



www.scwea.com

May/June 2018

Looking for some career-focused summer reading/listening?

- Designing Your Life: How to Build a Well-Lived Joyful Life by Bill Burnett and Dave Evans will make for a reflective summer activity.
- Watch some great 'road-trips' on [Roadtrip Nation](#).
- Relevant career-focused articles can be found through online journals, by conducting various internet searches, and through virtual communities such as [www.contactpoint.ca](#).

Begin exploring today!

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Sun West School Division Hosts Career Fair



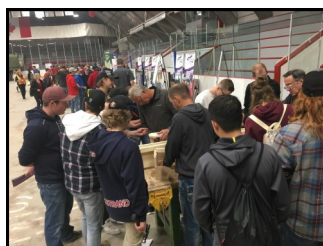
Above: Entrepreneurial focused Keynote Address with PRAIRIE PROUD

Below: Canadian Forces reps share info with students



Above: Student interacting with virtual Autobody simulation tool.

Below: Students had the opportunity to build tool boxes.



Sun West School Division recently hosted the biannual ROADS TO SUCCESS Career Fair for about 600 Grade 10 & 11 students. This career exploration event consisted of an entrepreneurial keynote address by Prairie Proud's Cole Thorpe, a variety of breakout sessions, informational displays, and interactive learning opportunities.

A team of Sun West Leadership Students helped plan this life/career investigation event for their peers. Unique this year was a SKYPE session featuring past Sun West graduates who shared their unique consulting careers. Career Counsellor, Ryan Johnson, hosted a FB Live event featuring our displayers and Kevin Gawletz arranged a panel presentation of past grads who shared stories and tips/tricks about what they wish they knew in high school.

Sun West School Division is grateful for the Involvement of a multitude of people and organizations who offered presentations, created displays, created interactive learning opportunities, and sponsored our event. What a meaningful life/career exploration opportunities for students!

If any questions about this event, please contact Vanessa Lewis, Career Development Consultant, Sun West School Division at: (306) 831-7858 or Vanessa.lewis@sunwestsd.ca

Congratulations to our 2017-2018 SCWEA Student Award Recipients!



SCWEA recently held a student contest in which SCWEA members could nominate a Career and Work Exploration student for an award based on stated criteria. The winners were determined by a random draw with a certificate and \$200 cash prize being awarded to one southern and one northern area recipient.

Congratulations to:

Brody Baumann of Central Collegiate in Moose Jaw.

Marissa Fleury of Charlebois Community School in Cumberland House.

The winners were required to submit a 100-200 word paragraph describing how Career and Work Exploration has benefitted them. Visit our [SCWEA website](#) to view their submissions.

SCWEA Student Awards are yet another initiative brought to you by your friendly SCWEA Executive!



There are many useful resources listed on our [SCWEA website](#) under: **Online Resources and E-NEWS**

Visit us at:
www.scwea.com



Classroom Tools/Ideas

The [Learning Partnership Website](#) has many resources for career-related programs. The [Virtual Reality Workplace Tours](#) along with the many other learnings are worth exploring.

What is Character Day?

Character Day falls on September 26, 2018. If you are looking to incorporate Character Development into your Career Education 6-9 courses, you may want to investigate the amazing resources available at the [Let it Ripple](#) website. A free Character [\(Every\) Day Mobile App](#) is available for download.

Read this article to learn about [Using Skype to Inspire Career Choices](#).



The FREE online STEM CANADA magazine is a fantastic resource for Career Counsellors and Career Education Teachers. This magazine highlights the importance of STEM (Science, Technology, Engineering, and Math). [Back issues](#) available.

[Canada2067 Regional Youth Live Events](#) of 2017-2018 were created to help Grade 9 and 10 students learn about the future of learning, innovation, discovery and work. Recordings can be viewed at the [Canada2067 website](#).



Careering: Canada's Magazine for Career Development Professionals

The Spring-Summer
2018 edition on
Diversity & Pluralism
is now
available online.

Did I mention it's
FREE!?!?



- The Relevance Magazine continues to be an amazing Career Education and CWEX classroom resource. It can now be accessed through the [Saskatoon Industry Education Council Website](#). Back issues are available for free download.
- The resource is extremely classroom friendly and features profiles of numerous Saskatchewan role models. The Job Chart alone is a valuable resource for students and their parents.

Sun West Student Leadership Program 2017-2018

Involvement in the Sun West Student Leadership Program is an excellent opportunity for Grade 8 to 12 Sun West students to meet new people, improve 21st Century Skills, engage in authentic real-world learning experiences, and become future ready! This year, Team Sun West students created an amazing student-led leadership conference for their peers, the Youth Consultation Team investigated three areas of importance to students including Mental Health/Wellness, PeBL, and Learning Environment, the Sun West/Bullis Student Tutor Team connected globally with peers in the USA through a unique partnership opportunity focused on student tutoring/mentoring, and our ROADS TO SUCCESS Career Fair Team helped plan and deliver a meaningful life/career investigation event for peers. Sun West School Division thanks the amazing young leaders who came together in learning and leadership. If any questions about the leadership program, feel free to reach out to Vanessa Lewis, Career Development Consultant.



Financing Your Education

Student Loans and Scholarships



- Furthering one's education is a worthwhile undertaking and planning to finance one's education can take some thought. There are ways students can offset educational costs through scholarships, bursaries, and loans.
- The 2018-2019 [Student Loan](#) information will be available online as of June 25, 2018.
- Scholarship information can be found in many places including local schools, college/university sites, and online. These websites are great starting points for customized scholarship searches:
<http://www.scholarshipscanada.com/>
<https://yconic.com/>
<https://scholartree.ca/>
- This is an important time of year for Grade 11's to begin preparing for the scholarship application process for Fall 2018!



DLC Summer School

Registration Deadline:

June 26th

Summer school at Sun West DLC creates a unique opportunity for learners to recover credits or pick up additional credits in a concentrated period of time.

Only a select number of courses are available for summer session; refer to <https://www.sunwestdlc.ca/courses/summer-school> for a complete course listing. Fees apply.

During the six weeks from July to mid August, students will be responsible to complete all course work and write the final exam.

Due to the intensity of the program, learners will only be allowed to register in one Summer School course.

To learn more, visit the [Sun West DLC website](#) or call (306) 252-1000.



Sun West School Division - Distance Learning Centre

Dual Credit courses are recognized by both high school and post-secondary institutions. Although it is offered at the high school level, a dual credit is actually a college or university class. Typically, it is delivered by a post-secondary instructor with additional learning and technical supports offered by the DLC teacher. These courses carry a heavier workload and assessments are held to a higher standard than in a regular high school course.

All dual credit course materials are accessible online. Course layout and structure will vary as each was developed by a different educator and/or stem from different post-secondary institutions.

These courses require a high degree of independent study with occasional group work that will be coordinated by the instructor.

The opportunity for young people to experience the rigor and intensity of a college or university course before immersing themselves in post high-school environments, helps with transitioning. In addition to the newly acquired knowledge, these learning experiences facilitate the development of effective study habits and time management skills that contribute to success in the post-secondary world.

Dual Credits courses offered through the Sun West DLC abide by a unique schedule and have post-secondary tuition fees attached. Visit the dual credit portion of the [DLC website](#) to learn more about enrolment, pricing, and course schedules.



Contact Conference 2018

Kudos to the Saskatoon Industry Education Council for hosting another successful **Contact Conference** on April 17th and 18th, 2018 in Saskatoon. This year's theme was "Investigate, Educate, Activate". Both days were filled with meaningful learning opportunities for participants.

Sereena Hopkins from the Canadian Career Development Foundation opened the conference with a keynote address focused on "Resilience in Action" in which she identified her Top 10 Resilience Strategies in order to navigate one's life/career. These included:

1. Hope
2. Self Esteem
3. Self Awareness
4. Labour Market Awareness
5. Skills to Enter and Navigate the Labour Market
6. Learning to Learn...Learning from Learning
7. Relationships
8. Support Transitions
9. Real Labour Market Application, Experiential Learning
10. Contributions to Community



The event was filled with amazing learning opportunities.—far too many to share! However, you can find a number of the presentation links at [Contact Conference](#) website. Click on "Speaker Presentations".

Contact 2019 will be held on April 9th & 10th in Saskatoon. The theme is "Your Career...Your Adventure". This is certain to be another positive career-focused professional opportunity for Career Counsellors, Career Education Teachers, etc. **Follow the Contact Conference highlights at:** Twitter: @ContactConf

SCWEA CONFERENCE 2018

October 26, 2018

8:30AM to 4:00PM

Saskatoon, SK



Our SCWEA Executive is busy planning Professional Development Conference to serve the needs of our membership. It is not too late to voice your suggestions. Please reach out to a SCWEA Executive Member if you have ideas to share. Please watch your email and www.scwea.com for updates. **SAVE THE DATE!!**

CANNEXUS 2019

SCWEA is a proud supporting sponsor of CANNEXUS19. Ceric's Cannexus Conference will be held in Ottawa from January 28th to 30th. See [website](#) for details.

What to expect at Cannexus?

January 28-30 janvier 2019
CANNEXUS19
By/Par CERIC



Connect with
1,000+
professionals
from education,
community,
government and
private sectors



Explore
innovative
approaches in
career counselling
and career
development



Dedicated day of
skill-building pre-
conference
workshops with
experts



Be inspired by
world-class
keynotes and gain
invaluable
knowledge from
130+ education
sessions



Fantastic
facilitated
networking
opportunities
with colleagues
across Canada
and beyond



Exhibitor
Showcase
highlighting
programs,
products and
services to help
you in your work



**Know a student who
is a problem-solver
and passionate
about agriculture?**

Talk with them about a new 20 level elective:

Agricultural Equipment Technician 20L

50 hours of theory

40 hours of hands-on learning

10 hours exploring post-secondary

For more information, contact lori.gasper@sunwestsd.ca

or visit **www.sunwestDLC.ca** to register.



DLC

Created in Partnership by:



WESTERN

Student Career News

A few highlights shared by Prairie South School Division's Career Newsletter

1. A reminder to all grade 12's that your [official high school transcripts](#) need to be ordered through the Government of Saskatchewan. Schools can provide "unofficial copies of marks" but the post-secondary schools will be looking for official transcripts. You can send five or fewer copies to different locations (including your home) for a total of \$20.00
2. Students between the ages of 13-17 can explore game development at [Saskatchewan Polytechnic's Plan Program Play](#). This will be taking place in Regina on August 15th-17th and in Moose Jaw on August 22-24th.
3. The [Caring Careers](#) website has everything you'll want to know about starting a career in the disability sector. It has the latest job postings, as well as tools, resources, and videos.
4. Looking for ways to make sure you are safe on the job site plus build the certification section of your resume? **Saskatchewan Safety Council** offers FREE [Career Safety Education](#) training for students ages 14-21. You can enroll anytime. For more information contact cse@sasksafety.org.

Post-Secondary Updates

UNIVERSITY OF REGINA:

- Students attending in the fall are invited to join in the [U of R Orientation](#) activities on September 4. This is guaranteed to be a fun day filled with helpful sessions, food and prizes. This is the best way to begin your post-secondary adventure as it provides opportunities to mix and mingle with students and professors.
- There is a [summer orientation](#) in the evening of August 22 and afternoon of August 23. Please make sure to register for these events.
- The [Summer Bridge Program](#) will give new students a chance to experience the University of Regina campus before the fall semester starts, and will give them an opportunity to develop their academic skills before taking on a full-load of classes. The program incorporates academics, university preparation, and social activities to prepare students to be successful at the University of Regina. The program runs from August 7-30. Students will complete their English 100 course for credit. Cost is \$750 for those students living in residence in the fall and \$800 for those attending but not staying in residence. Book cost ranges from \$100-150.

SASKATCHEWAN POLYTECHNIC:

- Students enrolled in a certificate or diploma program can apply for scholarships starting August 1. The application deadline for these scholarships is September 15.
- [Easy Start Transition Workshop](#) for Students Who Require Accessibility Services will be taking place in Regina on May 31, Moose Jaw on June 1, Saskatoon on June 5. For those attending Prince Albert please contact Chris Tuner, for more information. This workshop will provide students living with a disability information on academic accommodations, documentation requirements, financial assistance and assistive technology.

UNIVERSITY OF SASKATCHEWAN:

- [Orientation](#) for new students will be held on Sept. 4. Students attending the U of S this fall won't want to miss this interactive and fun event. It is the best way to ensure your life as a university student begins on the right track. Registration for orientation will open in August.
- The [New To USASK](#) provides newly admitted students invaluable information on how to register for classes, pay tuition, buy textbooks, access the learning centres, etc.
- New students are encouraged to sign-up for the U of S's [Learning Communities](#). This is a small group of students who are some of the same courses together. Students gather in a weekly Learning Community hour, guided by two student Peer Mentors. They help with connecting with other students with similar interests and goals, developing skills to study more effectively, explore new ideas and interest, and learning from peers in first year and upper years. Students must accept their offer of admission before they can sign-up for Learning Communities. Please register ASAP to make sure you don't miss out.

GREAT PLAINS COLLEGE:

- The deadline for the [Grade 11 Early Entrance Award](#) is June 30. Grade 11 students who apply may receive an additional Early Entrance Award of \$1,000 (must apply before June 30 and have a 70% or higher academic average).
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**SCWEA - Discussion**

Please share your thoughts on page or plan to implement from any venue

For your chance to win a Tim Horton's Gift Card... A random draw will be made from all who contribute ideas to the padlet site by Friday, June 29th, 2018.

Please share your thoughts regarding any of the following topics:

- As we wrap up the 2017-2018 school year, what suggestions do you have for next year's areas of focus for the SCWEA Executive?
- Provide a lesson plan suggestion utilizing the Relevance Magazine 2018.
- Share one idea you plan to implement next year that is inspired by this newsletter.

To share your ideas, go to:

<http://padlet.com/lewey1/8lk3p7lxp7xo>

and double click on the screen. Include your name and your ideas. This is an opportunity to share your voice!

Padlet has a multitude of uses. It is an excellent classroom tool for student voice, collaboration, critical thinking, etc.

Skills Canada Competition

Skills Canada Saskatchewan hosts a provincial skills competition each year with the purpose of bringing together a number of the best high school,

post-secondary students, and apprentices to showcase their skills and knowledge in the skilled trades and technologies. Winners from the Provincial Skills Competition are eligible to compete at the National Skills Competition.

Congratulations to our Saskatchewan participants and to those who medaled at the national level. You should all be very proud of your accomplishments!



Pictures of winners and highlights of the event can be found on the Skills Canada Twitter site at: https://twitter.com/Skills_Canada.

Self-Care for Career Practitioners

Being a Career Practitioner is rewarding but sometimes a mentally and physically draining occupation. Summer is an excellent time to focus on resilience strategies and wellness techniques to support both you and your students. Some places to begin investigating and taking action:

Brene Brown— Video on importance of Joy and Gratitude. Also, visit the **Brene Brown website** for inspiration.

Action for Happiness—a great website for inspiring action to make for a happier world.

Reach Out—a website with resources and ideas to support mental health and wellness including the development of a self-care plan.

Positive Psychology Program—Article on Resilience Training: How to Build Resilient Individuals and Groups.

Taking Charge of your Health & Wellbeing—University of Minnesota Website.

