

The background features a stylized eagle with a yellow beak and grey feathers, set within a circular frame. Below the eagle, a blue city skyline is visible. The entire graphic is overlaid on a light blue background.

# COURSE SELECTION: PREPARING FOR WHAT COMES NEXT

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Johnston Heights

2025

## COUNSELLORS

Ms. Tifenbach (A – Deol)  
tifenbach\_t@surreyschools.ca

Ms. Bains (A – Deol Fridays until the end of January)  
bains\_n2@surreyschools.ca

Mr. Parmar (Dep – Lam)  
parmar\_r@surreyschools.ca

Mr. McLean (Lan – Rol)  
mclean\_james@surreyschools.ca

Ms. Albertson (Lan – Rol M, W, F until the end of January)  
albertson\_k@surreyschools.ca

Ms. Peterson (Ron – Z)  
peterson\_kelly@surreyschools.ca

## COUNSELLING SERVICES

[jh.counsellorappointments.com](http://jh.counsellorappointments.com)



**Academic Counselling** –  
course selection, course  
changes, career planning,  
graduation requirements, and  
post-secondary information



**Personal Counselling** –  
confidential discussion  
of personal concerns



Graduation Requirements



Example schedules on each Graduation Pathway



Post Secondary Information



Academic and Elective Course Offerings for Course Selection



Consultations with your counsellor



Skills necessary for success



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# TOPICS TO CONSIDER

# GRADUATION REQUIREMENTS

Most courses are worth 4 credits each

At least 20 courses = **80 credits minimum required for graduation**

English 10, 11, 12

- Literacy Assessment exams requirement

Math 10 & 11: Pre-Calculus/ Foundations/ Workplace

- Numeracy Assessment exam requirement

Science 10 & 11

Socials 10

1 Senior Social Studies course

**PE 10**

Fine Arts or Applied Skills (10, 11 **or** 12)

Career Life Education 10

Career Life Connections 12

- Capstone Project

3 additional courses at the Grade 12 level

Indigenous course requirement

# EARN GRADUATION CREDITS ELSEWHERE



PREVIOUS SCHOOL  
TRANSCRIPT



LANGUAGE CHALLENGE  
EXAMS



EXTERNAL CREDENTIALS  
DONE OUTSIDE OF SCHOOL



DISTRICT PROGRAMS  
& APPRENTICESHIPS

# Typical Schedule

GRADE 10	GRADE 11	GRADE 12
English 10**	English 11	English 12**
A Math 10	A Math 11	CLC 12
Science 10	A Science 11	Course 12
Socials 10	Socials 12**	Course 12
PE 10	Language 11 /Elective	Elective
CLE 10	Elective	Elective
Language 10	Elective	Elective
Elective	Elective	Elective/Study block

**\*\*You must take 1 Indigenous content course at Grade 10, 11 or 12\*\***

# Typical Schedule - IB DP

GRADE 10	GRADE 11	GRADE 12
English 10**	English 11 SL / HL	English 12** SL / HL
A Math 10	A Math 11 SL / HL	A Math 12 SL / HL
Science 10	A Science 11 SL / HL	A Science 12 SL / HL
Socials 10	Socials 11 SL / HL	Socials 12 SL / HL
PE 10	Language 11 and 12 SL	Elective 12 SL / HL
CLE 10	Elective SL / HL	TOK, EE, CAS, CLC 12
Language 10	TOK, EE, CAS, CLC 12	
Elective		

**\*\*You must take 1 Indigenous content course at Grade 10, 11 or 12\*\***

# POST – SECONDARY OPTIONS

Work / Travel

Adult Basic  
Education

Skill Upgrading

Vocational &  
Career  
Programs

Trades &  
Technical  
Institutes

Apprenticeships

Private  
Institutions

Colleges

Universities



# POST-SECONDARY CREDENTIALS

Study commitments vary from a few hours of learning to several years

CERTIFICATES, TICKETS

Several hours – 2 years

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DIPLOMAS

1 - 2 years

---

ASSOCIATE DEGREE

2 years

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BACHELOR'S DEGREE

4 years

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PROFESSIONAL ACCREDITATION

MASTER'S DEGREE

Bachelor's Degree PLUS up to 2 years

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Ph. D. (DOCTORATE DEGREE)

Master's Degree PLUS a minimum 2 years

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Doctor(s) of ...

Bachelor's Degree PLUS Minimum of 4+ years (in North America)

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# LOWER MAINLAND POST-SECONDARY INSTITUTIONS (PSIs)



---

Capilano University (Cap U)

North Vancouver

---

BC Institute of Technology (BCIT)

Burnaby/Richmond

---

Douglas College

New Westminster/Coquitlam

---

Kwantlen Polytechnic University (KPU)

Langley/Surrey/Richmond

---

Langara College

Vancouver

---

Simon Fraser University (SFU)

Burnaby/Surrey

---

Trinity Western University (TWU)

Langley

---

University of British Columbia (UBC)

Vancouver

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University of the Fraser Valley (UFV)

Abbotsford/Chilliwack

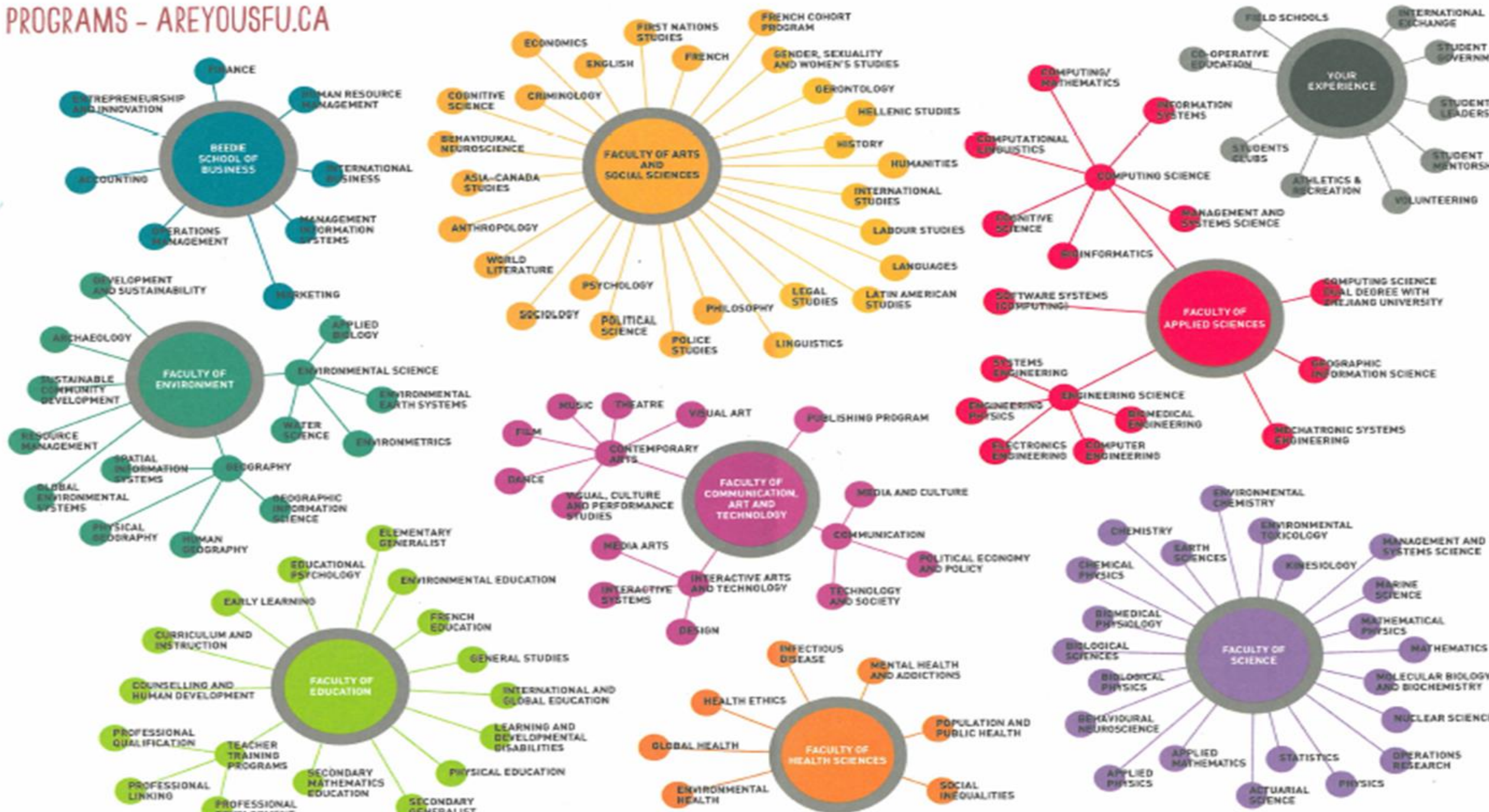
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Vancouver Community College (VCC)

Vancouver

# PROGRAMS & ADMISSION LINKS FOR POST-SECONDARY INSTITUTIONS (PSIs) IN BC

INSTITUTION	LOCATIONS	PROGRAMS/ADMISSIONS LINK TO INFO
BCIT (British Columbia Institute of Technology)	Burnaby/ Vancouver/ North Vancouver/ Richmond/ Delta	<a href="http://www.bcit.ca/admission/how-to-apply/high-school-applicants/">www.bcit.ca/admission/how-to-apply/high-school-applicants/</a>
Camosun College	Victoria	<a href="http://camosun.ca/programs-courses/find-program">camosun.ca/programs-courses/find-program</a>
Capilano University (CapU)	North Vancouver/Sechelt	<a href="http://capilano.ca/admissions/apply-to-capu/admission-requirements/?utm_source=admission-requirements&amp;utm_medium=web&amp;utm_campaign=Redirect">capilano.ca/admissions/apply-to-capu/admission-requirements/?utm_source=admission-requirements&amp;utm_medium=web&amp;utm_campaign=Redirect</a>
Coast Mountain College	Terrace	<a href="http://www.coastmountaincollege.ca/programs/programs">www.coastmountaincollege.ca/programs/programs</a>
College of New Caledonia	Prince George/ Burns Lake/ Fort St. James/ Mackenzie/ Quesnel/ Vanderhoof	<a href="http://cnc.bc.ca/programs-courses">cnc.bc.ca/programs-courses</a>
College of the Rockies (COTR)	Cranbrook	<a href="http://cotr.bc.ca/programs/">cotr.bc.ca/programs/</a>
Corpus Christi and St. Mark's College	Vancouver	<a href="http://corpuschristi.ca/admissions/">corpuschristi.ca/admissions/</a>
Douglas College	New Westminster/ Coquitlam	<a href="http://www.douglascollege.ca/programs">www.douglascollege.ca/programs</a>
Emily Carr University of Art and Design (ECUAD)	Vancouver	<a href="http://www.ecuad.ca/admissions/application-info/undergraduate-applications/application-requirements">www.ecuad.ca/admissions/application-info/undergraduate-applications/application-requirements</a>
Fairleigh Dickson University	Vancouver	<a href="http://www.fdu.edu/campuses/vancouver-campus/admissions/undergraduate-admissions/">www.fdu.edu/campuses/vancouver-campus/admissions/undergraduate-admissions/</a>
Kwantlen Polytechnic University (KPU)	Surrey/ Richmond/ Langley/ Cloverdale	<a href="http://www.kpu.ca/admission/requirements">www.kpu.ca/admission/requirements</a>
Langara College	Vancouver	<a href="http://langara.ca/programs-and-courses/index.html">langara.ca/programs-and-courses/index.html</a>
Nicola Valley Institute of Technology (NVIT)	Merritt/Burnaby	<a href="http://nvit.ca/programs/default.htm">nvit.ca/programs/default.htm</a>
North Island College	Courtenay/ Campbell River/ Port Alberni/ Port Hardy/ Ucluelet	<a href="http://www.nic.bc.ca/programs/">www.nic.bc.ca/programs/</a>
Northern Lights College	Atlin/ Chetwynd/ Dawson Creek/ Dease Lake/ Fort Nelson/ Fort St. John/ Tumbler Ridge	<a href="http://calendar.nlc.bc.ca/content.php?catoid=s&amp;navoid=133">calendar.nlc.bc.ca/content.php?catoid=s&amp;navoid=133</a>
Okanagan College	Kelowna/ Vernon/ Penticton/ Salmon Arm	<a href="http://www.okanagan.bc.ca/program-search">www.okanagan.bc.ca/program-search</a>
Royal Military College of Canada (RMCC)	Kingston (ON)/ Saint-Jean (PQ)	<a href="http://www.rmc-cmr.ca/en/registrars-office/admissions">www.rmc-cmr.ca/en/registrars-office/admissions</a>
Royal Roads University	Victoria	<a href="https://www.royalroads.ca/programs?program_area_title=&amp;program_name=&amp;field_program_delivery_value=All&amp;field_program_group_id_value_1=1">https://www.royalroads.ca/programs?program_area_title=&amp;program_name=&amp;field_program_delivery_value=All&amp;field_program_group_id_value_1=1</a>
Selkirk College	Castlegar	<a href="http://selkirk.ca/programs">selkirk.ca/programs</a>
Simon Fraser University (SFU)	Burnaby/ Surrey/ Vancouver	<a href="http://www.sfu.ca/student/admission/admission-requirements/canadian-highschool/bc-yukon.html">www.sfu.ca/student/admission/admission-requirements/canadian-highschool/bc-yukon.html</a>
Thompson Rivers University (TRU)	Kamloops/ Williams Lake	<a href="http://www.tru.ca/programs.html">www.tru.ca/programs.html</a>
Trinity Western University (TWU)	Langley	<a href="http://www.twu.ca/admissions-aid/admission-requirements/canadian-high-school-students">www.twu.ca/admissions-aid/admission-requirements/canadian-high-school-students</a>
University of British Columbia (UBC)	Vancouver/ Kelowna	<a href="http://you.ubc.ca/programs/#mode=by-program&amp;viewMode=list">you.ubc.ca/programs/#mode=by-program&amp;viewMode=list</a>
University of Northern British Columbia (UNBC)	Prince George	<a href="http://www.unbc.ca/programs">www.unbc.ca/programs</a>
University of the Fraser Valley (UFV)	Abbotsford/ Chilliwack/ Mission	<a href="http://ufv.ca/programs/">ufv.ca/programs/</a>
University of Victoria (UVic)	Victoria	<a href="http://www.uvic.ca/undergraduate/programs/undergraduate-programs/">www.uvic.ca/undergraduate/programs/undergraduate-programs/</a>
Vancouver Community College (VCC)	Vancouver	<a href="http://www.vcc.ca/programs/courses/">www.vcc.ca/programs/courses/</a>
Vancouver Island University (VIU)	Nanaimo/ Duncan/ Powell River/ Parksville	<a href="https://www.viu.ca/admissions/admission-requirements#English12">https://www.viu.ca/admissions/admission-requirements#English12</a>



# POST-SECONDARY INSTITUTION ENTRANCE & ADMISSION REQUIREMENTS



English **11** and **12** are the most important courses you will take.



Your **Math** course is the next most important course.



Other specific courses (Grade **11** and/or Grade **12** courses) which may be determined by the program or faculty in which you apply.



You must do your research because the admission requirements vary so greatly.

**IT IS THE STUDENT'S RESPONSIBILITY TO ENSURE THEY MEET THE REQUIREMENTS FOR THEIR PROGRAM(S)!!!**

# GRADE 12 ("approved") COURSES which may be used by PSIs for admission



**LANGUAGE ARTS:** ENGLISH STUDIES, ENGLISH FIRST PEOPLES, FRENCH / IB, SPANISH / IB (+ OTHER LANGUAGES)



**SENIOR SOCIAL SCIENCES:** ECONOMIC THEORY, HUMAN GEOGRAPHY, 20<sup>TH</sup> CENTURY WORLD / IB HISTORY, LAW STUDIES, SOCIAL JUSTICE, COMPARATIVE CULTURES, CONTEMPORARY INDIGENOUS STUDIES, IB GLOBAL POLITICS, IB PSYCHOLOGY



**SCIENCES:** ANATOMY & PHYSIOLOGY, IB BIOLOGY, CHEMISTRY/ IB, PHYSICS /IB



**MATHS:** FOUNDATIONS, PRE-CALCULUS, CALCULUS, IB MATH

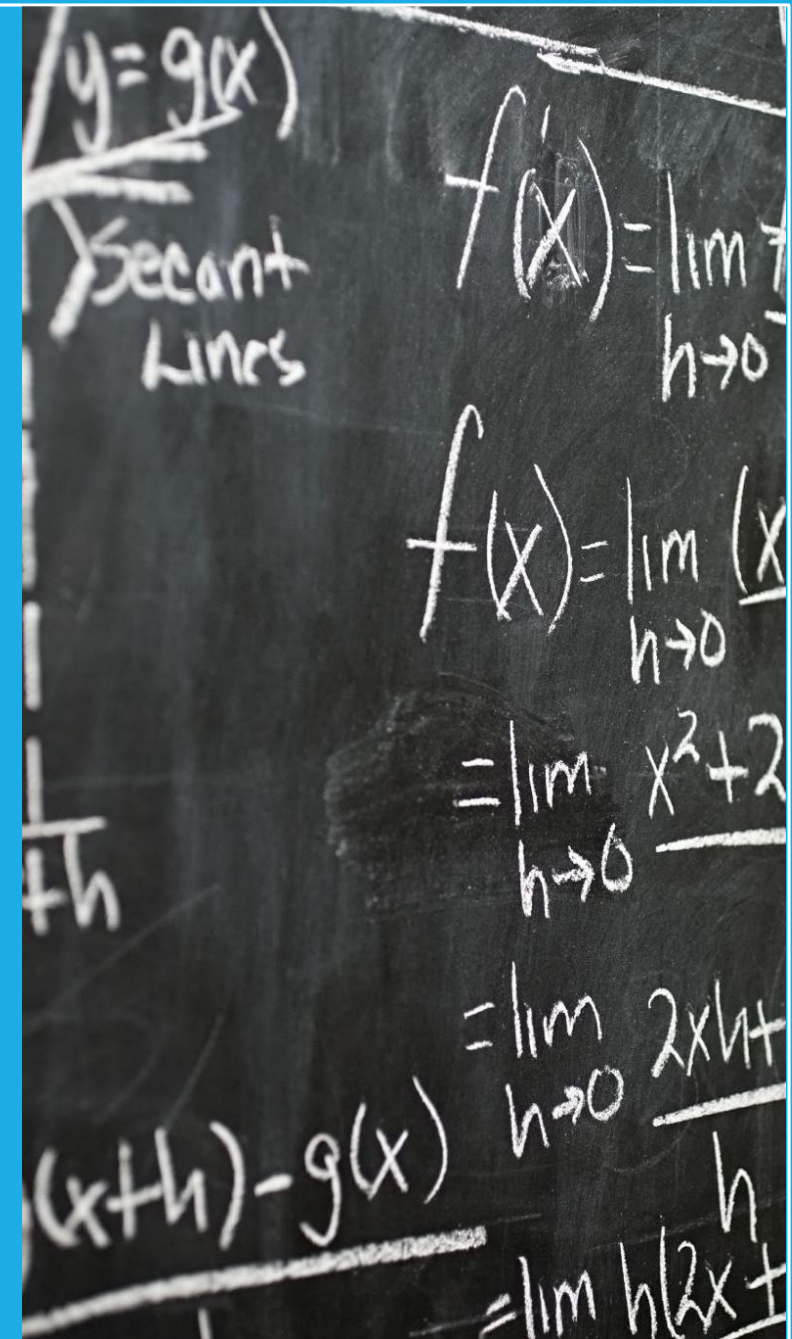


# BUSINESS/COMMERCE PROGRAMS

The following is a generalization (as every post-secondary institution's requirements are different) of admission requirements:

- ❖ PRE-CALCULUS 11 (or FOUNDATIONS MATH 12)
- ❖ ENGLISH 12
- ❖ PRE-CALCULUS 12 (\*recommended)
- \*Calculus 12 recommended
- \*A minimum of two (or more) approved courses (accepted in the use of calculation of admission average)

**IT IS THE STUDENT'S RESPONSIBILITY TO ENSURE THEY MEET THE REQUIREMENTS FOR THEIR PROGRAM(S)!!!**



# ARTS/HUMANITIES/SOCIAL SCIENCES PROGRAMS

The following is a generalization (as every post-secondary institution's requirements are different) of admission requirements:

- ❖ ENGLISH 12 (a minimum %age may be required)
- ❖ Some universities require a minimum %age in a particular Math 11 courses (CHECK!!!)
- ❖ A minimum of three (or more) approved courses (accepted in the use of calculation of admission average)

\*\* Faculty of Arts students may be required to take the equivalent of a Grade 12 Language course during their university career.

**IT IS THE STUDENT'S RESPONSIBILITY TO ENSURE THEY MEET THE REQUIREMENTS FOR THEIR PROGRAM(S)!!!**







# SCIENCE PROGRAMS

The following is a generalization (as every post-secondary institution's requirements are different) of admission requirements:

- ❖ PHYSICS 11
- ❖ CHEMISTRY 11
- ❖ A MINIMUM %AGE IN PRE-CALCULUS 11 may also be required
- ❖ ENGLISH 12
- ❖ PRE-CALCULUS 12
- ❖ At least ONE Science 12 (dependent on the PSI)
- \*Calculus 12 recommended
- \*A minimum of two (or more) approved courses (accepted in the use of calculation of admission average)

**IT IS THE STUDENT'S RESPONSIBILITY TO ENSURE THEY MEET THE REQUIREMENTS FOR THEIR PROGRAM(S)!!!**

# Example Searches on the Education Planner

"I want to be a Nurse"

- The search is narrowed down to 6 local colleges / Post-Secondary Institutions
- 2 Nursing options are highlighted:
  - UFV Bachelor of Science Nursing
  - Douglas Nursing Foundations Certificate

**SEARCH**

  
[New Search](#)

- FILTERS**
- Institutions (22)**
- All Regions
- British Columbia Institute of Technology (27)
  - Douglas College (4)
  - Kwantlen Polytechnic University (4)
  - Langara College (3)
  - University of the Fraser Valley (3)
  - Vancouver Community College (4)
  - Camosun College (2)
  - Coast Mountain College (2)
  - College of New Caledonia (2)
  - College of the Rockies (2)
- Subject Areas (4)**

## SEARCH UNDERGRADUATE PROGRAMS

45 results using :

- nursing
- British Columbia Institute of Technology
- Douglas College
- Kwantlen Polytechnic Uni
- Langara College
- Vancouver Community College
- University of the Fraser Valley

**SORT:** Institutions ↑ | Region ↓ | Type ↓

### Public Institutions

 <b>British Columbia Institute of Technology</b> 27 programs	 <b>Douglas College</b> 4 programs
 <b>Kwantlen Polytechnic University</b> 4 programs	 <b>Langara College</b> 3 programs
 <b>University of the Fraser Valley</b> 3 programs	 <b>Vancouver Community College</b> 4 programs

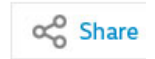


- Fast Facts
- Admissions Info
- Occupations



## NURSING: BACHELOR OF SCIENCE DEGREE (BSCN)

### University of the Fraser Valley

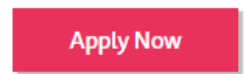


Confirm:  
your program information with  
UFV.



« Search results 71 of 79 programs filters | « Prev Next »

<b>Program Start Date</b>	September, January
<b>Campuses</b>	Chilliwack Canada Education Park
<b>Length</b>	Three or Four Years
<b>Tuition Estimate (domestic students)</b>	\$3,000 - \$3,400 per semester; see <a href="#">program website</a> for complete details
<b>Book &amp; Supplies Cost Estimates</b>	\$600 - \$2,400 per semester; see <a href="#">program website</a> for complete details
<b>Credential Granted</b>	<ul style="list-style-type: none"> <li>Bachelor's Degree</li> <li>University Course Transfer</li> </ul>
<b>Learning Method Options</b>	Face-to-Face



Looking for ways to fund your education? Check out UFV's [financial aid and awards](#) page.

### Application Deadline Advice

- For the Fall semester start-date (September intake):
- applications are open on October 1
  - application and document submission deadline is January 31.
- For the Winter semester start-date (January intake):

Fast Facts

Admissions Info

Occupations



## ACADEMIC FOUNDATIONS FOR POTENTIAL NURSING APPLICANTS CERTIFICATE

**Douglas College**  Share[« Search results](#) 36 of 79 programs [filters](#)[« Prev](#) [Next »](#)

Confirm:  
your program information with  
Douglas .



### 1) Program Admission Requirements

**Academic** (minimum grade needed in brackets)

1. One of:

- BC secondary school graduation (or the equivalent in another school system)
- One course short of BC secondary school graduation
- 19 years old by the end of the first month of the first semester of attendance
- 17 years old on the first day of the first semester of attendance and has not been in school for at least one year
- Completion of a certificate or equivalent from a special needs program and has been in school for 12 years

2. One of:

- English 12 (B)
- English Studies 12 (B)
- English First Peoples 12 (B)
- equivalent\*

3. One of:

- Biology 11 (B) or 12 (B)
- Life Sciences 11 (B)
- Anatomy and Physiology 12 (B)
- equivalent\*

4. Foundations of Math 11 (B) or 12 (B) or equivalent\*

Note (\*): university transferable course work in the above subject areas may be used towards meeting the entrance requirements.


Employers want transferable skills & long-term adaptability.



Plan to be a life-long learner.



Critical thinking, problem solving, analytical and communication skills, as well as a framework for understanding technology.



Develop the mindset that you will never be done learning new skills and looking for new jobs/career opportunities.



Employers want employees who demonstrate good work habits, who show up to work **AND** on time.

# WORKPLACE TRENDS

# COURSE SELECTION

## ACADEMICS

- ❖ **English:** Creative Writing, Literary Studies, Spoken Language, English First Peoples, English Studies, English IB
- ❖ **Math:** Math IB, Foundations, Pre-calculus, Workplace
- ❖ **Modern Languages:** French, Spanish; IB  
ELL – based on Spring assessment
- ❖ **Science:** IB Biology , Life Science, Anatomy & Physiology; Chemistry / IB, Environmental Studies, Earth Science, Physics / IB, Science for Citizens, IB Computer Science
- ❖ **Social Studies:** Economic Theory, Human Geography, 20<sup>th</sup> Century World History, IB History, Law Studies, Social Justice, Comparative Cultures, Contemporary Indigenous Studies, IB Global Politics, IB Psychology

# COURSE SELECTION

## PHYSICAL EDUCATION

- ❖ Active Living
- ❖ Fitness and Conditioning

## FINE ARTS

- ❖ Performing Arts: Dance, Drama
- ❖ Music: Band, Choir
- ❖ Visual Arts: Studio, Media

## DISTRICT PROGRAMS

- ❖ Visit the Career Education Department for further information

## APPLIED SKILLS & DESIGN TECHNOLOGIES (ADST)

- ❖ **Business Education:** Accounting, Marketing
- ❖ **Digital Design / Computer Education / Information Technology:** Graphic Design, Digital Media Design, Computer Programming, Video Game Development, E-sports
- ❖ **Design Technology Education:** Automotive, Drafting, Metal, Robotics, Trade Skills, Woodwork
- ❖ **Cook Training / Culinary Arts**
- ❖ **Home Economics:** Foods , Textiles / Fashion, Psychology

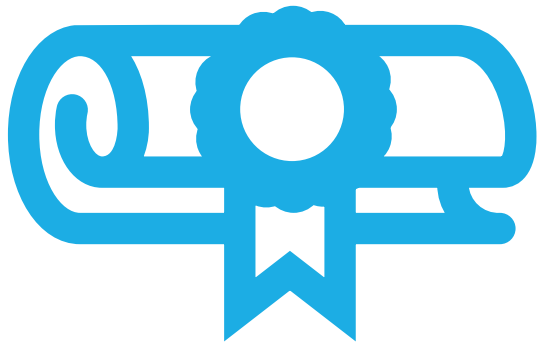
## CAREER EDUCATION

- ❖ Career Life Connections (CLC)
- ❖ Work Experience

## LEADERSHIP / LIBRARY SCIENCE / PEER TUTORING



# KEYS TO COURSE SELECTION



## Choose your courses by:

- Graduation requirements
- Post-Secondary requirements
- Career aspirations
- Evaluate strengths, weaknesses and past performance to make informed decisions about future study
  - Consider areas of interest, affinity
- Life experiences



# COURSE SELECTION PROCESS

- ❖ You will have access to MyED to enter your courses online from January 13 -24.
- ❖ Students will receive their course selection sheets today.
- ❖ Please take a photo of your completed course selection sheet and hand your sheet back to your counsellor, who will review this and can still make changes to your requests after MyED is closed to students.
- ❖ Counsellors will see you during your CLE 10 block or your English 11 block. If you do not have these courses in your schedule, please book an appointment.
- ❖ Do your best to make thoughtful choices before entering course requests.

# IB DP COURSE SELECTION

## GRADE 10 INTO 11

- ❖ Complete course selection for IB DP with your application package.
- ❖ Indicate by checking the box on your course selection and hand in this sheet at the end of the presentation

## GRADE 11 INTO 12

- ❖ Carry on with your current courses, excluding French or Spanish because you will be writing your exams in the Spring (of your Grade 11 year).
- ❖ Connect with your counsellor and IB Coordinator (Ms. Wilcox) if you are not meeting IB DP requirements.



## As you move through the graduation program

- ❖ Academic classes require pre-requisite skills which are usually associated with good marks and work habits.
  - To be successful in Pre-Calculus 11: you should earn  $\geq 4$ 's in Foundations of Math and Pre-Calculus 10.
  - To be successful in Chemistry 11 and Physics 11, you should earn  $\geq 4$ 's in Foundations of Math and Pre-Calculus 10 **AND** Science 10.
- For Pre-Calculus 12, you should earn a "B" (minimum 73%) in Pre-Calculus 11.
- For Physics 12                   => "B" in Pre-Calculus 11  
**AND** "B" in Physics 11
- For Chemistry 12 => "B" in Pre-Calculus 11  
**AND** "B" in Chemistry 11

# THINGS TO CONSIDER

- ❖ The school-work **WILL** become more difficult!
- ❖ Teacher and instructor expectations evolve. Course demands evolve. Your study strategies and work habits **must** also evolve.
- ❖ The IB Learner Profile and Approaches to Learning skills are especially important.
  - Communication and Collaboration Skills
  - Research, Critical and Creative Thinking Skills
  - Time Management and Organization Skills
  - Self-Management – taking care of yourself



# FINANCING POST SECONDARY

## SCHOLARSHIPS

A grant, payment, or monetary award based on some merit or achievement.

## STUDENT LOANS

Based on financial need and must be repaid.

## RESP

Family savings plan plus government top-up.

## BURSARIES

A monetary award based on financial need and merit.

## PART-TIME EMPLOYMENT

Many students work part time while attending post-secondary.

## EMPLOYERS PAY

Some employers will fund PSI upgrading and other training



[MyED login](#)

[BC Ministry of  
Education  
Graduation  
Requirements](#)

[Education Planner  
BC](#)

[My BluePrint](#)

[Work BC Career  
Exploration](#)

[BuildForce Canada](#)

[Bounce Back BC](#)

[Foundry BC](#)

[Mental Health -  
Let's Talk About It](#)

# USEFUL WEBSITES

**QUESTIONS???**

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