

## SCWEA

*We support those who influence the life/career investigations of youth.*

*Career Development is infused throughout curriculum with many cross-curricular connections.*



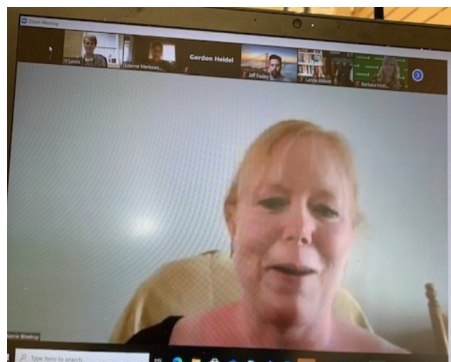
Share this Newsletter with Administration and colleagues in your school & community.

*Encourage others to join SCWEA in Fall 2021!*



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

June 2021



**Your friendly SCWEA Executive:**  
**Connecting, collaborating, learning**  
**new skills, while having fun!**

This has most certainly been a year like no other in terms of education. Through it all, SCWEA Executive continue to connect and collaborate in support of our membership and in furthering the objectives of our professional growth network. We have been exploring what we need to do to accommodate the PGN changes for next school year, creating mini PD's opportunities, sharing ideas for work-based learning ideas during times of Covid-19, and staying connected with like-minded partners.

### SCWEA EXECUTIVE

#### 2020/2021 SCWEA Executive

President: Kerrie Binetruy

Vice President: Vacant

Secretary: Vanessa Lewis

Treasurer: Amanda Ross

#### Directors:

Vivana Ruiz Arcand

Paul Blankestijn

Clarence Neault

Juli Nyiri

Lanna Abbott

Jeff Feeley

Michael Graham

#### Advisory:

Gord Heidel

Leanne Merkowsky

Marlene Flaman-Dunn

#### Ministry Contact:

Barbara McKinnon

## Professional Growth Networks



### Professional Growth Networks Updates and SCWEA

Our STF has been exploring a new vision for professional growth networks and the vision is beginning to take shape. A sub-committee of SCWEA Executive members have explored the renewal plan, considered the impact for the future of SCWEA, made proposed revisions to our constitution in alignment with needed changes, etc.

***Fall 2021 will bring about some changes for STF members as all members will be encouraged to select a Professional Growth Network.***

SCWEA supports all those who influence the life/career decisions of youth. Career Development is infused throughout curriculum with many cross-curricular connections. We serve needs of members including but not limited to Career Counsellors, Middle Level Career Education Teachers, Work-Based Learning Teachers, PAA Teachers, K-12 Teachers, Youth Counsellors, post-secondary institutions, industry representatives, etc.

### SCWEA WELCOMES NEW & CONTINUING MEMBERS IN FALL 2021!

Please choose **SCWEA** as your first "free" choice by the Fall 2021 deadline.

If you have already chosen a PGN to join, please consider joining SCWEA as your second choice for a nominal membership fee.

## SCWEA SNAP CHAT

in support of professional growth and development



To serve our membership during these interesting times, our SCWEA Executive offered a mini professional development session at our AGM instead of an in-person conference. As well, we created a SCWEA "SNAP CHAT" Session in May where we invited members to join us and, if inclined, bring along a resource, idea, activity, website, question, best practice, etc.

Following are a few highlights in case you missed it:

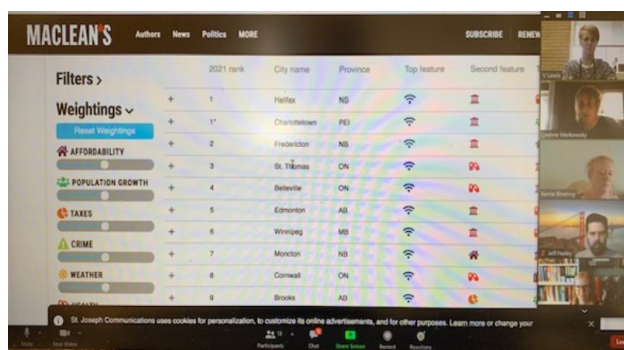
**SCWEA Website:** Visit our SCWEA website for information and updates.

**RDIEC YouTube Channel:** A must view site for Students, Parents, Career Counsellors, Career Education Teachers, Grade 7-12 Teachers, etc. The channel contains Saskatchewan-focused Career Spotlights.

See the amazing **Battle River School Division Career Development Website** or **Lumsden High School Career Website** for inspiration and ideas.

**Maclean's City Review** — Great site if helping students explore budgeting or costs of living. A good sight to investigate if students are considering moving to various parts of our country following graduation.

**Prairie South Student Newsletters** — Our friends at Prairie South SD compile incredible career-related newsletters for students. As well, they share a number of timely pieces of information with students, some of which they have graciously shared for use in our SCWEA eNews (see pages 14-20).



**Sun West School Division** — The Career Development Team worked collaboratively to create Guidelines and Considerations for Work-Based Learning Placements during times of Covid-19.

## CERIC Website

The CERIC website contains a wealth of Career Development related resources including access to many free webinars.

<https://ceric.ca/>  
<https://ceric.ca/ceric-events/webinars/>



## Financial Planning & Career Development

It's never too early to teach students about budgeting. Whether they want to buy the latest iPhone, a new skidoo, flowers for their favorite teacher, or their first car – they will need money! If they learn how to budget wisely, they will be able to save money and get a step closer to their dreams.

Here are some resources to use with your class to inspire them to budget.

Most include a teacher's guide and fun activities!

### Smart About Money (you have to register – but it is free)

<https://www.smartaboutmoney.org/>

This is an excellent resource to get the conversation started in the classroom.



### Finance in the Classroom

<https://financeintheclassroom.org/>

Ideas for grades K – 12, but US based. There are tons of activities, games and online tools.



### Inspire Financial Learning

<https://www.inspirefinanciallearning.ca/>

Complete lesson plans with activities and printables.



Ontario Teachers' Federation (OTF)

INSPIRE FINANCIAL LEARNING.ca™

### Practical Money Skills

<https://www.practicalmoneyskills.ca/>

A variety of games and resources to suit various grades.



### Everfi

<https://everfi.com/>

You have to sign up – but it is free. This is a great resource for teaching online OR you can print off the lessons and go step-by-step in class.



Teachers Pay Teachers also has some great resources and one I would recommend for middle years is Kathy Cothran's "What Will I Be When I Grow Up?"



## Job Shadowing: Looking for a cool way to introduce job shadowing?



Check out the Corner Gas episode where two students try out a job shadow with Brent and Lacey. You will find it here: <https://solarmovie-free.com/tv-show/corner-gas-season-4/cKhYxhpT/cNMKKSry/diOLaEwe-watch-online-for-free.html>

Another humorous option is Kelso (from That 70s Show) who does an interview to learn more about a career. It can be found at: <https://www.youtube.com/watch?v=TdqRqRXeS-Q>

## The Future of Work

This is a great video to show students to discuss the future of work. It is especially interesting now that it is four years old and COVID has struck. Look how things have changed in just one year? What next? It is a great opener for students to continue envisioning the future.

### The 5 Trends Shaping the Future of Work

<https://www.youtube.com/watch?v=LrhmHbDLM8o>





# SCWEA Awards

## Award of Excellence

Every year the Award of Excellence is presented to the SCWEA member who has made the most outstanding contribution to the development and promotion of Career and Work Education in Saskatchewan. This year's recipient **Barbara McKinnon** has served as an advisor on the SCWEA executive for many years.



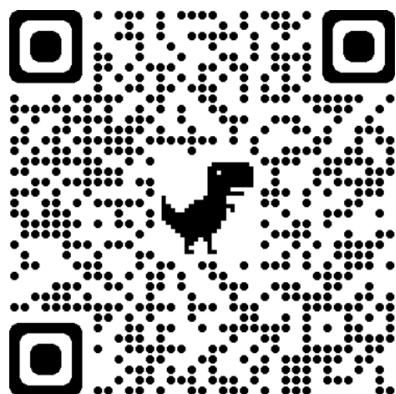
## Recognition of Service Award

The SCWEA Recognition of Service Award is presented to a member who has made recent and present contributions in support of Career and Work Education in our province. This year, we are honoured to present the Recognition of Service Award to a long-time supporter of SCWEA and current executive member – **Sergeant Juli Nyiri**. For those who do not know Sergeant Nyiri, she has been an incredible champion of SCWEA through the years as a Canadian Forces Recruiter and as an active executive member. Through her role with the Canadian Forces, she supports young people who are interested in learning more about the numerous opportunities available. She shares her knowledge about the various ways to become involved with the forces, its benefits, and support students/families with the decision making process.



## Friends of SCWEA Award 2020

The Friends of SCWEA Award is presented to non-educators who assist in the development and promotion of Career and Work Education in Saskatchewan. It is a great honour to present the Friends of SCWEA Award to **Lloyd and Sandy Giles of Giles Midtown Auto Body**. Giles Midtown Auto Body is a family owned and operated business in the small yet vibrant rural community of Elrose, Saskatchewan. This year marks an incredible milestone for owners Lloyd and Sandy Giles as they celebrate 50 years of service to Elrose and area communities. Congratulations on 50 years of service and thank you for your commitment and support of youth through Career and Work Education experiences.



To learn more about our deserving  
SCWEA Award Recipients,  
please visit our website at:

<http://www.scwea.com/scwea-awards-2020/>

# Student Awards



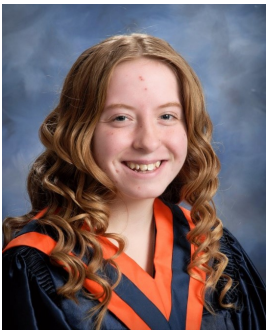
In 2021 SCWEA provided two awards of \$200 each to two graduating students (one in the northern area of our province and one from the southern area). **Members of SCWEA may nominate one CWEx student for this award.**

Criteria include:

- \* The student must have achieved or be in progress to earn a credit in a CWEX 10, 20, A30 or B30 class.
- \* The student must be graduating in the year the award is given.
- \* The student must have represented themselves well both in class activities and in their work placement.
- \* The student should have shown considerable development in the classroom and potential in regards to the foundational objectives of Career and Work Exploration with particular emphasis on:
  - \* Development of their personal goals and characteristics in understanding themselves and the changing world around them.
  - \* Demonstration of personal accountability, communication and networking skills.
  - \* Recognition of transferable and employ-ability skills and the wide scope of career opportunities.
  - \* Responsible participation in their work placement in a safe and healthy manner.
  - \* Progress in the development of a career and/or work portfolio.

## Congratulations to this year's SCWEA Student Award Recipients!

### Nevada Tommy Douglas Collegiate



Many people believe that we “don’t learn anything in school” and that it’s a “waste of time.” Personally that information is one hundred percent false, every class has information to take away from it no matter what. I have sat through math, science, and english classes but none of them have taught me as much as my career classes have. When asked to answer the question; How has my Career and Work Experience Class prepared me for the future after high school? I got excited, I’ve been waiting for a chance to answer that question. Last year sadly due to COVID-19 I was unable to complete my placements but I was lucky enough to have the opportunity to work in the establishment for four days and it was incredible; it taught me what career path I want to pursue after high school and what it will look like once I start. The Career and Work Experience class has prepared me for so much after high school I don’t even know where to begin. It has shown me simple skills like creating a portfolio to keep all work related things in one spot, as well as what an interview will look like and how to create a resume as well as a cover letter, we have also

learned about workplace safety by completing the WHMIS Certificate. This year I took Career 20 in hopes that the virus would calm down and would be able to be put in another placement to get more experience but sadly that was unable to happen and the class became a PAAS 30. At first I was debating even staying in the class until I was informed of what we would be learning. This class has taught me more about student loans, credit cards, good credit and bad credit, what experiences you will see when you move out, how to manage time, and so much more. I’m able to put all of what I’ve learned into my future after high school. Yes, in school you learn how to solve problems in things you might need down the road but in a Career and Work Experience class you have the opportunity to learn things that can help you on a day-to-day basis.

### Katie South East Cornerstone Public School Division



We all ask ourselves “what do I want to be when I’m older?” and never truly find an answer or an honest response. Career and Work Experience class not only prepares me for life when I’m an adult by making a resume, creating a portfolio and being submerged into the work force. The class itself prepares me mentally by putting me in the shoes of an adult to some degree which I appreciate immensely. Being a student is hard but being an adult is even harder with many obstacles, challenges and changes awaiting me in the future. Career and Work Experience class provides me understanding of the workplace, prepares me for my bright gleaming future, and helps with answering the hard question of, “what do I want to be when I’m older?”

## Scholarship Application Tips for Students:

**Do your research!** There are scholarship opportunities for almost everyone! Make time to investigate by talking to your Career Counsellor, parents, visiting related websites, etc. There are still scholarships available for this year's graduates. As well, next year's Grade 12 students should be investigating now!

<http://www.scholarshipscanada.com/>

<https://yconic.com/>

<https://scholartree.ca>

<https://atila.ca/>



## An Example of a Few Upcoming Scholarships:

July	<a href="#">Municipal Hail</a>	\$1,000	Copy of enrolment in a SK university or technical institution. Copy of grades.
July 15	<a href="#">Valour Canada History &amp; Heritage Scholarship</a>	1 * 750 1 * \$1,500	Awarded to post-secondary aspiring Canadian High School Students. Provide a short paragraph explaining why you are applying for the scholarship. Essay Youtube compatible video about your chosen memorial or monument.
July 31	<a href="#">Disability Credit Canada</a>	\$1,000	500-700 word essay on the topic of How your disability has shaped your decision to study your program of choice. Entering field of health care, criminal justice, or community/ social services. Documented proof of disability.
July 31	<a href="#">Electronic Recycling Association Scholarship</a>	\$10,000	Create a marketing plan and host an e-waste collection event in your area.
Aug 1, Nov 1, Feb 1	<a href="#">Indspire Scholarships</a>	Various	For Indigenous students enrolled in full time post secondary studies in eligible fields of study.
Aug 7	<a href="#">Grand Lodge of Saskatchewan</a>	Various Awards	Various Criteria
Aug 27	<a href="#">Marlene Forden Memorial Scholarship</a>	\$500 - \$1,000	How has multiple sclerosis affected your life? 2 references.
Aug 28	Jack Moore Memorial Scholarship and Burgess Bursary Saskatchewan Command	10 scholarships 10 bursaries \$500 each	Students may apply for scholarship, bursary or both. Must be: Resident of SK A child, grandchild or great-grandchild of current or former serving member of Canadian Armed or Allied Forces or RCMP; and entering first year of post secondary education.
Aug 31	<a href="#">Saskatchewan School Boards Association Education Scholarships</a>	\$2,500 (degree) \$2,500 (technical/ trades)	Recipients are selected based on good character, community leadership and financial need. 500 word essay
Aug 31	<a href="#">Saskatchewan Hockey Association</a>	Min 11 * \$1,000	Must have been registered for 3 years in good standing in the SHA and planning to attend a Saskatchewan based university of college within 4 years of the grant. For registered members (male and female) of the SHA including coaches and referees.
Aug 31	<a href="#">Haywood Hunt Annual Scholarship</a>	\$1,250	Create a 500-1000 word post about "The top 5 most effective ways that law enforcement has embraced the internet and social media to fight crime."

## GeoExplore Saskatchewan | Free online resources for teachers

This new website was developed in partnership by the *Saskatchewan Geological Society*, as well as the *Association of Professional Engineers and Geoscientists*, with support from other agencies including the *Saskatchewan Geological Survey*, *U of S*, *U of R*, and the *Saskatchewan Mining Association (SMA)*. It is the DIGITAL [Saskatchewan Geological Highway Map](#) PLUS SO MUCH MORE (think multiple GIS layers).

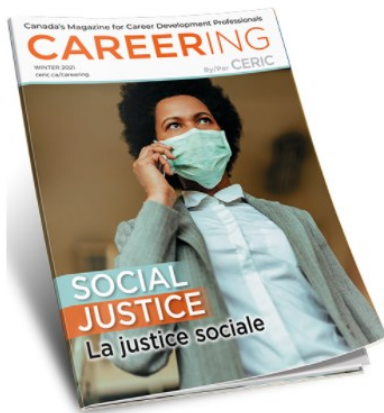
It is a great free resource for many grades, including grades 4, 7 and Energy and Mines 30, is hands on and can be integrated into many other subject areas.

### LESSON PLANS

Teachers can access any of our **free, curriculum-correlated lesson plans** anytime on the SMA website at <http://saskmining.ca/Mines-in-Saskatchewan/Lesson-Plans>.

### EXPLORE A CAREER IN MINING

<http://saskmining.ca/Mines-in-Saskatchewan/EFM-Career%20Profiles>



## Careering

Canada's magazine  
for Career Development Professionals

Most recent Careering issue at:

<https://ceric.ca/careering-magazine/winter-2021/>

Past issues of Careering at:

<https://ceric.ca/careering-magazine/> :

For FREE!!

## Relevance Magazine

Relevance 2021:  
A Brave New World

<https://contact360.ca/relevance/>



## Facilitator Guide

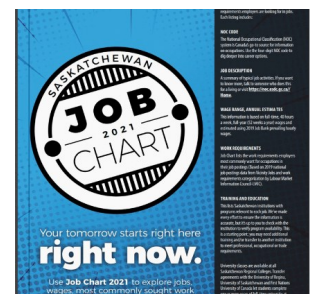
Discussion Guide with lesson plans, ideas and resources for your classroom.

<https://contact360.ca/wp-content/uploads/2020/11/>

[Relevance-2021-](#)

[Discussion-Guide.pdf](#)

A Student Fav!







# SO MUCH CHOICE

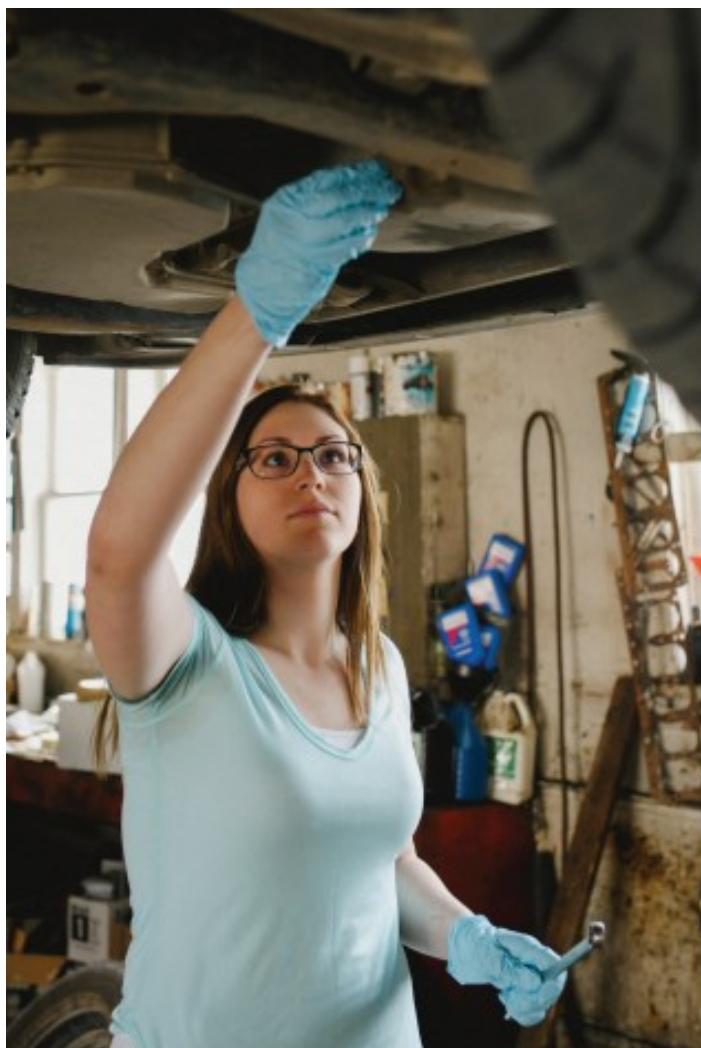
## Grade 10 - 12 Course Directory

4th Class Power Engineering	Foundations & Pre-Calculus 10
Accounting 10, 20	Foundations of Math 20, 30
Ag & Sustainable Food Production 10L, 20L	Graphic Arts 20
Agricultural Equipment Technician 20L, 30L	Health Science 20
Animation 20L, 30L	History 10, 20, 30
Astronomy 20L	Information Processing 10
Autobody 10, A20, B20	Interior Design 30
Biology 30	Law 30
Calculus 30	Leadership 20L, 30L
Chemistry 30	Life Transitions 30
Christian Ethics 10	Math Workplace & Apprenticeship 10, 20, 30
Communications Media 10	Mechanical & Automotive 10, A20, B20, A30, B30
Computer Science 20	Mental Wellness 30L
Construction and Carpentry 10, 20	Native Studies 30
Cow/Calf Production 10, 20, 30	Paleontology 20L
Creative Writing 20	Parts Technician 30L
Drafting & CAD 10, 20, 30	Photography 10
Earth Science 30	Physical Science 20
Electrical & Electronics 10	Physics 30
Environmental Science 20	Pre-Calculus 20, 30
Entrepreneurship 30	Psychology 20, 30
ELA A10, B10, 20, A30, B30	Science 10
Equine Studies 10L, 20L, 30L	Special Project Credit 10, 20, 30
Exercise Science 30L	Visual Arts 20, 30
French 10	Welding 10, 20
Field Crop Production 10, 20, 30	Wellness 10
Financial Literacy 20, 30	
Forensic Science 20L	
Food Studies 30	

*We also offer dual credit courses.  
Visit [www.sunwestDLC.ca](http://www.sunwestDLC.ca)*







### Did You Know?

You may be eligible to take electives in areas you are passionate about even if they are not offered at your grade level? As long as there are no prerequisites for the course (or you already have credit for the prerequisite) you can take courses at the 10, 20, or 30 level regardless of what grade you're in.

### Fits in Your Class Schedule

Turn your spares into online learning time and explore interests or career options while still in school. You will receive credits on your transcript - the same as you do in your school.

### Supports to Keep You on Track

DLC teachers are here to work with you and your school to help you achieve your goals.



## HOW TO APPLY



1

Talk to your school's career guidance teacher or principal about your interest in a DLC course.

2

Head to [sunwestDLC.ca](http://sunwestDLC.ca) to create your account.

3

Once approved, choose your course to get started!



IF YOU'RE INTERESTED, SO ARE WE


306-252-1000

[WWW.SUNWESTDLC.CA](http://WWW.SUNWESTDLC.CA)

# Regina District Industry Education Council (RDIEC)

## YouTube Channel

It was a challenging year to move from all in-person programs, to all virtual, but out of challenge comes opportunity. By moving to virtual Career Spotlights we eliminated the barriers of distance for students, scheduling conflicts, capacity limits, and opened up opportunities to profile career pathways that could never be accessed through a Career spotlight in person. Moving to a virtual platform allowed us to expand our reach to cover almost all of southern Saskatchewan. The RDIEC team had a very productive year producing over 100 Career Spotlight virtual presentations profiling occupations from more than 22 different sectors/categories. Presenters were sourced primarily from people living in or hailing from Saskatchewan. Several video series were also produced focussing on Safety, Entrepreneurship, Technology, Parents as Career Coaches and Indigenous Presenter Series. The video playlists are organized by sectors helping users to select a presentation of interest very quickly and can be accessed on the RDIEC YouTube Channel. Although everyone is looking forward to getting back to in person Career Spotlights, with over 17000 views virtual spotlights will continue be produced next year. Hybrid Career Spotlights will be offered in-person and virtually, so that any student will be able to participate.

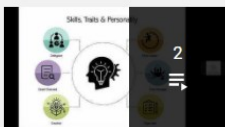


Regina District Industry Education Council  
94 subscribers

SUBSCRIBE

HOMEVIDEOSPLAYLISTSCHANNELSDISCUSSIONABOUT

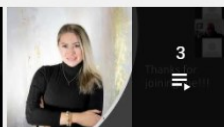
Created playlists



2

Construction

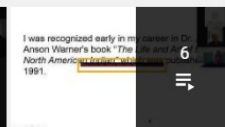
VIEW FULL PLAYLIST



3

Oil & Gas


VIEW FULL PLAYLIST



6

Indigenous Presenter Series


VIEW FULL PLAYLIST



4

Sport & Recreation

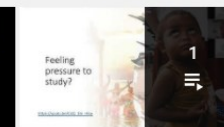
VIEW FULL PLAYLIST



3

Journalism

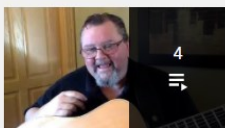
VIEW FULL PLAYLIST



1

Travel

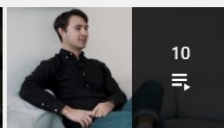
VIEW FULL PLAYLIST



4

Arts & Culture

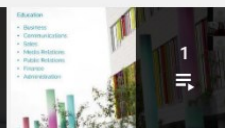
VIEW FULL PLAYLIST



10

Sask. Tech Series


VIEW FULL PLAYLIST



1

Community Service


VIEW FULL PLAYLIST



15

Agriculture

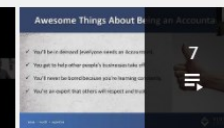
VIEW FULL PLAYLIST



7

Grade 9 Safety Fair

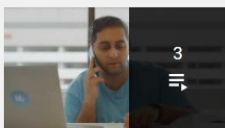
VIEW FULL PLAYLIST



7

Business

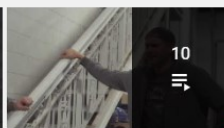
VIEW FULL PLAYLIST



3

Financial Literacy


VIEW FULL PLAYLIST



10

Entrepreneurship Series

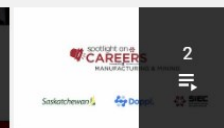
VIEW FULL PLAYLIST



20

Trades


VIEW FULL PLAYLIST



2

Manufacturing & Mining


VIEW FULL PLAYLIST



6

Engineering

VIEW FULL PLAYLIST



4

Education, Law & Government

VIEW FULL PLAYLIST

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## Middle Level Summer Skills Camps



The Middle Level (Grade 7 – 9) Skills Camps will be hosted this year August 16 – 20. This year we are pleased to partner with Skills Canada Saskatchewan to offer Photography, Computer Gaming, Electrical/Electronics, Cosmetology, Welding, Culinary Arts, Robotics/3D Printing and Small Engines. Students will be required to complete preliminary safety training before tackling a variety of hands-on activities designed to develop basic skills and introduce them to a targeted career area. Please note that the deadline for registration for the camps has been extended to June 24, 2021. For more information on the camps and to find the registration forms please visit <http://www.rdiec.ca/summer-skills-camp>.

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## Summer Apprenticeship Program (SAP)

Did you know you could earn credits while getting paid? This program focuses on grade 10 and 11 students looking to explore occupations in the trades. The students will have the opportunity to be employed for 6 weeks during July and August, earn from 1 to 4 High School Apprenticeship credits, document these hours on a 6A form and receive Early Safety Training. Students will complete the Young Worker's Readiness Certificate (YWRC), Safety Construction Orientation Training (SCOT) programs, related Career Safety training offered through the Sask. Safety Council and will be required to enroll in the Saskatchewan Youth Apprenticeship (SYA) Program. Thank you to the counsellors for their support of this program. For more information please contact Doug Sthamann at [doug.sthamann@rdiec.ca](mailto:doug.sthamann@rdiec.ca).



## Summer Apprenticeship Program (SAP)

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LOOKING FOR A PAID SUMMER JOB THAT ALSO  
GETS YOU HIGH SCHOOL CREDITS, WHILE  
GAINING EXPERIENCE IN THE TRADES?

# STUDENT APPRENTICESHIP PROGRAM

Internship dates:  
July - August 2021

**SKILLS  
GAINED:**



- Hours towards apprenticeship
- Hands on training
- Interview skills
- Valuable work experience

**ALMOST  
50 TRADES  
AVAILABLE:**



- Automotive
- Mechanic
- Machining
- Welding
- Electrical
- Plumbing
- and many more!

**Application Deadline:** \_\_\_\_\_

FOR MORE INFORMATION VISIT: [RDIEC.CA](http://RDIEC.CA) OR SEE  
YOUR SCHOOL COUNSELLOR OR CAREER  
FACILITATOR





# READY FOR WORK



## Ready for Work information at:

[http://www.worksafesask.ca/youth/teachers/ready-for-work/?doing\\_wp\\_cron=1593396505.1350240707397460937500](http://www.worksafesask.ca/youth/teachers/ready-for-work/?doing_wp_cron=1593396505.1350240707397460937500)

The *Ready for Work* resource is designed to assist young people in gaining practical knowledge and skills in the workplace. *Ready for Work* includes modules and additional resources for use in high schools to help young and upcoming workers understand their rights and responsibilities as workers, employers and/or supervisors and develop skills in exercising those rights and responsibilities.



**New Career and Work Exploration 10, 20, A30 , B30 (2020) Curriculum. This recently revised document can be utilized in 2020 and must be implemented by Fall 2021.**

Saskatchewan

Curriculum

EN Switch to French

Browse by Grade

Browse by Subject

Arts Education

Career Education

ELA

Health Education

Mathematics

Physical Education

Practical & Applied Arts

Science

Social Studies

More...

Search for Resources

## Career and Work Exploration 10, 20, A30, B30 (2020)

### Curriculum Document

PDF

The full Career and Work Exploration 10, 20, A30, B30 (2020) curriculum, available in a print-friendly PDF format. Also includes the complete list of outcomes and indicators.

### Resources

All Resources for This Curriculum

Core and Additional resources and Other Useful Materials recommended for Career and Work Exploration 10, 20, A30, B30 (2020).

networkservices@gov.sk.ca

saskatchewan.ca

Saskatchewan

# Welcome to the World of Work

**Do you know what you would like to do? If you are unsure:**

Refer back to your results from [myBlueprint](#).

To help you find your passion, check out this PSSD resource: [Help! What Should I Do After High School?](#)

Download this [Career Clarity Guide](#) for more help in finding your passion.

**Do you have a plan for acquiring a job? Some handy sites include:**

[WikiHow: How to Get a Job](#)

[The Balance Careers: how to Get a Job](#)

[U of S Career Guides](#)

**Handy sites for locating a specific job:**

[SaskJobs](#)

[Indeed](#)

[myBlueprint](#)

[Monster](#)



**Do you have a resume, cover letter, portfolio, etc. prepared?**

Check out myBlueprint. There is lots of information is provided under the *Work* button. Create your portfolio in myBlueprint, and it is saved there permanently.

Resumes: [myBlueprint Resume Guide](#)

Cover Letters: [myBlueprint Cover Letter Guide](#)

[U of S Resume Guide](#)

[Download this free resume guide](#) from Ken Coleman

[Resume Genius](#)

### **Creating a good portfolio and/or website:**

Check out [myBlueprint](#) under the *Home* tab on the left. The portfolio you created is saved there.

[LiveCareer: How to Write a Portfolio](#)

[Career Trend: How to Make a Good Portfolio](#)

[elegant themes: Creating an Online Portfolio Website](#)

[JobMob: how to Build a Personal Website for Your Job Search](#)

### **Preparing for the interview experience:**

[myBlueprint Job Search Preparation](#)

[U of S Interview Guide](#)

[Indeed: How to Prepare for a Job Interview](#)

[Ken Coleman's Interview Guide](#)

[RBC Interview Preparation](#)

**Behavioral/situational interviews:**

[LiveCareer: Sample Behavioural Questions](#)

[themuse: 30 Behavioural Interview Questions](#)

[the balance careers: Behavioural Questions and Sample Answers](#)

**Have you Googled yourself lately?** What's on your Facebook or Instagram? Sent out any stupid Snaps? Regretful tweets? Remember that your potential employer will most likely search your name on the internet and on various social media platforms. Inappropriate pictures or comments prevent many people from being hired every day.

### **And just in case you are interested in some part-time learning:**

[Saskatchewan Apprenticeship: List of Designated Trades](#)

#### **Potential online courses:**

[University of Regina Centre For Continuing Education](#)

[Saskatchewan Polytechnic School of Continuing Education](#)

[University of Saskatchewan Continuing Education](#)

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## So you're off to the University of Saskatchewan. Congratulations!



### Some handy reminders:

Are you accessing your [PAWS account](#)? This is your personalized web service access with the U of S. You will be notified of **everything** through this account. If you can't access it, contact [helpdesk@usask.ca](mailto:helpdesk@usask.ca), 306.966.4817.

Final [transcript request](#) done? Phone: 306.787.9525

Class registration- have you set up a time to meet with an [academic advisor](#)?

At the meeting, record your advisor's name, make notes, and get copies of important documents.

Have you booked a [campus tour](#)? This is a great thing to combine with an advising session at the U of S.

Signing up for [Learning Communities](#)? This program is offered to students in the Colleges of Arts & Science, Education, Ag. & Bioresources and Kinesiology.

Do you have a place to live? Check out [Residence Services](#) if you require housing.

Attending a [U-Start session](#)? These presentations highlight important information for all new U of S students. Parents are welcome to attend.

[Student Learning Services](#) offers free workshops, writing help, math assistance, technology help and study skills support. Use it!



Student Loans: (Applications typically open in June.)

[Canada-Saskatchewan Student Loans](#)

[Student Financial Assistance Estimator](#) can be used to estimate the amount of a potential student loan.

Scholarships:

Local scholarships (school): Check with your principal or school guidance counselor

[Scholarship search engines](#)

[yconic](#)

[ScholarTree](#)

[StudentAwards](#)

[Scholarships.com](#)

[Scholarships Canada](#)

[Atila](#)

Download the U of S app yet? Check it out in the app store.

Health and dental plans: Students can opt out of health and dental plans, if they are covered by an equivalent or better plan. You can only submit this application in the fall, and usually, it must be completed by September 30. This can save you well over \$200 each year. [Click here.](#)

*And lastly, best of luck on your fabulous journey!*

You did it!  
*Congratulations*

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## So, you're off to the University of Regina. Congratulations!



### Some handy reminders:

Have you logged into [UR Self-Service](#)? This is web service access personally connects you with the U of R.

Final [transcript request](#) done? Phone: 306.787.9525

Attending [UR Beginning](#)? There will be academic advising sessions and you can register in your first semester classes:

Have you set up a time to [meet with an academic advisor](#)?

At the meeting, record your advisor's name, make notes, and get copies of important documents.

Have you [booked a campus tour](#)? This is a great thing to combine with an academic advising session at the U of R.

Signing up for [UR Guarantee](#)? This program supports you through your university journey and to successful employment:

Do you have a place to live? [U of R Housing Services](#) can help you.

Student Loans: (Applications typically open in June.)

[Canada-Saskatchewan Student Loans](#)

[Student Financial Assistance Estimator](#) can be used to estimate the amount of a potential student loan.

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## Scholarships:

Local scholarships (school): Check with your principal or school guidance counselor

[Scholarship search engines](#)

[yconic](#)

[ScholarTree](#)

[StudentAwards](#)

[Scholarships.com](#)

[Scholarships Canada](#)

[Atila](#)

Download the [U of R app](#) yet? It provides you access to your class schedule, marks, and other resources.

[Student Success Centre](#) offers free workshops, writing help, math assistance, technology help and study skills support. Use it!

[Health and dental plans: Students can opt out of health and dental plans, if they are covered by an equivalent or better plan. You can only submit this application in the fall, and usually, it must be completed by September 30. This can save you well over \\$200 each year. Click here.](#)

*And lastly, best of luck on your fabulous journey!*



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shared by:



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## So, you're off to Saskatchewan Polytechnic. Congratulations!



### Some handy reminders:

[Final transcript request](#) done? Phone: 306.787.9525

Have you toured the campus? [Check tour opportunities.](#)

Do you have a place to live? [Housing Registries](#) provide some options.

[University of Regina Housing Services](#) is also available to Sask Poly students living in Regina.

Student Loans: (Applications typically open in June.)

[Canada-Saskatchewan Student Loans](#)

[Student Financial Assistance Estimator](#) can be used to estimate the amount of a potential student loan.

### Scholarships:

Apply for [Polytechnic Scholarships](#) from May 15-July 31. There are three application periods in total, so be sure to check them accordingly.

Local scholarships (school): Check with your principal or school guidance counselor

[Scholarship search engines](#)

[yconic](#)

[ScholarTree](#)

[StudentAwards](#)

[Scholarships.com](#)

[Scholarships Canada](#)

[Atila](#)

Some students may become apprentices after they attend Sask Polytech. Check out [Sask Apprenticeship's trades.](#)

[Learning Services](#) help is available to all students. They offer writing help, math assistance and group presentations (time management, study skills, exam preparation, exam anxiety, writing skills and math skills). Use it!

[Health and dental plans:](#) Students can opt out of health and dental plans, if they are covered by an equivalent or better plan. You can only submit this application in the fall, and usually, it must be completed by September 30. This can save you well over \$200 each year. [Click here.](#)

*And lastly, best of luck on your fabulous journey!*

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## Career videos which align with myBlueprint surveys

### -shared by Career Development Teacher from Sun West SD

YouTube: *What Career Personality are You? The six Career Personality Types (Holland Codes, June 22, 2019, 12:09)*

<https://www.youtube.com/watch?v=3MT7ouxoS6M>

YouTube: *How can a child aspire to a career they don't know exists?*  
(TedxKids@ElCajon/ Ed Hidalgo, July 1, 2015, 12:14 min)

<https://www.youtube.com/watch?v=yRQLj2erYPk>

YouTube: *Three Questions to unlock your authentic career: Ashley Stahl*  
(TedxBerkley Feb. 23, 2014, 9:51 min)

<https://www.youtube.com/watch?v=vMiSf7LpFQE>

Youtube: *How to find your Passion and make it your Job/Emma Rosen (TedxYouth@Manchester, Nov 19, 2018, 13:39 min)*

<https://www.youtube.com/watch?v=8Swu8iiuFx4>

YouTube: *Career advice for teenagers: Value your Values/Amy MacLeod*  
(TedxKanata March 27, 2019, 13:03 min)

<https://www.youtube.com/watch?v=aKNUnK3yWTw>

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## Saskatchewan Graduation & Post-Graduation Plan

Students can get the App on  
Web, Android or Apple

**PLANNING** - Students can record, monitor, and plan their high school courses for a variety of career choices at one time. The App guides them to occupation and post-secondary pathways through career exploration research & decision making.

**WORK** - Students are creating their own resumes and cover letters in minutes.

**MONEY** - Budgeting for a vehicle or a post-secondary education? Easy!

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

All high school students have free access to the graduation planning toolkit available on myblueprint.ca.

(Saskatchewan Ministry of Education)

This app allows students to record, track and plan their high school courses as they pursue various life/career options.

**"Every school division and First Nations education authority in the province will develop a strategy for all Grade 9 students to have a graduation and post-graduation plan, and establish a process for maintaining those plans through Grade 12."**

*Education Sector Strategic Plan, Cycle 3, (2017-19)*

# Wellness Resources

Career Development involves the whole person and it is essential we focus on our overall health and wellness. This is an important part of the life/career development process. Following are a few of a multitude of tools/resources available to support wellness.

## A Year of Wellness for Middle Years

“A Year of Wellness for Middle Years was created by Sun West School Division teachers involved in the Mental Wellness PLC to support integrating all areas of wellness into the daily lives of our students and enhance their wellbeing. This resource includes monthly activities connected to the Middle Years learning outcomes for each domain of wellness: Physical, Mental, Emotional, Spiritual, and Social. Students can work on this project independently, with their family, or as a class!”

<https://resourcebank.ca/courseware/lesson/691/overview>

## A Year of Wellness



### Introduction

This resource was created by Sun West School Division teachers to support integrating all areas of wellness into the daily lives of our students and enhance their wellbeing.



This resource includes monthly activities for each domain of wellness:  
Physical, Mental, Emotional, Spiritual, Social

Students can work on this project independently, with their family, or as class.



Each month of this resource is connected to Middle Years learning outcomes (grades 6-9)

It is encouraged that you add a reflection and monthly tracker to each month of activity to help you assess the intended outcome.



## Action for Happiness—Joyful June (also watch for July's Calendar!)

“This month’s theme is all about finding the joy in life, even when things are difficult.”

<https://www.actionforhappiness.org/joyful-june>



## Canadian Mental Health Association

“CMHA SK is a volunteer-based organization which supports and promotes the rights of persons with mental illness to maximize their full potential; and promotes and enhances the mental health and well-being of members of the community.”

<https://sk.cmha.ca/>



## Mental Health and Wellness: Essential to Success in Career Development

<https://careerprocanada.ca/mental-health-wellness-essential-to-success-in-career-development/>

## Strengthening Mental Health Through Effective Career Development: A Practitioner's Guide

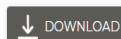
<https://ceric.ca/publications/strengthening-mental-health-through-effective-career-development-a-practitioners-guide/>

### Get Your Copy

- Download the free pdf
- Print now available \$28.95 via Amazon or Chapters.Indigo or ebook \$19.99 (Kindle or Kobo)
- Purchase bulk copies (10 or more) at 30% off by contacting [sales@ceric.ca](mailto:sales@ceric.ca)



Strengthening Mental Health Through Effective Career Development A Practitioner's Guide



## Quick Links to Post-Secondary contacts in support of career counsellors

Great Plains College:  
[erict@greatplainscollege.ca](mailto:erict@greatplainscollege.ca)

Lakeland College:  
<https://lakelandcollege.ca/admissions/for-high-school-counsellors/>

Medicine Hat College  
[Info@mhc.ca](mailto:Info@mhc.ca)  
<https://www.mhc.ab.ca/Counsellors>

Olds College:  
[info@oldscollege.ca](mailto:info@oldscollege.ca)

Red Deer College:  
<https://rdc.us18.list-manage.com/subscribe?u=462d8333f31343f0e9c2c37d9&id=e27595c0c1>

<https://rdc.ab.ca/future-students/services/student-connect-centre/high-school-counsellors/high-school-counsellors>

Saskatchewan Polytechnic:  
<https://saskpolytech.ca/programs-and-courses/resources/counsellors-resources.aspx>

<https://mypath.saskpolytech.ca/signup.do?cmdRegister=Start%20Here>

SAIT:  
<https://www.sait.ca/teachers-and-counsellors>

U of A:  
<https://www.ualberta.ca/admissions/undergraduate/resources/counsellors-and-teachers>

U of C:  
<https://www.ucalgary.ca/registrar/future-students/connect/counsellor>

U of Lethbridge:  
<https://www.uleth.ca/future-student/counsellor-contact-request>

U of Regina:  
[enrolment.services@uregina.ca](mailto:enrolment.services@uregina.ca)  
[newsletter@universityofregina.ccsend.com](mailto:newsletter@universityofregina.ccsend.com)

University of Saskatchewan:  
<https://admissions.usask.ca/counsellors.php>  
<https://usask.us7.list-manage.com/subscribe?u=3441dd83e2d1ccfa75de076e6&id=27a5b0eea>