

manitoba School Counsellor

.....fall 2011



in this issue

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- **Keep Calm and Carry On: Why You Should be Taking Better Care of Yourself**
- **2011 SAGE Conference Info**
- **Recap of the 2011 Rotary Career Symposium**
- **The Opportunity is Here: Manitoba Hydro's Educational Funding Program**



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MSCA President's Message

Joëlle Émond, B.Ed. M.Ed



I am looking forward to the year ahead as the Manitoba School Counsellors' Association (MSCA) President!

It was an honour and a privilege to work alongside Angie Cieszecki (MSCA President for the 2010-2011 school year). Her successful engagement initiative encouraged new counsellors to join our monthly meetings, which in turn benefited our community of counsellors. I am confident that with the continued support from counsellors across the province, we will have another successful year!

Board meetings will continue to include free and interesting one hour professional development sessions in order to encourage all counsellors to continue their learning and growing as professionals. Board meeting dates are as follows: September 22, 2011, November 17, 2011, January 19, 2012, and March 22, 2012. The May 2012 AGM date is still to be determined. For more information please access our website (www.msca.mb.ca).

My goal is to provide counsellors in Manitoba with a supportive network,

resources, and up to date information. This can only be achieved through the dedication of our members. In this respect, I would like to acknowledge those who have committed themselves to serve as the MSCA executive and board members for the 2011-2012 school year.

President-Elect – Carla Bennett
Past-President – Angie Cieszecki
Secretary – Carolynne Pitura
Treasurer – Wendy Henriksen
Treasurer Special Accounts – John Cooke
Awards – Candace Yaholkoski
Career Symposium – Ruth Stargardt
Manitoba Education – Katherine Roberts
Membership – Karen Mozdzen
Manitoba School Counsellor (Technical Editor) – Jan Stewart
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Public Relations/Social – Charu Gupta
Safe Schools – Karen Mozdzen
SAGE Chair – Angie Cieszecki
Website Chair – Joëlle Émond
University of Manitoba – Glen McCabe
Member at Large – Lorna Martin
Member at Large – Ruth Hargrave

Member at Large – Susan Hocken-Attwell
Member at Large – Jon Olafson

SAGE 2011

A wellness theme has been chosen for this year's SAGE to be held on October 21, 2011. Dr. Dan Rosin will be our keynote speaker and several afternoon breakout sessions are planned including: massage therapy, gardening, digital scrapbooking, cooking, Pilates, yoga, hip-hop, and much more. To register, please access our website at www.msca.mb.ca. Please register early as some sessions have limited spaces!

J'aimerais remercier tous les conseillers et toutes les conseillères qui œuvrent au Manitoba pour votre appui. J'espère bien pouvoir vous rencontrer lors de la conférence d'automne (SAGE) qui aura lieu le vendredi 21 octobre prochain.

To conclude, I would like to thank everyone for their continued support and dedication to MSCA. ✍

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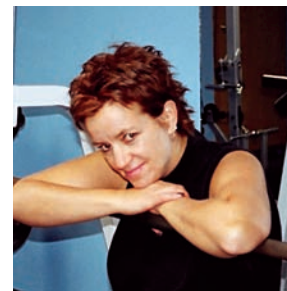
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Make Time For Yourself. You're Worth It!



BY CHRISTINE VAN DER HOEK, OWNER AND PERSONAL TRAINER, THE TRAINING ZONE

Fall. It's the time of year when the temperature starts to drop and we start spending more time inside, and moving less. It is human nature to want to hibernate in the cold and comfort ourselves with warm, delicious food.

Many Canadians can gain up to 10 pounds between fall and the following spring. So what can you do to avoid those pounds from creeping on? Lots!

Exercise is not an all or nothing commitment. Little changes can have huge effects on our health, fitness, and overall wellness. Especially in today's busy world where professionals are stretching their 30+ hours of work/life into 24 hours, it's important to take care of ourselves and our families so that we can get through our days without undue stress and fatigue.

So often, I hear, "I don't have time for exercise". My reply? "If you don't have time for exercise, where are you going to live?" This is the one and only body we get so it's our only chance to get it right.

Start small. Make a decision to do some activity every day. Take the stairs instead of the elevator. Carry your groceries rather than use a cart. Park far away from building entrances. Stand and take

walk breaks away from your desk. Walk to talk with co-workers instead of email. Play with your kids. Walk your dog. You've heard it all before but these tiny changes can have a huge health benefit like reduced cholesterol and lower blood pressure.


Surround yourself with positive role models. Eat lunch with the folks that are at the salad bar rather than the fast food burger joint. If your friends are couch potatoes, you're going to have a harder time starting an exercise plan. Connecting with people who like to be healthy and enjoying exercising and being active will go a long way in keeping you motivated. The buddy system helps to keep exercise appointments, so find someone who wants to improve their health as much as you do and set a date.

You need goals, smart goals. Be specific about what the goal is (example: I am going to walk 20 minutes, three times this week). Measurable means that you have to be able to quantify it. Attainable. If you set a goal too lofty, you set yourself up for failure before you even get started. You've also got to be realistic. If you've never run before, a weekly goal of running five times for 30 minutes isn't realis-

tic. It has to be timed. You need to put a deadline on that goal. Are you going to walk 10 times in two weeks? Three weeks? A month? Goals need a beginning and an end.

Finally, reward yourself. You meet your goal so maybe a manicure on Friday. Maybe you splurge on a pay-per-view sporting event. Maybe it's a movie with your family. Knowing there's a reward at the end is highly motivating!

You also need to write it down. Keep track of your success. Indicate your struggles. Be accountable to yourself because once it's in ink, you can't un-write it!

Finally, exercise/activity needs to be a part of our daily activity. Just like brushing your teeth. We are one of the richest countries in the world with one of the highest standards of living yet obesity and diabetes are on the rise. 

*Take care of yourself.
You're worth it!*



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Manitoba School Counsellors' Association (MSCA)

Counsellor/Teacher Wellness: Taking Care of You before Taking Care of Your Students

École Secondaire Kelvin High School, 155 Kingsway

Keynote Speaker

The Stress-Wellness Connection

Dr. Dan Rosin

see page 8
for a complete biography



Finding Balance

stress
work
conflict
fatigue
finances
exercise
variety
family & friends
laughter
communication

101 CONCEPTS
for taking better care of self

DATE: October 21, 2011

8:30–9:00 a.m.
Registration

9:00–9:15 a.m.
Welcome & Introduction
from MSCA

9:15–11:30 a.m.
Morning Session (A)
The Stress-Wellness
Connection
Keynote Speaker: Dr. Dan Rosin

11:30 a.m.–12:50 p.m.
Lunch Provided

12:50–1:50 p.m.
Afternoon Breakout
Sessions (B)

Healthy Cooking
Jamie Briones

Cooking Healthy Foods promotes wellness and enjoyment in our lives. Come cook up a storm and learn all about wellness through food.

Hip Hop
Monique Vasquez
Come learn some new dance moves and feel great! This session is for those who love to move or want to learn new skills to use with their students.

Green Spacing
Eugenia Lehmann
Our environment affects how we feel. Reconnect with nature and the outdoors at home or at school through learning tips and techniques of green spacing.

Freeze Frame
Jim Sanders & Corinne Napper
Using plasticine and other craft materials, learn how to create and animate your own movie. Animation is an amazing educational tool that allows for participants to express themselves, learn patience, and work in a group, while building self esteem.
www.freezeonline.org

**Music Therapy and
School-Age Children**
Erin Koop
According to the Canadian Association for Music Therapy, "Music therapy is the skillful use of music and musical elements by an accredited music therapist to promote, maintain, and restore mental, physical, emotional, and spiritual health." What does this look like with school-age children? What are the

benefits of music therapy? How does this differ from music education? These are some of the questions that will be addressed in this session.
www.musictherapy.ca

Staying Alive

Mark Essay

Staying alive mentally, physically, and emotionally takes a lot of work. Teachers and group leaders find themselves caught up in a world far beyond the basic teaching of content. This is an informative and entertaining look at how to "stay alive" while working with others.
www.mbteach.org/health-benefits/primaryprevention.html

What's Stressing You?

Ellen Thompson

Identifying and prioritizing stressors is the first step in learning how to balance your life. This workshop is designed to explore activities that can help you do just that. You will leave this workshop with a ready-to-use package of resources!
www.mbteach.org/health-benefits/primaryprevention.html

4 Minute Fitness

Libby Powell

Based on the principles of Tai Chi, this workshop teaches a series of 5 moves which promote relaxation and rejuvenation, as well as strength and flexibility.
www.mbteach.org/health-benefits/primaryprevention.html

Laughter for No Reason

Charu Gupta

Let us re-awaken the creative, self-trusting spirit that is within each of us by combining Unconditional Laughter and four simple principles of the Fish Philosophy. You will learn that it is normal to Laugh for No Reason without relying on humour, jokes, or comedy and in turn design a workplace full of creativity, inspiration, and innovation. You will leave this workshop rejuvenated.
www.mbteach.org/health-benefits/primaryprevention.html

Stress Management

Deb Barry

As educators we often forget to plan for our personal well-being because we devote so much of our time to our professional lives. However it is not possible to take care of others without first taking care of ourselves. It is a constant challenge to separate the demands of the job and the importance of our personal well-being. This workshop will deal with ways to maintain a healthy balance.

www.mbteach.org/health-benefits/primaryprevention.html

Yoga

Jana Svenda

Experience physical freshness, harmony, peace of mind and an overall sense of well-being through gentle stretching, breathing exercises, anti-stress relaxation, and meditation. Please bring a yoga mat or beach towel!

www.yogaoncorydon.ca

Pilates

Tara Holowka

This workshop will be a stretch & strength class based on the principals of pilates. Come try out an alternative way to stay fit and healthy. Please bring a yoga mat or beach towel!

Digital Scrapbooking 101

Liz Loewen / Deb Duncan

If you know how to click and drag you

will love digital scrapbooking! If you want to print up your keepsake, it is a relatively inexpensive way to do so and we will tell you how! The design software gives you the freedom to layout and design your creations to your heart's content. This is an excellent tool to do with students as well!

What you will need to bring for this session: Pictures on a memory stick. We recommend that you stick to a theme to help you stay focussed (Camping, Christmas, Fall, Birthday, Vacation, etc). To view an example of the product we will be using visit <http://msloewen.wikispaces.com>. Click on Digital Scrapbooking to view my Camper Coffee Table book.

2:00–3:00 p.m.

All sessions will repeat for (C).

Special Notes for the Day

Massage therapy sessions will be available throughout the day from the Wellington College of Massage Therapists, please come early to sign-up for a spot! Everyone, please wear comfortable clothing to allow for movement and relaxation!

Registration for SAGE is online ONLY through the MSCA website www.msca.mb.ca.

REGISTRATION

Conference and Membership Information

Conference fee includes refreshments before the morning keynote, mid-morning, and mid-afternoon.

MSCA Membership Fees

Full.....\$25
Student/Other.....\$15

Conference Fees

Member (includes membership).....\$75

Non-member.....\$85
Student/Associate non-member.....\$50

Student/Associate member (includes membership).....\$45

The conference fees are \$50 (full) and \$30 (student) for members who have already prepaid their membership fee for the 2011–2012 school year.

Conference information

Carla Bennett
888-7650 cbennett@sjsd.net

Keep Calm and Carry On

BY SHAYNA WIWIERSKI

"Take care of yourself, then take care of others," says Dan Rosin, a Winnipeg-based counsellor and therapist, as well author of the book *Finding Balance: 101 Concepts for Taking Better Care of Self*.

Rosin's book, originally titled *I Can Have Fun on a School Night*, is currently in its fifth reprint with a new title. Author House in the United States will publish the new edition. The original book was directed towards educators and counsellors, others in the helping professions, and woman – all of whom do a great job of taking care of others but not themselves.

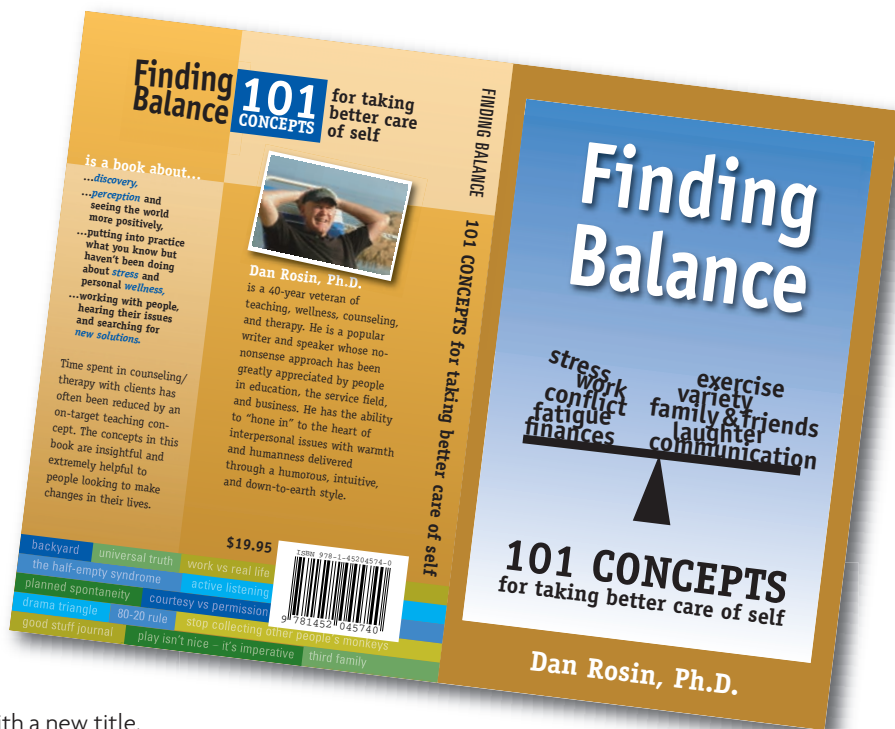
"It's about permissions to take better care of yourself. There are 101 concepts in the book. I write in short, concise concepts not chapters", says Rosin, who worked for the Manitoba Teachers' Society in the Employee Assistance Program for 18 years. "The best way to use this book is for partners to read a concept and discuss it; it gets them talking about important things other than kids or finances.

Finding Balance, which will be released on October 20, 2011, did exceptionally well for a Canadian book here at home. Rosin's book (by the original title), sold over 7,000 copies; for a book to become a bestseller in Canada, 5,000 copies have to be sold.

"I sold all these books and was amazed. I thought I would get 100 or 200 printed and give them to my friends and relatives and say I wrote a book, yahoo! Except the guy at the print shop said it would cost this much for 500, and for a few hundred more you can get 1,000, and for only this much more you can get 2,000 printed books. I thought, OK I'll get 2,000, give out 100 to my friends and relatives and have Christmas presents for the next 1,900 years. Miraculously it sold out in three months."

Rosin says that there is no easy way to achieve balance and wellness but does recommend a healthy dose of exercise, eating properly, and having fun.

"There's a concept in [the book] that says the Key Hour is five and six p.m. If you work past six, not only are you fatigued but your blood sugar level is so low and you are so hungry, you then overeat and then it's seven, 7:30, it's already dark, from October to August, and you hit the chesterfield and that's the evening.



Not really very healthy or exciting. So know when to start and stop your workday and have a plan for your real life, all the other time when you are not at work. Many people don't know how to have a life, but they sure know how to work."

Rosin doesn't give tips to those who ask on how to improve their wellness, he says that the best way to improve is to go out and do it. Exercising doesn't necessarily mean joining a gym or buying a brand new machine; browse Kijiji and find a used elliptical, or go for daily walks. Eat better with portioned meals filled with foods that are good for you, and make sure you have a planned evening. Don't just sit on the couch and watch TV, make plans and do them.

Most of all, save your best energy for yourself and your family. "Stop giving your best energy to someone else's kid. It's not easy for a teacher to do."

The October 21 SAG Conference on stress/wellness is the last conference Rosin will be participating in. After presenting his concepts to a variety of different audiences throughout his 45-year career he has decided to concentrate on his private practice, writing books, and his passion, music (he is a vocalist in the jazz band Bluelight).

"This will be my last conference that I will be doing. Unless you can have a conference on a nice sailboat going to Tahiti and want something about something I know about, then I am not available. I thought this was fitting to do this workshop as my last workshop with counsellors, where it all started for me. I have come full circle."

Finding Balance: 101 Concepts for Taking Better Care of Self is available at McNally Robinson, Amazon.com, and wherever else books are sold.

Spicing Up the SAGE Conference

BY JORDAN THOMPSON

The 2011 Special Area Groups Education (SAGE) Conference for Manitoba school teachers, counsellors and staff will be getting a little extra jolt of energy this year, with the addition of a number of different fitness-based presentations and demonstrations.

Jana Svenda, owner and instructor at Yoga on Corydon, will be hosting a yoga demonstration at the conference, and says she believes that fitness for teachers and counsellors is more important than a lot of people might think.

“Working with problematic situations in everyday life takes a toll on a person’s body, and can also have psychological effects,” Svenda says. “It’s important for them to take care of their physical, as well as mental health and

yoga can certainly help contribute to that.”

“I find that people need yoga to balance them. In my classes I work with lots of teachers and people who work with the public and the classes that we do are very helpful for them.”

Svenda will be leading two one-hour sessions at the conference that focus on relaxation and breathing techniques, and exercises that are designed to maintain a healthy body and mind.

For those with a little bit more pep in their step, Monique Vasquez will also be at the conference, leading a demonstration focusing on hip-hop dance and the ultra-popular Zumba-style workouts.

“It will be low to high cardio, depending on your skill level, and centred on dance and music,” Vasquez says.

“Fitness, as an adult, is very crucial and integral to your well-being, and especially with teachers and counsellors, because with all of the stress that we encounter throughout the day it’s all the more important to have an outlet for that stress,” she says. “I really enjoy teaching dance to learners of all ages, but I don’t get to teach adults all that often so I jumped on this opportunity.”


If Pilates is your strong suit, Tara Holowka will also be in attendance and educating attendees on the benefits and importance of Pilates, which she teaches.

“The type of class that I’ll be doing is a Pilates-based stretch and strength class,” Holowka says. “It’s really quite technical, and generally students would enrol in a 10-week type of program because there is a lot to know and learn.”

Holowka also believes in the presence of a healthy lifestyle for not only teachers and counsellors, but anyone who might be feeling the effects that often accompany the aging process.

“As people get older their muscles tighten, and just doing repetitive activities, which could be just sitting or standing for too long, can cause muscles to weaken,” Holowka says. “It’s good to have a diverse and dynamic exercise plan in your life so that you’re constantly challenging your muscles and not always doing the same thing.”

“Pilates is a great form of exercise to compliment your physical regime. It focuses a lot on your posture and correct body alignment, so it’s good for people who sit at a desk all day, and is great for back pain, core stability, and flexibility.”

The 2011 SAGE Conference rolls into Kelvin High School on October 21. 

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Manitoba School Counsellors' Association **Annual General Meeting and Awards Dinner**

The MSCA AGM was held on May 24th at Pineridge Hollow Restaurant. The evening was warm and sunny and the Pineridge ambiance added to the MSCA celebration. Besides fine food and superb company, the evening including a recap of MSCA activities and initiatives during the year shared by then MSCA President Angie Cieszecki and the presenting of awards to MSCA members.

This year's recipients of MSCA awards included:

Lindsey Goodman - MSCA scholarship winner (money to assist a MSCA member who is continuing their education in the field of guidance and counseling).

Sharon Labossiere - Margaret Woods Award for outstanding contributions to the field of counseling locally and provincially.

Carolynne Pitura - Special Recognition Award for ongoing commitment and involvement in MSCA.

Lorna Martin - R.J. Cochrane Award for outstanding service to the field of guidance and counseling locally, provincially, and nationally. This is the highest award of distinction that a MSCA winner can be awarded.

A special thank you also went out to the work and collaboration of DEL Communications this year as they compiled and published the first two editions of the *Manitoba School Counsellor*. 📖



*R.J. Cochrane Award winner
Lorna Martin (left) with presenter
Ruth Hargrave (right).*



*From left to right: Wendy Johnson (presenter),
Margaret Woods (retired counsellor),
Sharon Labossiere (Margaret Woods Award
winner), and Jan Stewart (presenter).*



*From left to right: MSCA Scholarship recipient
Lindsey Goodman and Carolynne Pitura.*



*From left to right: Margaret Woods Award
winner Sharon Labossiere, R.J. Cochrane Award
winner Lorna Martin, and Special Recognition
Award winner Carolynne Pitura.*



*MSCA past-president Angie Cieszecki (left) with
current President Joëlle Émond (right).*



I ♥ Asper

BY JAYSA NACHTIGALL

Jaysa Nachtigall is networking at an Asper function.



Asper students really do ♥ Asper. They volunteer to talk to high school students in many schools around the province - in the classroom and at career fairs.

Transitioning from high school to university is one of the most life-altering and important educational experiences in a student's life. My name is Jaysa Nachtigall; I am majoring in Human Resources and Marketing at the Asper School of Business and am proud to be the president of the Commerce Students' Association for 2011-2012. I am in my fourth year and I can't imagine being anywhere else. I went to Fort Richmond Collegiate and for a long time I had been interested in pursuing business. I wasn't sure where I wanted to go with business at first. All I knew is that the corporate world seemed very exciting and I was intrigued by the Asper School.

I have come to find that the Asper School is more than an education, it is an amazing experience. Asper has the unique ability to make no degree the same because of the wide range of classes and opportunities outside of the classroom. Students need to understand that they can pursue business in almost any way that interests them.

Here are some common myths:

"I am interested in business but I don't want to own my own business. Should I still consider coming to Asper?" Students interested in running their own business often major in Entrepreneurship, but it is only one of the 13 exciting majors at the



Asper students make connections for life through their learning and their fun. They work hard to raise money for charity. They network with business leaders. They organize conferences. And they make friends who form the foundation of their professional lives.

Students participating in Five Days for the Homeless.

Asper School of Business. Many of our students pursue careers in the not-for-profit sector, so there truly is something for everyone!

"I don't like numbers, I can't do business." Not all areas of business are quantitative. If your students are interested in math then Accounting, Actuarial Mathematics, and Finance are definitely areas to consider. If (like me) the thought of an income statement makes them weak in the knees, encouraging them to pursue careers in disciplines such as Human Resources and Marketing might be a better match. For students who want a balance between the qualitative and quantitative, a major such as Supply Chain Management can be a great choice.

Business is a field that is constantly changing. Asper provides students with a solid academic foundation and numerous leadership opportunities. The opportunity to participate in an international exchange and co-operative education make career possibilities endless. If you are looking to pursue your dream job, the support and services offered through our Career Development Centre are invaluable.

I kept an open mind entering the faculty and it has served me well. I was immediately immersed in everything Asper has to offer and I have looked back many times to think how different my life would have been if I hadn't attended the Asper School of Business. My experiences at Asper have made me very grateful for my choice and I can say with confidence that I ♥ Asper! 📌



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Enriching the Student Experience at the U of M



In fulfilling its commitment to delivering an exceptional student experience, the University of Manitoba (U of M) offers its students opportunities for learning, personal growth, and contributing to the community.



Learning Beyond the Classroom.

As such, it was a natural progression for the U of M to establish a new program – starting this fall term – that will formally recognize a student's co-curricular activities.

This endeavour, initiated by the U of M's Office of Student



I AM A TRAIL

Life, acknowledges students' contributions in the areas of governance, leadership, service learning, awards, and volunteering.

Upon graduation, a student who participates in a university-approved program such as Reading Buddies (mentoring inner-city students) or Praxis (a group focused on social justice) will receive a Co-Curricular Record (CCR) alongside his or her transcript.

The CCR acts as a clear statement of involvement in activities that support holistic student development. The skills they gain through a variety of volunteer, service, and other activities outside of the traditional academic environment will help make them better students and ultimately better citizens. The co-curricular record will be an asset for students as they move into the workplace, when they apply for scholarships, or apply to graduate school. It will also prove to be a valuable tool for employers, admissions boards, and awards committees.

A complete list of programs eligible to be included on the CCR can be found at umanitoba.ca/student/housing/studentlife/ccr.html.

Living and Learning Communities

Living Learning Communities are an emerging trend in North American residence life. With a greater focus put on outside-the-classroom learning, students involved in these communities receive additional knowledge and growth from their residence experience.

The Healthy Active Living Learning Community at the University of Manitoba is a program that attracts students who are passion-

ate about living an active lifestyle – those students that want to learn how to incorporate healthy living into their university career.

Through the programming of a Resident Advisor and the assistance of on-campus partnerships, students in this community will work together to create a healthier residence experience. They will participate in various sporting events, nutritional potlucks, running clinics, and yoga classes, to name just a few events. Students in this program also receive a free membership to the Frank Kennedy Fitness Centre and gain access to an exclusive fitness centre in his or her residence building.

Students must apply to be part of this community in addition to their normal residence application.

New Student Residence

Opening this fall, the new 360-bed Pembina Hall Residence blends contemporary styling with innovative design. Architects modeled the state-of-the-art facility after other urban living centres found across the globe. The new residence is designed to meet the needs of today's students, offering single rooms, private bathrooms, and wireless Internet throughout the building.

The University of Manitoba is committed to its founding principles, but it will always adapt to meet student needs and to ensure that it provides students with a transformative experience. Our goal is to ensure that the U of M is a student-focused research university – a place where they can define themselves, and define their futures.

For more information, please visit umanitoba.ca/housing.

BLAZER.

I am young, but my eyes are open. I may not know exactly where my path will lead, but I do know that if I want to make a real impact on this world, I need to be prepared.

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Career Contention

BY JORDAN THOMPSON



250 booths featured information and contacts from a wide variety of industries.




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Being a teenager is hard enough without having the added pressure and worry of choosing a career when the high school years are finally over and done with. And it's not a matter of simply picking one out of a hat; the real challenge lies in managing to figure out which career is the right career. Nobody understands this better than the Rotary Clubs of Winnipeg, and that's why they bring the Rotary Career Symposium to Winnipeg each year, to help answer that all-too-important ques-



tion: “What do you want to do when you grow up?”

The Rotary Career Symposium, an annual event, set up shop at the Winnipeg Convention Centre this year, from April 6 to 7, 2011. The symposium, which among others was sponsored by the Manitoba School Counsellors’ Association, was open to the general public for a rate of \$3 per person, but many schools across the city organized visits for entire classrooms to head down and check out everything the symposium had to offer.

The room was jam-packed with over 250 booths featuring information and contacts

from a wide variety of industries, as well as droves of students and folks in the market for a new career. In the short amount of time that the symposium was in town, it was visited by over 12,000 people, attesting to the quality and effectiveness of the annual event.

Jasmine Preteau and Karine Martel are students from École communautaire Réal-Bérard in St-Pierre-Jolys, Manitoba, and while they thought they knew which direction they wanted to go into (nursing), the symposium did what it does best, and got them thinking about other options.

“We went to the RCMP speaker, and

found that interesting,” said Preteau, 17.

“It interested me too,” adds Martel, 16. “I have an aunt in the RCMP and you get to travel, so that interested me.”

Overall, Preteau and Martel said that they enjoyed the experience they had at the Rotary Career Symposium, and found it to be extremely beneficial in helping them to think realistically about their futures after high school.

“[It’s great] for people who don’t know what they want to do and to inform them more; like what courses I should take, and who I should speak to,” said Martel.

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In the short amount of time that the symposium was in town, it was visited by over 12,000 people, attesting to the quality and effectiveness of the annual event.

"They explain the process really well," added Preteau.


Another student, Kristen Tarnick, is just 13 years old, and although she may be a little farther off from having to make any big career decisions, the Parkside Junior High student also managed to find useful information at the symposium.

"It's been really helpful," said Tarnick. "It shows me different things; stuff I wouldn't have known. There are jobs here that I wouldn't have even considered."

Jackie Matheson, who was one of the representatives at the Winnipeg Regional Health Authority's booth at the symposium, says that there are often misconceptions about what the healthcare industry does and encourages students to come and check out the different jobs for themselves.

"It's often conceived to be just doctors and nurses; there is so much more to it," says Matheson.

She also adds that the symposium is an integral part of her booth's mission.

"[It plants] the seed to get students interested in careers in health. It's never too early for them to think about their future." 

The Opportunity is Here

Manitoba Hydro



Students are a big part of our future. At Manitoba Hydro, we are proud to help make their dreams a reality.

Awards, Bursaries, and Scholarships

Manitoba Hydro's Educational Funding Program supports the continued education of Manitoba's students by offering awards, bursaries, and scholarships to those in high school, college, and university registered in programs that will prepare them for an exciting job with us.

In 2011, we will offer 66 awards, bursaries, and scholarships valued at \$171,000. Students currently in high school or registering for first year post-secondary education in September are eligible for 36 of those.

Eight individual Generating Futures Scholarships valued at \$10,000 each will be awarded this year.

To be considered for a Generating Futures Scholarship, students must be of

Aboriginal ancestry, be registered as a full time student in a post-secondary educational institution and have a minimum 60 per cent course load in Engineering, Business, Information Technology or Engineering Technology. First year students are required to provide a copy of their acceptance letter to the school along with a final transcript from their last year of high school.

Nominate your students

Teachers can nominate their students for either the Manitoba Hydro Mathematics or Science Fair Award, valued at \$200 each. Nominated students must be of Aboriginal ancestry.

Aboriginal Pre-Placement Program

Aboriginal candidates who have successfully completed their high school diploma but do not have the minimum qualifications for direct entry into one of

our Trades Training Programs can apply for an Aboriginal Pre-Placement Program, where they will have access to academic upgrading. To participate, the applicants must have proof of Aboriginal ancestry, a valid classified driver's licence; and one of the following: English 40, Math 40S (Applied or Pre-Calculus); or Physics 30S/40S.

Trainees are paid while they receive their academic upgrading. Once the upgrading is complete, they will participate in fieldwork alongside crews to get practical work experience in one of the following trades programs:

- Electrical Operating Technician
- Mechanical Operating Technician
- Electrical Technician
- Power Line Technician

Summer Employment

We are committed to supporting



youth enrolled in academic programs by offering employment in the energy industry through our summer student employment program. Each year, we hire approximately 350 summer students throughout the province in areas such as accounting, engineering, business, information technology, and construction. The Summer Student employment process begins in January for spring hires.

To apply, students must do the following:

1. Submit an electronic resume to summerstudent@hydro.mb.ca
2. Register with STEP Services at www.studentjobs.gov.mb.ca

STEP Services is responsible for all referrals and placements for students seeking work in provincial government and Crown corporations.

The Importance of Self-Declaring

At Manitoba Hydro, we are building a workforce that reflects the diversity of our province therefore; we are committed to the practice of employment equity.

Historically, women, persons of Aboriginal ancestry, persons with a disability and members of visible minority groups faced barriers in the workplace. It is Manitoba Hydro's intention to ensure that members of these four under-represented groups are given the opportunity to participate equitably in employment and career advancement opportunities consistent with their abilities and aspirations.

When applying for employment or for educational funding, it is very important that the student self-identify if they are a member of an employment equity group either in their cover letter or in their online application.

For more information on student opportunities, or to schedule a classroom Career Awareness presentation, please visit our website at: www.hydro.mb.ca/careers or call our Employment Line at (204) 360-7282 or toll-free 1-800-565-5200.

Opportunities for Students

Students are a big part of our future. At Manitoba Hydro, we are proud to help you make your dreams a reality.

High School Graduates

- Electrical, Mechanical, Gas and Line Trades
- Aboriginal Pre-Placement Trades programs

College Graduates

- Telecommunications & Control and Relay Protection & Control

University Graduates

- Engineer in Training, Business, Information Technology

Other Opportunities

- Summer student employment, awards, bursaries and scholarships, and work experience.

Generating bright futures

For more information;

Go to our website at www.hydro.mb.ca/careers/student_opportunities;

Call (204) 360-7282 or toll free 1-800-565-5200





Campus Revitalization and Expansion Keeps Learners Top Priority

University College of the North



There are now even more reasons for Manitoba learners to stay in the province for their post-secondary education. Construction is underway for a new state-of-the-art campus for University College of the North (UCN) in Thompson, and an expansion to UCN's campus in The Pas. It spells access to the same sort of innovative facility in the North that students in larger urban centres already enjoy.

Thompson's \$82-million project will result in approximately 88,000 square feet of classrooms, labs, a campus commons, a library, ceremonial and Elder space, student services, and a child day-care centre. Students will also have access to a new city recreation facility that will be part of that campus. The expansion and revitalization in The Pas has a budget of \$16.4 million and will see added to existing services a child daycare centre and a new library: the Oscar Lathlin Research Library. Named in honour of the late former MLA for The Pas and Chief of Opaskwayak Cree Nation, it and the Thompson campus library will be

research-level facilities equipped with current technologies, Wi-Fi, study rooms and meeting places that will provide students a place to do group work. In order to be sure the institution continues to serve the needs of students, determining what would be part of these new facilities was an inclusive process. Access to relevant programming was always at the heart of discussions.

"We met with stakeholders and community leaders to find out what they felt we should provide. Out of those consultations we determined the footprint we needed and the space required to meet that footprint," said Chris Reddy, acting vice-president, UCN Thompson Campus.

The design of both the new open-concept campus in Thompson and the addition in The Pas illustrates how UCN puts student success at the forefront. To help remove barriers for learners, any services they need are front and centre in the building, so they can access them easily. A walk down the central corridor in the Thompson campus will show it is a one-

stop shop for students. Other benefits of the projects are less noticeable at first.

When complete, the Thompson campus will be an energy-efficient building with a LEED Silver rating. Builders are using materials that don't give off a lot of gases or odours, and are recycling as much as possible to reduce waste. While the facility will be built to last, UCN has the flexibility to adjust room sizes to meet demand for current or future programming.

"The new Thompson building and the expansion in The Pas are going to allow us to expand our programming, creating even more career opportunities for northern and Aboriginal people, and other learners who wish to study in our unique northern location," said Konrad Jonasson, UCN interim president and vice-chancellor.

Both campus projects will also have the addition of new student family housing. The first phase involves 24 three- and four-bedroom furnished units. The homes in The Pas welcomed their first residents before the start of Fall Term 2011. UCN is also working towards a plan for more single-person housing.

"The new housing projects will enable more people to pursue higher education. In the past, many prospective students did not go on with their studies because they would have had to leave their families behind in their home communities," said Jonasson. "All of the changes we are implementing now and plan for the future mean greater access to education for all Manitobans."

The expansion of The Pas campus has a target completion date of late 2012. The new Thompson campus is expected for fall 2013. 📍



Ten Compelling Reasons to Consider Red River College



Did you know that approximately 97 per cent of Red River College (RRC) students find employment after graduating* — nearly all of them in Manitoba? This success rate, which is one of the highest in Canada, is just one highly compelling reason for high school grads to consider RRC for their post-secondary education. Here are nine more:

- **Quality Education:** Red River College has a well-deserved reputation for delivering quality education through top-notch, industry-trained instructors who are experts in their fields. This connection to the industry helps ensure RRC students are armed with the relevant knowledge and skills required to succeed.
- **Applied Learning:** At RRC, you won't find students sitting in lecture theatres all day long. Whether they're tearing vehicles apart, mixing pharmaceuticals, or producing their own magazines and online publications, Red River College students embrace the opportunity to learn through experience.
- **Efficient Timelines:** Most of the programs offered at RRC can be completed in two years or less, a timeline that allows our students to get a quicker start on achieving their career goals.
- **Personal Connections:** RRC class sizes are small enough that instructors can actually get to know their students — and learners can feel like they're more than just a number.
- **Numerous Options:** RRC students can select from an array of certificate, diploma, degree, and joint degree options. Even better? There are more choices each year, thanks to a growing number of articulation agreements and joint degree partnerships with other colleges and universities.
- **Co-operative Education:** Many RRC programs give students the chance to obtain real-world work experience — through co-operative placements, practicum training, and other "on the job" means. These opportunities give students a competitive edge once they enter the workforce, and often lead directly to employment — sometimes even before graduation.
- **Flexible Delivery:** Work and family commitments can make it difficult to attend school on a full-time basis. That's why many RRC full-time programs are also available on a part-time basis, and via flexible delivery methods such as online distance learning.
- **Vibrant Student Life:** Students spend a lot of time at school, so the College and RRC's Students' Association strive to make campus life as vibrant as possible. With a jam-packed calendar of sporting and social events, barbecues, ski trips and Spring Break parties — Red River College provides everything a student needs to strike the right balance between work and play!

- **Student Supports:** RRC offers a full complement of support services for students. The College has experts on hand to help with academic advising, career counselling, and financial aid; there's also student access to health services, support for immigrants and international students, and a host of opportunities for on-campus dining, fitness, and recreation.
- **Cultural Diversity:** Red River College is proud of the cultural diversity reflected in its staff and students. RRC is committed to providing access to learners of all backgrounds — the College has a large and growing number of international students and Aboriginal learners — and to offering an inclusive, culturally-sensitive curriculum that prepares students for the diversity of the workplace.

For more information on Red River College or the programs offered, call 204-632-2115 or 204-632-2402, or see www.rrc.ca/visitwithus.

**Source: Red River College 2008/09 Graduate Satisfaction and Employment Report. *



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Change Your Life Through Learning at Confederation College



Confederation College has been serving the citizens of north-western Ontario since 1967 meeting the educational needs of students in a catchment area of some 550,000 square kilometres. Along with its main campus in Thunder Bay, Confederation College has eight regional sites located in Dryden, Fort Frances, Geraldton, Kenora, Marathon, Sioux Lookout, Red Lake and Wawa.

Confederation College delivers exceptional education and training to an average of 11,400 combined full and part-time students per year and currently has a total of 600 full and part-time employees. Confederation's regional economic impact and contribution is valued at \$800 million annually.

With over 60 full-time programs, Confederation meets the needs of anyone looking to further their education and obtain a successful career. Programs range from Aerospace Manufacturing, Broadcasting Television Productions to Hospitality Management, Business Human Resources to Developmental Services Worker and Protection Security & Investigations to name a few.

Opening in fall 2011, the new Regional Education Alliance for Community Health (REACH) building boasts 47,000 square feet of space specifically designed to serve the needs of those in health and community service programs. Equipped with the latest in classroom technology, equipment and simulation labs, students within these fields will learn from the best, using the best the industry has to offer.

For those students who prefer a career in aviation, programs in flight, aircraft mechanics or manufacturing are offered through the Aviation Centre of Excellence (ACE) building located adjacent to



the Thunder Bay International Airport. ACE was built in 2003 and currently houses a fleet of Cessna 172's and Cessna 180's along with several flight simulators.

The Centre for Applied Media Productions (CAMP) is a high-tech, real-world training facility for students looking to pursue a career in media arts. There are eight studios encompassing two complete photo studios, a digital photography lab, 16 track recording studio with attached sound booth, Mac editing labs, film production studio with green screen, broadcasting studio, and a portable optical motion capture facility. Coming soon to the CAMP area will be a web-based radio station which will be programmed and manned by students.


For those travelling to Thunder Bay, Confederation College Residence is an excellent option. Located on the main campus in Thunder Bay, Confederation's residence can host 229 students. Room

With over 60 full-time programs, Confederation meets the needs of anyone looking to further their education and obtain a successful career.



styles vary from a single/double with common bathroom to a single/double with private facilities. Each room is also equipped with a fridge, microwave, digital cable, high speed Internet and full telephone service.

A full-service fitness centre is also located right on campus, only minutes from most buildings and residence. A membership is provided to each full time student of Confederation College. Students can also access the health centre to address health care needs. This confidential service is available to all students of the college.

History has shown that Confederation College graduates are well prepared for their chosen career path. Alumni includes members of the Canadian Snowbirds, a cinematographer for Hollywood blockbuster films including *District 9*, television news anchors, film and television actors, emergency service directors, business directors, and business owners to name a few. Become a part of this illustrious alumni, study at Confederation College and change your life through learning. 



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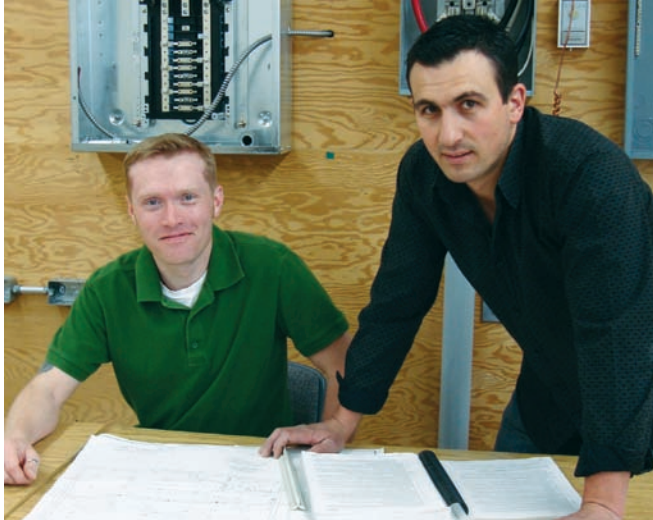
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For secondary and post-secondary students, finding the right career path can be as simple as asking yourself one question – ‘what do I love to do?’ A variety of career options are available in skilled trades and technology, and, combined with applied skills training, allow many young people to find rewarding careers.

Since 1985, Winnipeg Technical College (WTC) has been providing students with career training programs and have recently announced two new additions – the Diploma Program in Trades and the Hotel and Hospitality Services program.

The Diploma Program in Trades is a joint partnership with University College of the North. Now workers in skilled trades can train for a Bachelor in Technology Management degree leading to administration and management positions. WTC’s Diploma Program in Trades begins in January 2012 and involves four skilled trade areas – Electrical Applications, Auto Mechanics, Industrial Maintenance/Millwright, and Industrial Welding.

The Hotel and Hospitality Services program provides students with the knowledge and skills necessary to work in the hotel and hospitality industry. Training was developed and tested by tourism sector employees, employers, and educators from across Canada and is based on internationally-recognized occupational standards. The program encompasses a wide range of occupations in the tourism sector involving front desk, housekeeping, food and beverage service, and line cook duties. Students also receive management training related to the industry.

Rae-Lynn Rempel, WTC’s Marketing and Recruitment representative, says skilled trades and technology career training is the answer for those looking for a career they will enjoy.

“Today, students understand that applied skills are needed to enter the workforce and the opportunity to choose a career path is there for them,” said Rempel. “Careers in skilled trades and technology are well-paying, secure, challenging, provide opportunities to work anywhere and are valued options to university.”

In addition to regular programs in health and human services, information and business technology and skilled trades, today, WTC oversees six Adult Learning Centres, an English as an Additional Language (EAL) training centre and the Osborne Village Resource Centre which provides clients with job search and employability skills training. Winnipeg Technical College is a hub for technical certification and prior learning assessment and recognition.

For more information about Winnipeg Technical College programs, visit: wtc.mb.ca or call 204.989.6500. ☎

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- Grade 9 Science (10F)
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To find out more about this incredible opportunity visit www.wapaskwa.ca or contact Allison McDonald, Principal, allisonm@mfnerc.com, (204) 594-1290 ext. 2013 for more information.



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With more than 40 academic programs to choose from, University College of the North gives learners the training they need for the career they want. Our small class sizes and hands-on learning opportunities set us apart. Knowledge is within reach at UCN.

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