



GETTING READY FOR POST SECONDARY: College & University

Once students reach this level on their educational path, they should be prepared for admission to post-secondary school. Below is a breakdown of what the student can expect to be doing to prepare for post secondary and what the Garden River First Nation Post-Secondary Education Counsellor can assist you with once you are ready to apply for post secondary sponsorship.

THINGS STUDENTS TO DO TO GET PREPARED FOR POST SECONDARY STUDIES :

1. **Select your high school courses carefully.** You will need to review and research what you will need to study in order to help you toward your future study/career requirements. For example: a nursing career - you will need to take sciences (chemistry and biology) at the Grade 11 and 12 level.
2. **Not sure what you want to do?** Then complete interest testing, skills and aptitude testing, career counselling and planning to help you determine what your career will be. (eg. Career Cruising or Choices software may be available right at your high school or online)
3. **Get work experience, or do volunteer work** in your area of interest to help you in your career planning. (eg. Volunteer at your local day care if you are interested in ECE). By volunteering in your field of interest, you will be better prepared to make an informed decision on your future career.
4. **Determine your post-secondary destination...**will it be an Apprenticeship? College? University? Research and select the schools you would like to attend.
5. **Apply to the post-secondary institutions** by completing the required applications ALWAYS keeping in mind the deadline dates (College - OCAS or University - OUAC applications). This is usually done in late Fall with the help of your high school guidance counsellor.
6. **Look at your financial picture.** Plan to save for your school years, as the assistance you will receive from GRFN typically will not be enough to live on.
7. **Decide whether you will live in residence while at school or rent an apartment or try to move in with family/friends.** Research and compare all costs: do you have to buy a meal plan? how much is it to rent an apartment? can you cook for yourself? How much will your family/friends charge you for rent? What will the rent fee include?
8. **Apply for Garden River Post-Secondary Sponsorship by required deadlines.** Submit all documents to the Education Unit as they become available to you.

Things the GRFN EDUCATION UNIT does once you have applied for Post-Secondary Sponsorship:

1. Assist students with our application process for financial assistance, and process their applications. Provide an orientation session with first time approved students to review services provided, rules and guidelines, and to outline the students' responsibilities.
2. Accountability activities which involve monitoring the students who are approved for sponsorship. This includes once a semester contact at a minimum with all students, monitoring all documents required to maintain eligibility, reviewing schedules, grades and doing appropriate follow-up.
3. Student support provided to individual students as required. This can involve referrals to other agencies that may be able to assist the student and options students may consider to resolve their specific needs.
4. Due to time constraints we provide limited, general information to students regarding other application processes such as College/University Admissions, Ontario Students Assistance Program (OSAP), and various scholarship applications.
5. To a limited extent, participate in community initiatives such as career fairs. Network with other organizations on post secondary information. Promote post secondary awareness with elementary/secondary school students.

KEY MESSAGES FOR PARENTS:

- Regular attendance and good study habits early on help build a solid foundation for future learning.
- Encourage your child to be the best that he or she can be - so that no door will be shut to them.
- At least once a month ask your child - What do you want to be when you grow up? What do you have to do to learn to do this? This will help build the mind set for education and career planning.
- The earlier a student prepares and plans for their education and career, and the more informed they are, then the easier it will be for them to make informed career decisions.
- If you child has an IEP at elementary or high school, teach them what this means. It is very important that your child understands their own learning needs so that they can learn to be their own best advocate.
 - Get copies of the latest IEP from the high school.
 - Ensure your child leaves high school with an updated Psychological Educational Assessment. The IEP will start the process at college and university for accessing additional services, supports, resources and to get accommodations but it is preferred that they start college or university with an updated the Psycho-Educational Assessment. Please contact Sherri Kitts, GRFN's Education Support Services Coordinator, skitts@gardenriver.ca or 705-946-3933 ext. 217 to arrange an updated Psychological Educational Assessment if this has not been done in the last 5 years.
- Begin an education savings plan. Funding through Garden River Education Unit is limited. There is never enough money to fund all eligible students. Most students who receive funding also take out student loans or work to cover all costs.

KEY MESSAGES FOR ELEMENTARY/HIGH SCHOOL STUDENTS:

- Helpful ways to finding a career and educational path
- Develop a profile - Keep a file or portfolio of the following for your future resume, scholarships/bursaries and awards applications, etc:
 - Interest and skills quizzes
 - Formal and informal assessments
 - List activities and whether it was liked or disliked
 - Work and volunteer
 - List of occupational options
- Research a program and eligible publicly funded college or university that will coincide with your aspirations and aptitudes and provide you with employability in your chosen field upon graduation
- If you had an IEP at elementary or high school, it is in your best interest to learn what this means to you and how you learn. You need to understand your own learning needs so that you can learn to be your own best advocate.
 - Get a copy of your latest IEP
 - Before you leave high school, make sure that you have an updated Psych-Educational Assessment. The IEP will start the process at college and university for accessing additional services, supports, resources and to get accommodations but it is preferred that they start college or university with an updated the Psycho-Educational Assessment.
 - Talk to your guidance counsellor or Sherri Kitts, GRFN's Education Support Services Coordinator, skitts@gardenriver.ca or 705-946-3933 ext. 217

Consider schools that:

- Will provide student support services required for success (ie. School size, Aboriginal student services, admission requirements, Accessibility and special educational needs, etc)

Additional things to consider:

- How much money does a professional in the field make?
- How long does the program take to complete?
- For education - bottom line - High school courses and grades really do matter!!

Did you know...

- Students must select Grade 9 courses in Grade 8
- Course choices in Grade 9 and 10 effect your choices available in Grade 12 which will effect your choices in college and/or university
- The course selections you make now are dependent on your destination!
- Gear your selections to your post secondary destination. Potential post secondary destinations:
 - Apprenticeship
 - Workplace
 - College
 - University

Levels of study in high school:

- College - applied courses 'C'
- University - academic courses 'U'
- University/College - Open 'M'

Facts about high school that you need to know!

- To receive an Ontario Secondary School Diploma a student must;
 - Complete 30 credits (18 compulsory and 12 optional)
 - Pass grade 10 literacy test
 - Complete 40 hours of community involvement activities

Application to an eligible publicly funded college or university:

- Grade 11 marks will be considered for admission
- Be aware: Not having completed Grade 12 required courses for admission to College or University by February can (or completed by the time you graduate), in some cases, will be a disadvantage
- Equal consideration deadlines to apply to eligible publicly funded college/university in Ontario:
 - OCAS - Feb 1st
 - OUAC - Jan 11th

"BUT I don't know what I want to do!"

- Keep your options open by taking the highest level high school courses if you can
- Take math and science courses throughout high school
- Take academic level courses that will meet entry requirements to college and university
- Get volunteer/work experience in areas that interest you to help guide you with your important career decisions - Co-op can help with this.
 - Think you want to be a teacher? Or work with kids?
 - Volunteer at a Day Care or at an elementary school
 - Think you want to be a Police Officer?
 - Find out how to be a volunteer Cadet with a police service
- Talk with your guidance counsellor
- Ultimately, if you are not ready to move up to college or university, it is okay to stay in high school for another year to take the courses that you need for your college/university program
- Sources of additional funding (Note: The funding you receive from GRFN will not cover all of your actual costs while you are at college or university.)
 - GRFN Post-Secondary Funding
 - Personal Savings
 - Registered Education Savings Plan (RESP)
 - Ontario Student Assistance Program (OSAP)
 - Scholarships, Bursaries and Awards
 - Work study programs
 - Bank loans
 - Private sponsors