

# Vanier Collegiate

## Career Education Newsletter – May 4, 2020

### Question and Answer Period

- Google Meet Appointments
- Email Ms. Lapointe at [christa.lapointe@htcsd.ca](mailto:christa.lapointe@htcsd.ca) to arrange a time (AM) for a google meets so that you can ask any career, post-secondary, employment and other questions relevant to education and transitioning out of high school

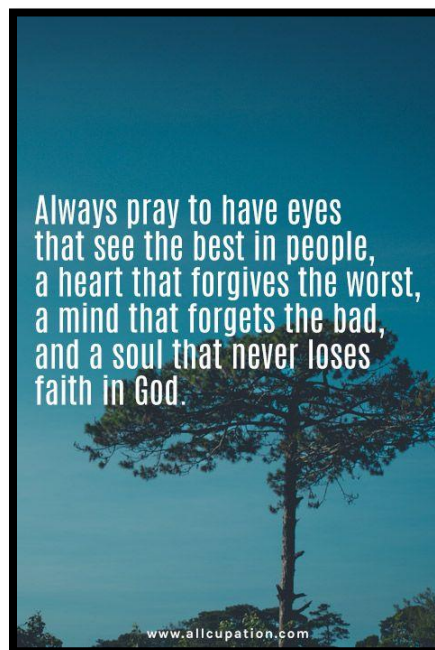


### Free or Low-Cost Online Courses

- D2L Open Courses - <https://opencoursesstore.d2l.com/>
- Coursea - <https://www.coursera.org/>

### First Aid and CPR Information

- **Mental Health Courses, WHMIS, Construction Training, Agriculture Training, Healthcare Training, Grade 9/10 Young Worker Readiness Course, etc.**
  - If you are interested, please email Ms. Lapointe
- **Standard First Aid and CPR Blended Learning Course – May23.**
  - The online portion will be valid for 90 days and by then we should be able to do the in-class portion.
  - All necessary COVID safety protocols will be followed in the face to face portion of the course.
  - Interested: [smith.linda@prairiesouth.ca](mailto:smith.linda@prairiesouth.ca)



# Sport Medicine and Science Council of Saskatchewan UPCOMING ON-LINE LEARNING

In partnership with the **Sport Medicine and Science Council of Saskatchewan**, we are offering a **series of 6 x 1-hour on-line courses**. Register for as many as you like!

*Registration deadline is 48 hours prior to the start of the workshop.*

Training will be offered using the Zoom platform.



## **Sleep and Performance**

- Sleep quality and quantity, deprivation, effects on sleep through travel, nutrition, exercise and mental, medical considerations and how to sleep better.
- 1 hour.
- Thursday, May 14, 6-7 PM

## **Mental Performance - Goals**

- Goal setting, setting realistic short term and long-term goals, monitoring goals.
- 1 hour.
- Tuesday, May 19, 4-5 PM

## **Mental Performance - Stress and Relaxation**

- Attention, emotional, and arousal control to deal with anxiety or stress.
- 1 hour.
- Tuesday, May 26, 4-5 PM

## **Mental Performance - Imagery**

- How to use mental imagery and visualization effectively.
- 1 hour.
- Tuesday, June 2, 4-5 PM

## **Mental Performance - Routines**

- How to use routines and practices effectively.
- 1 hour.
- Tuesday, June 9, 4-5 PM

## **Sport Nutrition**

- Basic sport nutrition, importance of fluids, weight issues, pre/post event nutrition, nutrition on the road, tournament and multi-event nutrition. 1 hour.
- Thursday, June 11, 4-5 PM



**REGISTER NOW**

## Career Information Links

- Vanier's own career, opportunity and scholarship site: <https://pursueonline.htcsd.ca/>
- Myblueprint.ca (access code: vaniersk): <https://myblueprint.ca/>

## Virtual Events

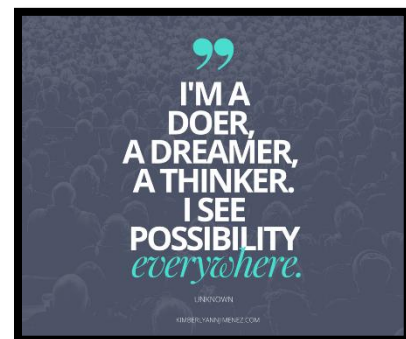
- **U of R Virtual Grade 10-11 Spring Open House – May 22, 2020**
  - Are you a grade 11 student thinking about grade 12 and what comes next? Are you a career professional looking to upgrade your education and earn extra certification? You are invited to "attend" our Virtual Spring Open House on **Friday, May 22, 2020**. This full day of programming includes live and video sessions that will help you explore what options are available to you!
  - Register online:  
<https://urconnected.uregina.ca/events/eventRegistration.do?eventRegistrationAction=registration&stringEventID=MTg2>

## Career Events

- **Olds College** is offering two **Veterinary Medicine for Teens** courses on August 18-21 and 25-28. Students between the ages of 13-16 will have hands-on experiences and learn about the various roles and responsibilities of Veterinary Medical Receptionists, Veterinary Technical Assistants, Animal Health Technologists and Veterinarians. Students will also learn about basic animal first aid, assessments, animal behaviour and safety. Cost is \$595.00. Please call 1-403-556-4740 or email [coned@oldscollege.ca](mailto:coned@oldscollege.ca) for more info.
- **See Your Future** will be held on **November 3<sup>rd</sup>, in Regina**, from 9:45 am to 3:00 pm. This is an amazing event that provides students with an opportunity to answer the questions about life after high school. Where will I study? What scholarships are available? What programs do I require to get the job I want? Registration opens on August 4<sup>th</sup>. Many schools decide to do this as a group, so make sure to touch base with your administrator. Any questions can be directed to Tracey Kowalchuk (Director), Contact Submissions, or 306-260-1314.
- **Vanier Collegiate Post-Secondary Event** for Grade 10-12 students will be taking place on **October 1, 2020**. More information closer to the date.

## Entrepreneurship

- [South Central Community Futures](#)
- [Youth Entrepreneurship](#)
- [Business Plan Resources – Tips and Tools](#)



- Check out <https://pursueonline.htcsd.ca/> for all the scholarships updates!
- **NEWLY POSTED LOCAL scholarship that have been posted to pursue:**
  - [VANIER Collegiate - Boechler Great West Life Scholarship](#)
  - [Royal Canadian Legion Poppy Fund Bursary](#)
  - [Royal Canadian Legion Nola Belisle Memorial Bursary](#)
  - [MCINTYRE Family Foundation - The Prairie Healthcare Scholarship](#)
  - [Larry Wilson Scholarship](#)
  - [Gerry McCudden Memorial Scholarship](#)
- **Posted in last newsletter:**
  - [CUPE 5506 HTCS D](#)
  - [CUPE 5512 PSSD](#)
  - [VANIER Collegiate - Redemptorist Fathers Scholarship](#)
  - [VANIER Collegiate – La Bourse Arthur Landry Bursary \(French Immersion Students ONLY\)](#)
  - [Local Moose Jaw \(Church of Our Lady\) Knights of Columbus Scholarship](#)
  - [VANIER Moose Jaw \(St. Joseph\) Knights of Columbus Scholarship](#)
  - [Local Moose Jaw Catholic Women’s League](#)
  - CUPE 600 – Community Scholarships – coming Soon
  - [Moose Jaw Curling Scholarship](#)
  - [VANIER Elementary School Community Council \(SCC\) Scholarships](#)
  - [Friendly City Optimist – Friend of Youth Scholarship](#)
  - [Rotary Club of Moose Jaw Scholarships](#)
  - [Moose Jaw Co-op Caring for the Community Student Scholarship](#)
  - [Moose Jaw Co-op Student Employee Scholarship](#)
  - [Moose Jaw – Marilyn McCrea Scholarship \(females\)](#)
  - [NEW Hillcrest Ladies Golf League Women ‘Fore’ Women Golf Tourney and Scholarship](#)
  - [2020 Young Community Leader Bursary – Insurance Brokers of Saskatchewan](#)
  - Saskatchewan Apprenticeship and Trades Industry Scholarships – talk to Ms. Lapointe
  - Cando Scholarship – coming soon/talk to Ms. Lapointe
  - NEW The Smith Legacy Scholarship – TBA
- **OTHER SCHOLARSHIPS**
  - [Leader Post Foundation](#)
  - [Prince Edward Arts Scholarship](#)
  - [Bayer Scholarships for Students - Agriculture](#)
  - [G3 Grow Beyond Scholarship- Agriculture](#)
  - [Les Donnelly Scholarship](#)
  - [SGI Scholarships](#)
  - [Saskatchewan Hockey Association](#)
  - [Saskatchewan Golf Scholarships](#)
  - [Paddy O’Rourke Poetry Scholarship](#)
  - [Nelson Civil Leadership Scholarship and Indigenous Student Scholarship](#)
  - [Saskatchewan School Board Association Scholarships \(essay\)](#)

## Student Loans

- **2020-2021 Student loan application** is usually available at the beginning of **June**.
  - You can look up online for handouts and step by step guides.
  - I will be arranging some time of google hangout/meeting opportunity in May – How to finance your education ... through an online conference... something so new to all of us!
  - Website: <https://www.saskatchewan.ca/residents/education-and-learning/student-loans>

## University of Regina Information

- How can students contact enrollment services? Text them! Admitted and prospective students can text their questions to 587-609-6049. Also, if you are using <https://www.facebook.com/UReginaFutureStudents> Facebook you can follow University of Regina Future Students to stay up to date and use Facebook Messenger to have questions answered.
- [Summer Virtual Bridge Program](#) is a program that will run from August 4 to 27 (orientation on July 8). It 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. Please apply by June 15 (or until it is filled. For more information contact [student.success@uregina.ca](mailto:student.success@uregina.ca) or call 306-585-4076.
- The U of R has created a Preparing for [University FAQ](#) page to assist students with their questions.
- [UR Beginning: Online Course Registration Days](#) will begin on April 30th. This is the official first day of open registration for new students for Fall 2020. All first-year students are invited to attend a virtual Course Registration Event April 30th, May 1st, May 14th, and June 12th.
- If you have applied for the Faculty of Nursing, please be sure to continue to check your email regarding offers. New offers are being sent out mid-May.
- The Faculty of Business Administrations has changed their admission overage to now be 70%. This will take effect for Fall 2020 admissions. For more information or questions, please contact [Raelynn.Norbeck@uregina.ca](mailto:Raelynn.Norbeck@uregina.ca) or call 306-585-5016.
- [Living-Learning Communities \(LLCs\)](#) offer students a wonderful way to get involved in their community, engaged with their faculty, and have fun with peers with similar interests and values. Do not wait to apply as space is very limited.
- Students can take many courses in their own communities or from their homes through the [Flexible Learning Division](#).
- [Luther College Scholarships](#) are available for application until May 15.
- Wondering what you need to do after being accepted into the U of R? Check out the [What's Next?](#) page to make sure you are staying on track regarding your acceptance into your program.



University  
of Regina

## Saskatchewan Polytechnic

- [New programs](#) are being offered at Sask Polytech, starting next fall. Be aware that most of these programs require you to have some form of post-secondary education already
- Students that have specific questions about Sask Polytech courses and registration are encouraged to contact Marlene Frechette at 1-306-691-8385.
- [Virtual Young Women's Trades and Technology Conference](#) (online course will be taking place instead of the conference)
- [Creating Opportunities for Entry into the Trades](#) program is designed for provide trades training opportunities to underrepresented groups. Students in grade 10,11, and 12, that fall into this category are encouraged to check out their programs. Questions can be directed to [programinnovation@saskpolytech.ca](mailto:programinnovation@saskpolytech.ca) or 306-659-4358.

STI (does anyone have a logo?)



## University of Saskatchewan

- The [New Students](#) page is an awesome resource as students are planning to register for their Fall 2020 classes. Any questions please contact [admissions@usask.ca](mailto:admissions@usask.ca) or 306-966-5788.
- [U-Start Sessions](#) prepare students for their future as a U of S student and are offered throughout the province in the spring.
- There are still programs that are accepting applications for the Fall 2020 semester. Agriculture and Bioresources (June 1 deadline), Edwards School of Business (June 1 deadline), Engineering (June 1 deadline), Arts and Sciences (August 15 deadline)
- Students who complete [Saskatchewan Polytechnic's two-year business diploma program can now transfer into the third year of the U of S's four-year Bachelor of Commerce program](#). Students can also transfer directly into the University of Regina's Business program.
- [University summer classes](#) give high school students a head start on their degree program and lighten their load for the upcoming school year. This year these classes will be held remotely, given the current Covid-19 pandemic. Be sure to check with a U of S counsellor to ensure that the course you choose meets your program's requirements. You can reach them at [admissions@usask.ca](mailto:admissions@usask.ca) or 306-966-5788.
- Students enrolled in the Arts & Science, Agriculture & Bioresources, Engineering, Education and Kinesiology programs can sign up for [first-year learning communities](#). Learning Communities provide students with a sense of belonging and help build leadership skills. These first-year students will register in a common set of 2 or 3 classes and receive weekly assistance from peers and university mentors. Sign-up beginning May 4.

