

Make the Most of Your SACHS Experience



If you think that real life hasn't started yet, think again

- It's time to take charge and make change
- Give your dreams "life" (a plan)
- Assess your strengths, skills and attitudes
- Set goals to make your dreams a reality

What can High School do for you?

- New friends, more friends
- Wider variety of subjects to take
- Clubs, activities, programs, social events, teams etc.
- More independence (more responsibility)
- Fantastic learning opportunities

Get to Know SACHS

- Student Handbook
- School Calendar/exam schedules
- Student Expectations
- Policies and Procedures
- SACHS Website (great links)
- School newsletters
- Daily announcements

Get Involved at SACHS

Join.....

- Clubs
- Teams
- Committees
- Intramurals
- School Council
- School trips etc.



Have fun!

Make Positive Decisions and Choices

- Be on time and ready for classes
- Do your homework
- Ask for help when you need it
- Get a good start each semester
- Choose friends and activities wisely (don't get caught up in social and/or peer pressure)

High School is the stepping stone to the next level of education

- Your transcripts are the key to your future – they count
- In Alberta, the unemployment rate is 80% higher for those who do not graduate from high school

Do the math here...

The current approximate full time yearly salaries in Alberta look like this:

Less than high school	\$35,442
High school education only	\$39,196
Potential with post-secondary	\$73,607

*Stats Canada 2005

If you know where you are heading, you will make the most of your time at SACHS

- Doing well in High School ensures that you will have more and better opportunities
- Keeps you moving towards your goal

Don't wait until grade 12....

- Go to open houses in grade 10 and 11
- Take options to help you decide if you are interested in a particular field of work
- Do occupational research, job shadow
- Go on information interviews
- Attend Post-Secondary Nights
- Attend Student-for-a-Day Sessions
- Don't forget about Work Experience
- Get working or volunteering now
learn a new skill!

High School courses and marks will determine a lot, like...

- What doors will be open for you
- Meeting Post-secondary requirements
- Job options, salary ranges
- Trades (RAP) getting a head start
- Scholarships and grants

Grade 10 is the right time to begin to look at scholarships.

Plan to have the requirements by the time you are in grade 12

Check out some websites:

www.scholarshipscanada.com

www.studentawards.com

www.studentscholarships.org

Set Goals

- **Write your goals down.** Studies have shown that you are more likely to achieve your goals if you write them down.

Remember...

The difference between
a dream and a goal
is a plan!

Something to consider...

- A post-secondary diploma or degree tells employers that you value learning and that you know how to learn
- **No one else can do this for you**

Use Available Services

- Visit Mrs. Rieger, SACHS Career Practitioner in the Counselling Suite (Rm. 104)
- Talk to your Grade Level Coordinator
- If you have a specific question, problem or concern talk to the appropriate person (Counsellor, Teacher, Librarian, Secretary, Oblate Youth Ministries, Success Coach, RAP/Work Experience Coordinator, etc.)

Know What's Out There Weigh Your Options

1. University
2. College
3. Technical Institutions
4. Private Vocational Colleges
5. Apprenticeship
6. Work
7. Military Careers
8. The Gap Year (travel or work)

Career and Education Planning can be made simple...

Four steps to effective career and education planning include:

- Getting to know yourself
- Exploring possibilities related to what you love to do
- Making a choice (Move in the direction that your interests and skills take you)
- Making your plan happen

Help is always near

- You don't need to panic if you don't know what you want to do beyond high school, you still have time
- The Counselling office (Room 104) has resources and staff to help guide you through your career and education planning process

One final thought...

“With the changing economy, no one has lifetime employment. But (post-secondary education) provides lifetime employability.”

U.S. President Barack Obama

In the end it is all up to You

- You are the only expert of You.
- Career and Education Development is simply being conscious and deliberate about decisions you make and being alert to opportunities and choices.

That means making the most out of your SACHS Experience