver          \$250 CDN</p>	<p><a href="http://www.ares.ubc.ca/celpip/">www.ares.ubc.ca/celpip/</a></p>
<p><b>MELAB</b>—Michigan English Language Assessment Battery          Test center: Ashton College, Sprott Shaw &amp; UBC Campus          \$120 CDN writing only          \$180 CDN writing and speaking</p>	<p><a href="http://www.isprottshaw.com/pages/melab">www.isprottshaw.com/pages/melab</a></p>

<p><b><u>BCIT accepts:</u></b>          TOEFL          IELTS</p>	<p><b><u>UBC accepts:</u></b>          TOEFL          IELTS          CAEL          CELPIP          CPE          MELAB</p>	<p><b><u>SFU, Douglas College accepts:</u></b>          TOEFL          IELTS          IBT</p>	<p><b><u>UVIC accepts:</u></b>          TOEFL          IELTS          MELAB          CAEL</p>
--	---	---	---

\*check with the schools for scores required for admission\*

# Scholarships



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

Major entrance scholarship applications begin arriving at the school in January. UBC and SFU entrance scholarship deadlines are in February.

Government student loan should be processed online at [www.bcsap.bc.ca](http://www.bcsap.bc.ca) in the late spring.

## Tip

Scholarships are open to all! (Don't feel like you have to be a brain.)

## SCHOLARSHIP SITES

(log in as School District 43)

[www.schoolfinder.com](http://www.schoolfinder.com)

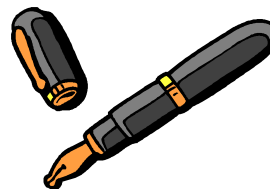
[www.scholarshipscanada.com](http://www.scholarshipscanada.com)

[www.canadian-universities.net/index](http://www.canadian-universities.net/index)

[www.canlearn.ca](http://www.canlearn.ca)

[www.studentawards.com](http://www.studentawards.com)

[www.bced.gov.bc.ca/awards](http://www.bced.gov.bc.ca/awards)



## U.S. Financial Aid/Scholarships

[www.collegeboard.com](http://www.collegeboard.com)

[www.usastudyguide.com/Financial\\_aid](http://www.usastudyguide.com/Financial_aid)

[www.finaid.com](http://www.finaid.com)

[www.edupass.org/finaid/](http://www.edupass.org/finaid/)



## Scholarships and Financial Aid

Students who plan to apply for scholarships and bursaries need to check the Daily Times, the Career Center Newsletter "THE BULLETIN", the internet and the scholarship files in the Career Center, Room 3065. There are hundreds of scholarships available each year, and they all have different application dates and criteria. Students must make themselves aware of

# Grad Information

## Dinner / Dance

The dinner/dance takes place on Saturday, June 2<sup>th</sup> at the Renaissance Vancouver Hotel Harbourside from 6:00 to 11:30 pm. Tickets go on sale in April.



## Commencement

Commencement is a school leaving ceremony and will be held at 11:00 am. on Saturday, June 16<sup>th</sup> at the Orpheum.

## After Grad Party

All students are encouraged to attend. The event includes thousands of dollars in prizes and is always a big success!



## Awards

Available awards include Semester Honor Roll (acknowledged at the end of each semester), Graduation with Honours (acknowledged at the commencement ceremony) and Year-end Honour Roll, Departmental Curricular Awards, Trustees Trophy (top Grade 12 academic student), Senior Blues Award (excellence in service and leadership) and Senior Phoenix Award (top overall student) - all acknowledged at our annual year-end awards ceremony. Our awards ceremony takes place on Wednesday, June 6<sup>th</sup> at 7:00 in the school gym. Award winners will be contacted prior to the ceremony, and parents are encouraged to attend.

## 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 3 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 2012

Graduation portrait sittings for Grade 12 students are scheduled for November 22<sup>nd</sup> to 27<sup>th</sup>. 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 School. Weekend sittings are available from 9:00 am to 9:30 pm.

Sittings are scheduled by appointment only. Reserve your sitting time by logging on to Artona's web site at [www.artonagroup.com](http://www.artonagroup.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 2012 Graduation Composite.
- 5 x 7 Convocation photograph of you receiving your diploma.

Please make sure to pick up the "How to Prepare" brochure in the school office or visit [www.artonagroup.com](http://www.artonagroup.com) for more information.

Artona Group Inc.  
353 West 7<sup>th</sup> Ave.  
Vancouver, BC V5Y 1M2  
Phone: 604 872-7272 Website: [www.artonagroup.com](http://www.artonagroup.com)

**It is essential all graduates be photographed to ensure the entire 'Class of 2012' is included in the yearbook and composite. There is no charge just to have your picture taken. Please make your sitting appointment early and be prompt for your appointment.**



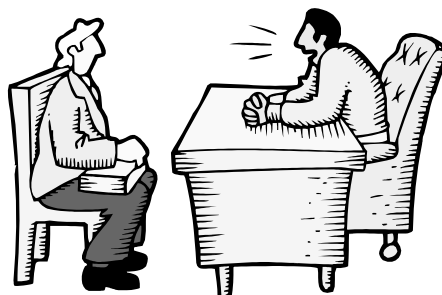
## Best Ways to Find a Job

- 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 the Yellow Pages to identify potential job leads on your own or with others.
- 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 the Amount and Kinds of 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.