



PLANNING FOR A POST-SECONDARY EDUCATION....

- ARE YOU GRADUATING FROM HIGH SCHOOL THIS YEAR?
- ARE YOU READY TO PURSUE YOUR COLLEGE/UNIVERSITY EDUCATIONAL GOALS?

Although it is still summer, with this being your last high school year, you have some very important decisions to make very soon....**should you go to COLLEGE OR UNIVERSITY? And what do you want to take?**

Choosing the right college or university is an important step for YOU, one that will help shape your future. Now is the time to :

✓ SOUL SEARCH / SELF-ASSESSMENT

- Before you can make a career decision, you need to learn about yourself.
- Self-assessment is a process by which you learn more about yourself -- what you like, what you don't like, and how you tend to react to certain situations. Knowing these things can help you determine which occupations and work situations could be a better fit for you.
- You will spend a substantial portion of your life at work. Why not make that time as professionally and personally rewarding and fulfilling as possible? You have nothing to lose, and potentially a great deal to gain, by spending time exploring your interests, values, and options *before* you choose a program and college/university.
- Take a career test. Your Guidance Counsellor should have one available for you to take and/or there are many free ones available online. The key to getting the best results is to be as HONEST as you can be when answering each question. i.e. Don't say you are outgoing, if you aren't; don't say you like working with people, if you like working with machines; etc...

✓ RESEARCH

- visit the schools' websites and read the programs *that interest you*, check admission requirements
- explore the occupations that you came up with, **what do they really do?**
- **volunteer somewhere that you can get first hand experience for your career choice**
- **Co-op?** Make sure you pick somewhere that you are interested in
- **Community Hours - do you have enough?** Volunteer at an agency/business/etc that can help you narrow down your career choices

✓ PLAN for your choices

- not all schools and programs are eligible for sponsorship from Garden River
- make sure you are taking the proper courses at the proper level to meet the admission requirements for the programs and schools that you are interested in

Talk to your family, friends, your high school guidance counsellor, your very own Garden River High School Liaison Worker, Chris Solomon Jr., and/or call me, Anne Marie Jones, Post-Secondary Counsellor. We are all ready, willing and able to help you make an informed decision. This means researching your choices for school and their programs. The good thing is that there are many additional resources out there to help you make this IMPORTANT decision. The internet is an excellent tool to help you search for information on schools and programs...visit the following websites for valuable tips, links and other information:

www.ontariocolleges.ca

www.ouac.on.ca

If you do not have access to the internet, you can pick up a hard copy of a school's calendar (lists all programs, with admission requirements, etc.) at your high school or from my office.

Once you have researched carefully and decided what you want to take and where you want to go, your High School Guidance Counsellor will be helping you to complete the Ontario College or University Application Service application at your high school.

IMPORTANT:

Application for Post-Secondary Sponsorship from Garden River

Deadlines are strictly adhered to!

In addition to the application to the schools through OCAS and OUAC, *you must* complete your Application for Post-Secondary Sponsorship from Garden River. Once you have **completed both applications** and you have received the "Acknowledgement Letter" from either OCAS or OUAS, GRFN will reimburse your cost for the application.

If you are having difficulty making this very important decision, please feel free to contact me, Anne Marie Jones, for assistance. I am here to help you help make informed decisions about your future educational plans and to help you understand how your post-secondary sponsorship works.

Please contact me, Anne Marie at 705-946-3933 ext. 202 when you are ready to complete your GRFN PS Application for Post-Secondary Educational Assistance. If you need any advice on a particular school or program or just want to discuss some of your options, please call me, email me OR drop by after school for a visit.

I look forward to working with you as you prepare for this next important stage in your life.

If you have any questions, concerns about your current schooling or you just want to chat about your educational plan and goals, please come in to see me or call me at the office: 1-866-518-7806 or 705-946-3933 ext. 202 or email me at amjones@gardenriver.ca.

Anne Marie Jones
Post-Secondary Counsellor

