

Planning for Life After High School

Starting in October, each and every potential graduate will have an appointment with a Guidance Counsellor to help ensure that each student is on track for their post-secondary pursuits. To prepare for these appointments, please take some time to consider this planning sheet.



Some students enter their Grade 12 year knowing what they would like to do when they 'grow up', the program they wish to study and even where they would like to attend school. However, many students are very anxious with all of the overwhelming choices and are unsure as to what they would like to do after graduation.

If this sounds like you, please take some time to first consider the following:

- Interests
- Skills
- Unique experiences — travel, mission work, community involvement
- Academic strengths
- Part time/summer employment

To help you discover more about yourself, consider using the following assessment tools online at:

www.careercruising.com
<https://niagaracollege.emsicareercoach.ca>
<http://careerinsite.alberta.ca>
<https://osca.ca/> - Click on the Students link.

Feel free to print out your results and bring them with you to your appointment!



Based on your results from **Career Matchmaker**, or based on your own aspirations, review some of the careers you would like to pursue.

Select the **Careers** link when in CareerCruising.com.

Save to MY IPP when you have located a career in which you are interested. We can review these together during your appointment.

www.apprenticesearch.com is a great starting point for those interested in careers in the trades.

What Are My Opportunities

When you are within the desired **Career Description** in CareerCruising, click the **Education** link. Locate schools and programs that offer the training required to satisfy your desired path. Be sure to save the results to your IPP and double check that you satisfy the admission requirements.

Investigate the different programs offered at colleges and universities:

Colleges— www.ontariocolleges.ca
Universities — www.electronicinfo.ca

Check to see if your career will be in demand at the Canadian Occupational Projection System:
<http://occupations.esdc.gc.ca/sppc-cops/w.2lc.4m.2@-eng.jsp>

What Is My Plan for Achieving My Goals

Consider using the **My Goals and Plans** within your IPP in CareerCruising.

Set Goals!

Attempt to write goals which are SMART:

Specific, Measurable, Action-oriented, Realistic and Timely

Create a Budget!

Consider creating an estimate of your anticipated expenses for your first year after high school.

Research Scholarships/Bursaries /OSAP !

Each and every year, thousands of dollars in scholarships and bursaries go unclaimed because students do not take the time to apply. You owe it to yourself and your parents/guardians to take the time to investigate financial awards for which you may be eligible.