Post-Secondary

Life after Philemon

What challenge do you want to work on?

Amanda Barnes M.Ed. c.o. CCC

Let's take the pulse!

- How are we feeling?
  - Excited?
  - Nervous?
  - Terrified?
  - A mix of all?
  - Others?
- All emotions are normal and helpful

Challenge mindset



/ˈCHalənj ˈmīn(d)ˌset/

The Challenge mindset is an approach to career exploration focused on finding challenges to tackle instead of job titles to fit into.

Options for Quebec Students

- Cegep
- Ontario Colleges
- Western Quebec Career Centre
- University
- Adult Ed
- Grade 12 Ontario
- Gap year/Work

CEGEP

Quebec's Colleges

Tuition Free

Video –How to apply ☺

- https://www.youtube.com/watch?v=fL07UXlLJaQ

C.E.G.E.P.s in Quebec

Colleges offer:

1) **Pre-University Programs** - Prepare students for undergraduate university studies **(2 years)**
2) **Technical Programs** – Geared towards the labour market, and may also lead to university programs **(3 years)**
3) **Springboard –Bridging Program**
   A program that allows you to take pre requisite courses

Admissions to CEGEP

1) **Hold a Secondary School Diploma (SSD):**

54 credits in total, 20 at Secondary V

- Secondary V Language of Instruction (English)
- Secondary V Second Language (French)
- Secondary IV Mathematics
- Secondary IV Science and Technology
- Secondary IV History and Citizenship Education
- Secondary IV Arts Education
- Secondary V Phys. Ed. or Culture & Citizenship of QC

Pre-requisites

- To be admitted to some college programs, students must have completed specific courses at the secondary level (e.g. Mathematics, Physics, Chemistry, etc.)
- Students should review the necessary prerequisites for their program of choice before applying by visiting the school website.

Other Conditions

- Colleges can set special requirements for given programs (usually when limited space is available)
- Examples include:
  - Excellent grades
  - Interview or test results
  - Driver's license
  - Criminal record check

Admissions -Deadline

- Once you have decided to apply for college there are certain admission deadlines that must be observed:
- **The deadline for application is:**

MARCH 1

- Visit https://admission.sram.qc.ca/ Applications open January

Applications

- You choose **ONE** CEGEP, and **ONE** program of study per round, so make sure you choose carefully…

- Consult the 'Table of Available Programs' on SRAM's website

Admissions

Application Timeline:

- **March 1st** – students have applied for Round 1
- **Early April** – students will either receive an acceptance letter to their program, or will be prompted on the SRAM website to make a 2nd round choice
- **Mid-April** – deadline for 2nd round choices
- **Mid-May** – students will either receive an acceptance letter to their 2nd choice, or will be prompted to make a 3rd round choice
- **End of May** – deadline for 3rd round choices
- **Mid-June** – students will receive an answer regarding their 3rd round choice

The General Education Component

Courses common to all Programs (General Competencies)

Language of Instruction or Literature [English], Humanities, Phys. Ed., Second Language [French]

What will Cegep look like…?

Generic First Semester Schedule

STUDY WEEK: Average 28 hours of class + 18 hours of homework

	Monday	Tuesday	Wednesday	Thursday	Friday
08:00 08:50	French	Program specific course			English
09:00 09:50	Program specific course		Study	Program specific course	
10:00 10:50		Study	Program specific course	Program specific course	
11:00 11:50				Study	Program specific course
12:00 12:50	Program specific course				
13:00 13:00		English	French		
14:00 14:00				French	Phys. Ed.
15:00 15:00	Program specific course	Program specific course		Study	
16:00 16:00			Program specific course		
17:00 17:50					
18:00					
19:00					
20:00 21:00 22:00	Study	Study	Study	Study	

SRAM vs Other Applications...

- John Abbott College
- Vanier College
- Heritage College
- Champlain Lennoxville
- CEGEP de l'Outaouais
- Dawson College, Marianopolis and Champlain St-Lambert applications are completed through the school's website

FAQS...

- Do I need to submit my transcript?
- What if I am new to Quebec, currently enrolled in a pre-requisite, or in power play?
- What marks do they look at?
- What if I am missing a pre-requisite course? If I am planning on taking summer school?
- Wouldn’t it be faster if I just skip Cegep?
- New Laws, BILL 101 and French what does it mean for my cegep courses?

Local Cegeps:

Right up the street!

Field trip to Heritage
November 19, 2026

CÉGEP Heritage COLLEGE

Cégep de l'Outaouais

Ontario Colleges

Video: How do you apply?

- https://www.ontariocolleges.ca/en/apply

Ontario Colleges

- These applications are completed through www.ontariocolleges.ca
- Register for an online profile to browse schools/programs and to complete your application

Ontario Colleges

- For the $150.00 application fee, students get the choice of **FIVE** programs at up to **FIVE** different colleges
- No more than 3 programs per college are allowed
- Transcripts! For application send copy of Transcript you received in mail and this year's report cards. End of the year, need to request we send a copy of statement

Ontario Colleges

- Open now! Apply after Term 1.
- DEADLINE FOR FIRST CONSIDERATION:

February 1st, 2027

Vocational Training Centers

Quebec Trade Programs are Tuition Free!

Some local centers:



Western Quebec Career Centre



CFP des Portages-de-l'Outaouais (Asticou)
French



CENTRE DE FORMATION PROFESSIONNELLE
COMPÉTENCES OUTAOUAIS

CSS Des Draveurs -French

Western Quebec Career Centre

- Part of our school board (WQSB)
- Programs: Welding, Auto Mechanics, Nursing Assistant, Secretarial Studies, Accounting, Industrial Drafting.
- Register early!
- English Vocational Centres across Quebec



WESTERN QUEBEC CAREER CENTRE

SAVE THE DATE

SCHOOL VISITS AT THE
Western Québec
Career Centre

Transforming knowledge and skills into careers



WHEN: Wednesday, November 18th, 2026

WHERE: Western Québec Career Centre (WQCC)

ADDRESS: 100 Frank Robinson, Gatineau, QC J9H 4A6

What to Expect

- Guided tours of classrooms and shops
- Live program demonstrations
- Opportunities to chat with students and faculty
- Information on admissions & career pathways

Who Should Attend?

- High school students exploring career options
- Guidance counsellors and school groups
- Anyone interested in English vocational education in the region

Additional details and specific times will be provided closer to the event.

Where to apply: Online for all Vocational Centers & Programs:

- https://www.admissionfp.com/organismes-scolaires/cfp/886421/groupes

- Choose the program and start date date, you will need your permanent code!
- Book an appointment in Guidance for support

University

University from Sec. 5

- University of Ottawa
- St. Paul's University
- University of New Brunswick
- Memorial University









University of Ottawa

- 82-85+ average in top five courses
- Application deadlines vary based on programs (February -June 1st)
- Pros & Cons
- Apply at http://www.ouac.on.ca/
- Base Application Fee: $159
  - For your initial 3 program choices. 50$ per additional choice
  - Required of all applicants.

University of New Brunswick

- 2 campuses Fredericton & St. John
- Apply at unb.ca/apply
- Deadline Nov. 15-March 31, 2027 – varies by program
- Application 65$



St. Paul's University

- Affiliated with University of Ottawa
- Average required 82%
- Application through OUAC if applying to University of Ottawa as well or through St. Paul's website if only applying to St. Paul's.

Memorial University

- In Newfoundland
- Average of 70% ** require certain courses
  https://www.mun.ca/undergrad/admissions/
- Application fee 70$
  https://apply.mun.ca/Apply

Adult Ed

Adult Ed

- Students not eligible for graduation this year can sign up for Adult Ed.
- Students who have missing pre-requisites can complete them at Adult Ed.
- Must be 16 years old by June 30th
- Registration https://www.hulladulteducationcentre.com/

Financing your education...

Financial Assistance

- Students who wish to study full time at the college level but do not have the financial means may apply for financial assistance under the **Loans and Bursaries Program**
- The amount awarded is based on educational expenses (tuition, living, etc) and financial resources of the student and their parents
- Financial assistance is issued periodically by means of direct deposit into a student's bank account

How to apply

- Apply online at www.afe.gouv.qc.ca/
- You can complete the Assessment Calculator to get a better idea of what you loan and bursary awards may be
- Applications begin in May 2027

Useful Websites

- Alloprof
  - https://www.alloprof.qc.ca/en/students
  - Academic resources and post secondary inforamtion
- My Blue Print
  - https://app.myblueprint.ca/register?sdid=WQSB
  - Career exploration website

How can I help?

- Track credits and graduation status
  - Listen for open lunch hours
- Career exploration
  - Check out my blue print first!
- Research into programs and areas of study
- Support in finding ways to acquire pre-requisites
- Completing online applications
  - Listen for group sessions
- Financial aid applications

To book an appointment…

- *"I don't know what I want to do with my life?" appointment*

  Teams or fill out a slip in Philemon Office

- *"How do I apply to…?" appointment*

  After the holidays, there will be guided group sessions for cegep/college applications. All sessions will be held during lunch hour

Guidance Tips…

- **Use your personal email when creating an account**
- Transcripts – Ontario College submit twice!
- Attestation letters – submit with application if needed
- Birth certificates – if born outside of Quebec
- Apply early – seriously (insert serious emoji face here).
- Defer payment of tuition fees if needed

College, University & Trades Evening



NOVEMBER

12th

6-8PM

D'Arcy McGee High School Gymnasium

925 Boulevard du Plateau, Gatineau QC



Over 30+ Organizations *are Invited!*

Learn more about various programs, services, pathways, admission requirements and more!

FREE ADMISSION

For more information, please contact your school's guidance counsellor

Upcoming events/trips

- Algonquin College Presentation
  - November 5, 2026 Period 5 (at PW all grade 11s)
- Western Quebec Career Center
  - November 18, 2026 (Permission form)
- Heritage Day
  - November 19, 2026 (Permission form)

Reminders & Survival Guide

- Stay tuned for a grade 11 guidance team to join for reminder
- Use the survival guide as a reference point from this presentation and take note of all the dates in a calendar so you don’t forget!!