

Who am I?

To help you answer the question "Who am I?" identify: your interests, strengths, intelligences, accomplishments, values and skills; the factors that have shaped who you are and that are likely to shape your future; and reflect on how your characteristics affect you and your development as a learner, your relationships and your education and career/life choices.

What are my opportunities?

What do you know about the jobs or careers you are interested in? Find out the important specifics of the job, especially the working conditions. For example, is it an office job or will you be outside or traveling a lot? You need to be "realistic" about what will best suit you.

Check out www.careercruising.com, a website that features a career matchmaking quiz, and career information on over 450 occupations. It or www.myblueprint.ca, a similar program is available to all Ontario schools. Contact school staff for the school login information.

Personal aptitude refers to what area of work/study that you might be expected to do well in (could be considered a talent). Some schools have aptitude tests available for you.

Also visit: www.tcu.gov.on.ca/eng/postsecondary/careerplanning

Every month the government publishes information about the labour market, what jobs are disappearing, what jobs are growing. This information, in combination with what you see happening in your area, will help to identify where the future jobs will be.

Visit: www.tcu.gov.on.ca/eng/labourmarket

Who do I want to become?

Aligning your career choice with your interests and personal aptitude ensures greater chances of success. Reflect on the demands, rewards and other features of the opportunities you have explored to determine if they fit with you. Take time to think critically when making decisions about your goals and education.

What is my plan for achieving my goals?

THINK ABOUT

- Is the overall cost of your program (including the repayment of loans) a good investment given the earning potential?
- Is the length of the program reasonable for you and are the costs manageable?
- Where is the program offered and is that somewhere you can attend? Consider online learning if you are unable to attend classes.
- Does the program have the special components that you are searching for, such as co-op?
- Make sure you have the prerequisites for the programs you are interested in.
- Have you chosen a program that is very popular and highly competitive and do you have a reasonable chance of admission?
- Should you try some experiential learning before getting into this program to ensure it is the correct field for you, ie. co-op, work experience, etc.?
- What is your PLAN B (Alternate choice)?

The Ontario Skills Passport (OSP)

www.skills.edu.gov.on.ca/

- ◆ Find tools for learners on Essential Skills and work habits.
- ◆ Access over 400 occupational profiles showing how people use Essential Skills on the job.
- ◆ Develop your Individual Pathways Plan.
- ◆ Research career planning, education, employment, and the labour market.

Your Choices

Apprenticeship

is a hands-on training program for those who want to work in one of over 150 skilled trades. About 90% of the training is provided in the workplace by employers. The remainder involves classroom instruction which is usually provided by a community college or training organization (e.g. union). You earn while you learn.

For more information, visit:
www.careersintrades.ca

Community Colleges

offer one year certificates, two year diplomas, three year advanced diplomas, 4 year degrees in applied areas of study and one year graduate certificate diplomas for students who have a diploma or degree.

Private Career Colleges

offer career-specific training in a wide range of fields; the programs range from several months of training to several years. These colleges are independent businesses and they must be registered and approved by the Ministry of Training, Colleges and Universities. Be sure the private college program you are interested in is approved. To check for approval and additional information go to:
www.ontario.ca/pcc

Universities

offer Bachelor's degrees and first professional degrees, as well as programs leading to Master's degrees and Doctorates.

Applying to College or University

Check to find out if assistance is available at your school.

Admission Requirements

- Do you know the requirements specific to the program you want? Each school sets its own requirements.
- Does your program choice require additional entrance requirements, such as essays, tests, medical, portfolio, Criminal Reference Check, CPR training, etc.?
- Are there English Language proficiency requirements you will need to meet?



College

You can apply at school or online at www.ontariocolleges.ca/apply

Individuals over 19 without a high school diploma or G.E.D. can also apply as Mature Students.

University

You can apply at school or online at www.ouac.on.ca

Refer to the OUAC website for specific details about which application form you should use.