

**Elphinstone
Secondary**



**Grade 12
Newsletter**

January 2012

Upcoming Dates

Jan 15 - Final Application
Deadline for Emily Carr

Jan 26-Provincials:

EN 12- 9 AM,

COM 12- 1 PM

Exams will be held in the
Library. Arrive at least 20
minutes early (English 12
students should arrive
earlier)

Jan 30- Semester 2 begins

Jan 31-Deadline for
application to UBC

Feb 1 - Portfolio deadline for
Emily Carr

Feb 28. - Deadline for Early
Admission for SFU

Feb. 28 - Final Application
Deadline for Admission to
UVic

Mar 1 - Deadline for Early
Admission to Thompson
Rivers University, UNBC

Mar 1 - SFU Surrey Open
House

Mar 2 - Provincial Exam
results released

Mar 31 - Deadline for Early
Admission to Capilano
University

Apr 19- LPI sitting at ESS

Apr 30 - Final application
deadline for SFU

PSI Forms

The counsellors will meet with grade 12s this month (Jan 9-11 in B block) to get them to go online to give the Ministry of education the authority to release official marks to post-secondary schools in May and August. Only the Ministry can release these official marks which are used for final admission.

LPI - April 19

If you plan to write the LPI, you need to register online (lpitest.ca). Instructions and a list of which post-secondary institutions require the LPI are in the counselling office. SFU and UBC require the LPI unless you have the following:

SFU - 75% in En 12 or Lit 12

UBC - 80% in En 12 or Lit 12 at admission or 75 %
final grade (either school mark or blended)

UVic -no longer required. See our Dec. newsletter
under UVic.

UVic

Apply for scholarships by March 31, 2012 (must self-report your interim grade 12 marks between Feb. 1 and March 31). For details on scholarships go to www.uvic.ca/safa. Dept. of Theatre event "I want to be in Theatre" Jan. 28 (register by Jan. 23). Housing application for Sept. 2012 available online on Feb. 1 (www.housing.uvic.ca/winter)

VCC

VCC offers the following apprenticeship training:
Baking, Culinary Arts, Auto Collision Repair, Auto Refinishing, Auto Painting and Refinishing, Auto Technician, Auto Glass, Commercial Transport Vehicle Mechanic, Heavy Duty Mechanic.

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Langara College

Admission requirement for a University Transfer program is BC Grade 12. Some programs are limited entry and have additional requirements. Early application gives you a better registration date. Academic courses are available in dozens of subject areas.

Langara offers more than 30 career programs. Requirements for these programs vary. Some career programs available are: Journalism, Publishing, Theatre Arts/Studio 58, Library Technician, and International Business. The LPI or Langara's LET is required for entrance into some first semester academic courses unless you have 80 % or better in EN 12 or LIT 12.

Kwantlen

Kwantlen Polytechnic University offers many Bachelor degrees as well as many career programs. Additionally, Kwantlen offers the following hands on

programs at its Trades and Technology Centre: Auto Servicing, Auto Industry Upholstery, Auto Parts, Carpentry/Building Construction, Drafting/CADD, Farrier Training, Industrial Engines & Equipment Parts, Horticulture, Industrial Warehousing, Masonry, Metal Fabrication, Millwright/Industrial Mechanic, Outdoor Power Equipment, Power Line Technician, Public Safety Communications, and Welding. Career programs have differing entrance requirements. Check the calendar.

Emily Carr

Application deadline is Jan. 15. Portfolio Deadline is Feb. 1st. Check the website for portfolio guidelines. Academic requirements include GPA of 67 % calculated on EN 12 (min. 'C'), two other academic grade 12 course and 2 grade 12 electives. Studio Art 12 is recommended.

Scholarships

Jan. 10 - Burger King Scholarship Program
Jan. 23 - Youth in Motion (top20under20.ca)
Jan. 31 - Toyota Earthday Scholarship
Feb. 1 - Terry Fox (terryfox.org)
Feb 15 Univ. of Alberta
Feb. 28 - SFU, UBC Entrance Scholarship
Feb. 29 - BCGEU Scholarship (bcgeu.ca)
Mar. 1 - TRU Awards (tru.ca/finaid)
Mar. 1 - UNBC undergrad awards
Mar. 12 - Remax Quest for Excellence

-W. Garfield Weston Award (see counsellors)

Mar. 31 - UVic Entrance (uvic.ca/safa)

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In early April we will hold a meeting to give information about applying for local scholarships and bursaries.

Instant De-Stressor

Worried you will freeze up during exams? Here are some tips.

Be prepared, get a good night's sleep, and try this instant de-stressor if you feel your self panicking.

1. Sit in a relaxed, upright position with your back straight.
2. Close your eyes and your mouth.
Put your hand over your belly.
3. Breathe in through your nose, sending your breath right down into your belly so that you feel your hand being pushed out.
4. Hold that breath and count to five. Let it out, slowly.
5. Repeat three or more times.

**Unless you snooze, you
lose**

Teens need nine to ten hours sleep per night. Lack of sleep can cause poor concentration, crankiness and mood swings. Some researchers believe you actually lose IQ points. So, no all-nighters before exams!

Action is the foundational key to success.

Pablo Picasso

Tips

Read all information you receive from a post-secondary institution very carefully.

When talking to post secondary personnel always write down the name of the person you have spoken with, the date and any advice you receive, so you remember what you were advised to do. If you need to discuss your matter further, it is easier to get back to the original person you dealt with. Emailing is a good idea because you have a record of everything. Save all communications.

If you are starting at a college and plan to transfer to a university be sure you study the Transfer Guide. Not everything you may take will transfer. The Transfer Guide is online www.bccat.bc.ca