

# Campus Tour Week Participant Toolkit

Resources and worksheets for Northern Youth exploring  
Post-Secondary Education options

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Write your name here

Northern Youth Abroad 



# PSE Glossary

**Academic Advisor** – An on-campus advisor who helps students select courses or programs that match their interests, career plans and academic qualifications.

**Academic Calendar** – An annual calendar by the college/university listing key dates in the academic year like the first day of classes, last day to drop a class without academic penalty, reading week, etc.

**Academic year** – The time during which classes are taught (usually September-May).

**Admission** – Being accepted into an institution, faculty or program once the entrance requirements are met. (Conditional admission is usually first offered before a high school student has graduated).

**Admission Requirements** – The list of requirements you need to get accepted to a post-secondary program. These can include specific courses, grade point average, portfolio work, letter of intent etc.

**Adult Basic Education** – Allows students over 18 years old to upgrade their education to an equivalent of Grade 12 high school completion.

**Application** – Formal way of notifying a post-secondary institution that you want to be a student there.

**Apprenticeship** – A workplace-based training program involving both in-school studies and supervised on-the-job training. Some occupations, especially those in the trades, may require an apprenticeship to become licenced to work.

**Baccalaureate or Bachelor's Degree** – An undergraduate university degree requiring three or four years of full-time study, often with a specific Major, Minor or Concentration.

**Bursary** – An amount of money awarded to students to help them pay for school that they do not have to pay back. They are awarded on the basis of financial need and academic achievement.

**Campus** – The buildings and area of a college or university.

**Career/technical** – An applied program of study involving theoretical and practical knowledge, usually leading directly to a certificate or diploma (one or two years of study) to be used for employment in a specific career.

**Certificate** – A qualification awarded upon successful completion of a post-secondary program which is usually 12 weeks to one year in duration.

**College** – A post-secondary institution which offers both academic and technical or vocational courses leading to an associate's degree, diploma or certificate, or academic transfer courses that can be transferred to a university for further studies.

**Concurrent Studies** – A secondary school student who is taking post-secondary credit courses while in high school is enrolled in concurrent studies.

**Continuing Education** – Non-credit courses, lectures, workshops, and seminars, usually offered in the evening or on weekends in a variety of areas, such as: general interest, employment, language skills, vocational, and business.



# PSE Glossary

**Cooperative or Co-op (Program)** – The system of having paid work placements, usually four to eight months long, as a component of a program of study.

**Dean** – An Administrator in charge of a division of a university or college. Each faculty of study will have its own Dean (ex: Dean of Arts and Science).

**Diploma** – A formal credential issued to a student who has successfully completed a program that is usually two academic years of full-time study geared towards employment in a particular career.

**Doctorate** – A degree granted after four years of doctoral studies once a student has completed a bachelor's degree and a master's degree. Most commonly designated as PhD.

**Equal Consideration Date** – The deadline to apply to competitive programs if you want your application to be considered on an equal basis with all other applicants. After this date, your application will only be considered if there is still room in the program.

**Financial Aid Office** - Where you go to get your student funding, apply for scholarships, bursaries and awards, and pay tuition.

**Graduate Program** – Program leading towards a master's degree.

**Humanities** – Human related programs. (e.g. history, sociology, political science, international development studies, religion, law, human geography, languages, literature and philosophy)

**Learning-Management System** - A software application that collects, delivers, and tracks educational resources, class materials, assignments, student work, and more.

**Liberal Arts** – Non-technical studies conducted in the humanities and social sciences leading to a Bachelor of Arts degree.

**Major** – In universities, the specialization in one discipline, usually decided during the second year of study.

**Master's Degree** – Once a student has completed a Bachelor's degree, a Master's degree can be completed. They vary in length from 1 – 2 years.

**Minor** – A secondary academic focus pursued as a supplement or accent to a major program.

**Post-Secondary** – Relating to the education of individuals after completion of secondary school (high school) requirements.

**Prerequisite** – Requirement(s) that must be met before students may register in a particular course.

**Private Institution** – An institution that relies primarily on non-governmental sources of financial support.

**Public Institution** – An institution that receives the majority of funding through the government.

**Reading Week** – A week off of classes meant for students to catch up on reading and work.

**Red Seal** - A national program providing a standardized endorsement for specific occupations/trades and allowing for labour mobility across provincial/territorial boundaries. Upon successful completion of a Red Seal exam, a Red Seal endorsement is added to the provincial credential.



# PSE Glossary

**Scholarship** – A monetary award given on the basis of academic standing and various criteria.

**Social Sciences** – Studies related to social groups, more specifically human society such as: economics, sociology, anthropology, and psychology.

**Technical Institute** – A post-secondary institution offering technical and applied training.

**Transcript** – Official academic records detailing place and time of study, courses completed, and grades achieved.

**Undergraduate Program** – Program leading towards a bachelor's degree, or a first degree at university.

**University** – A post-secondary institution that offers bachelor's, master's and doctoral degrees.

**University Transfer** – Credit programs of study, usually in arts, social sciences, and science courses, which are transferable toward degree programs at universities.

**Viewbook** – An annual publication, issued each year by post-secondary institutions, to provide information regarding academic programs, admission requirements, and related topics.

## Remote Learning Terms

In 2020, schools across the world had to adapt to moving almost all learning to take place remotely, responding to the Covid-19 pandemic. This changed the way that many schools and students approach learning. Some of these changes will likely stay even when the pandemic is over. Through this, some terms are now used often and are around to stay.

**Asynchronous** - A type of learning where students work on material independently, at a time and location of their choosing.

**Cohort** - A fixed group of students that will be in the school together at a given time within a hybrid learning model, so as to allow for social distancing and mitigate risk of transmission of illness.

**Concurrent** - Concurrent classes are delivered both in person and online at the same time by one faculty member. Some students will physically be in the classroom, while others will join remotely via video technology in each classroom.

**Hybrid** - Hybrid, or blended, learning models combine in-person learning (i.e., students in a physical classroom) with remote learning (students learning from home, joining classes via Zoom or other platforms). Classes may occur synchronously or asynchronously.

**In-Person Learning** - The model of learning where all students and faculty are in the school building together.

**Online Learning** - The model of learning where all students and faculty are learning remotely via a digital platform, such as Zoom.

**Remote Learning** - Any learning that occurs from home, with students or teachers joining classes virtually.

**Synchronous** - A type of learning that happens together at the same time, with students and teachers all involved in the lesson, whether that means fully online, fully in person, or a hybrid of the two.

## Example Post-Secondary Timeline and Dates

Below is an estimate of dates and deadlines for Post-Secondary to give you an idea of when to start preparing. It will not be the same for every school or program. In the right column, fill out what the dates may be for a program that you might want to do.

### Estimate of timeline for starting school in FALL 2021

Activity	Estimate Timeline	Date or timeline for me
Start thinking of programs or schools you would like, research their important dates and deadlines to apply	The earlier the better	
Applications open for most colleges or universities. It is a good idea to start the application early so you know what it asks you to do and you have time to request your transcripts, well before the deadline	Late Fall/Early Winter	
Applications due for many University programs	As early as December/January for the next September	
Applications for residence open, but you do not have to apply this early. Some are first come - first serve so see when your specific deadline is.	As early as November for the next September	
Application deadline for many college programs	As early as February	
Confirm and accept your offer of admission	As early as April	
Deadline to apply for many residences	June	
Deadline to apply for SFA Funding (for Sept)	June 30	
Classes start	September 2021	

### Tips and Tricks

- Set up an email account and document folder to put everything you need to apply for school. Check your email often, and save resources, completed applications, and forms in one folder.
- Remember that some deadlines are more flexible than others. Deadlines like funding or residence are less flexible and may not accept after the deadline, but some programs may accept students into programs past the deadline
- If you miss a deadline, try calling the school and see if you can still apply
- If you would like to apply to a competitive program (like health, science, engineering, technology), apply early to be considered
- Plan to set up housing *before* you arrive to school
- Residences may ask you to put a deposit in when you apply. This can be as much as \$500
- Try to apply before the suggested deadlines – you may have to get extra forms signed, you may have technology troubles, you may need more time than you think you do



# Resources on Campus

What's Available on Campus?

Sports, Clubs, Jobs, Students Services, Restaurants...and much more!

There are lots of services on campus to help you succeed! Tutoring, counselling, learning supports for students with learning disabilities, and many more. Additionally, most colleges and universities have hundreds of clubs you can join to make friends and spend time doing what you like. If the club you want doesn't exist, you can create it and apply for funds from your Student Association.

Using Mount Royal University as an example, here are some of their services and clubs:

## Services

- Athletics
- Campus Security
- Career Services
- Child Care Centre
- Health Services
- Indigenous Housing Program
- Library
- Medicine Trail Program
- Student Association
- Student Awards and Financial Aid
- Student Counselling Services
- Student Learning Services
- Student Success Program: academic support, peer mentorship, counselling services, workshops, tutorials, and more!
- Tutoring

## Clubs (these are just a few!)

- A Novel Bunch reading club
- Club N3rd
- Education Undergraduate Society
- Inkwellpoetry
- Japanese Conversation Club
- Leaders for Environmental Awareness and Protection (L.E.A.P.)
- MRU Best Buddies
- MRU Cubs Dance Team
- Harry Potter Fan Club
- MRU Historical Society
- MRU Photography Club
- MRU Ski & Snowboard Club
- MRU Student Parents
- Otahpiaaki Indigenous fashion show, music, artists and performers
- Super Smash Brothers University
- Surf Club
- The MRU Running Club



# Education and Career Planning

Having a plan, a sense of what your goals are, and what is important to you are keys to success.

What 5 things are most important to you right now? (ex: family, culture, money)

- 1.
- 2.
- 3.
- 4.
- 5.

What are some of your personal goals? For this exercise, they can, but don't have to, be education or career related. Write at least 2 goals in each section. (eg. Finish high school, start a community project, own a F-150, be a teacher, etc)

Short term (1-6 months)

Medium Term (6 months - 2 years)

Long Terms (2+years)

1. Where do you want to live in 1 year?
2. Where do you want to live in 5 years?
3. Where do you want to live in more than 5 years?
4. If you had unlimited time and money, what is one thing you would want to be an expert in?



# Education and Career Planning

Having a plan, a sense of what your goals are, and what is important to you are keys to success.

What are the main features of each of these? (List 2-3). Circle the type of school you would like best

**Apprenticeship:**

**College:**

**University:**

What are your favourite subjects in high school?

What are your least favourite?

What jobs would you want to do in the future?

What jobs would you not want to do in the future?

List 3 programs you might want to take at after high school. Circle your top choice. (This can be just an idea, you do not have to know 100%, and it is okay if it changes.)





# Education and Career Planning

Write down the program you circled on the last page here:

What subjects in high school do you think might help you with this program?

- 1.
- 2.
- 3.

What courses might you take in post-secondary for this program? (You can use google for this one.)

- 1.
- 2.
- 3.
- 4.

What sorts of things should you be doing now if you wanted to do this program?

Who do you think could help you or give you more information? (Write their names and contact info if you have it.)

- 1.
- 2.
- 3.



# Different Kinds of Post Secondary Learning

## College

- There are many types of programs with different lengths of study required: 1-year certificate/2-year diploma/3-year diploma/4-year applied degree (Bachelor's degree).
- A college year is usually divided into 2 Semesters/Terms: Semester/Term 1 runs from September to December and Semester/Term 2 runs from January to April.
- Internship and co-op available in some programs.
- Diploma programs are generally career-focused and teach job-specific, practical skills to prepare students for employment in a particular occupation.
- Learning generally includes some lectures, class discussions, studying textbooks, presentations, reports, group projects, labs and real-life projects e.g. a fund-raising campaign for a local not-for-profit organization.

Ex: Early Childhood Education  
Computer Programming  
Respiratory Therapy Technology  
Office Administration  
Hospitality, Recreation and Tourism  
Practical Nursing  
Media Arts  
Accounting  
Correctional Services  
Pharmacy Technician

- Applied degree programs offer a blend of the practical approach typically taken at a college and the broader theoretical approach typically taken at a university.

Ex: Bachelor of Applied Business in e-Business  
Bachelor of Applied Technology in Microelectronics  
Bachelor of Applied Arts in Paralegal Studies  
Bachelor of Nursing  
Bachelor of Applied Arts and Business in Human Services Management  
Bachelor of Applied Technology in Industrial Design

- Colleges typically have close relationships with local employers who may help recent graduates find employment in the area.
- Many colleges have transfer agreements with universities that allow students to complete a college diploma program first and then apply to a university program with some university credits already granted based on the college diploma earned.



# Different Kinds of Post Secondary Learning

## Apprenticeship

- A learning partnership between the registered apprentice (the student) and employer through which the apprentice learns a trade over a 2 to 5-year period.
- You can get a head start on your training in high school.
- Apprenticeship consists of mostly on-the-job training plus a number of technical training periods in a classroom – often at a local community college, but sometimes at a college somewhere else in Canada.
- Registered apprentices get paid as they learn on the job. Their pay increases as their training progresses.
- Most trades involve troubleshooting, problem-solving, and working with your hands.
- There are over 200 trades apprenticeship programs available in Canada.

Ex: Baker

Embalmer

Fabricator/Welder

Arborist

Mobile crane operator

Industrial electrician

Early childhood educator

Restoration stone mason

Network cabling specialist

Skin care technician

Tool and die maker

Assistant location manager – film and theatre

- The provincial/territorial government registers apprentices, monitors training, provides curriculum for on-the-job and technical training and provides the journeyman's certificate.
- Graduates receive a journeyman's certificate.
- All provinces/territories recognize the skills of a trade but might require additional assessment of tradespeople from out of territory.
- The training for certain trades is recognized across Canada. Successful candidates in those trades receive a Red Seal on their journeyman's certificate which means that they are qualified to work in any province or territory in Canada.



# Different Kinds of Post Secondary Learning

## University

- Typically, programs are 4 years long and lead to a bachelor's degree (undergraduate degree) e.g. BA (Bachelor of Arts), BSc (Bachelor of Science).
- A university year is usually divided into 2 Semesters/Terms: Semester/Term 1 runs from September to December and Semester/Term 2 runs from January to April.
- The type of degree earned for similar programs varies from university to university, for example, a finance and administration program could lead to a B.Com (Bachelor of Commerce) or a BBA (Bachelor of Business Administration) depending on the university attended.
- Internship and co-op are available in some programs.
- Focus is typically on widely applied skills such as researching, writing and critical thinking requiring lots of reading, creative problem solving and independent studying.
- Methods of learning include: research papers and essays in classes such as philosophy or history; group project case studies in classes such as international finance or marketing; labs in classes such as anatomy, geology, Latin or music; lab experiments in classes such as organic chemistry or microbiology.
- Some programs are very specialized (mechanical engineering, occupational therapy) while others are broad (interdisciplinary studies, international development).
- Universities group their programs into different faculties with their respective departments, schools and centres. These groupings vary from university to university.

Ex at one university:

Faculty of Arts, Faculty of Science, Faculty of Business, Faculty of Education...

Faculty of Arts: Department of Spanish

Faculty of Science: Department of Chemistry

Faculty of Agriculture: School of Environment

Faculty of Arts: Centre for Peace and Conflict Studies

- There are lots of program choices, but not always a lot of course choices within a specific program (civil engineering would typically have a structured sequence of courses with minimal optional course choices from other areas of study).
- Some types of work require a specific university degree – a “professional degree” (e.g. dentist, teacher, engineer, architect).
- A bachelor's degree is a necessary first step towards gaining admission to more specialized fields such as medicine or law.



# Different Kinds of Post Secondary Learning

## On the Job Training

- Depending on the job, employees require different entry level preparation/training before starting the job. This training can take from a few hours to several weeks.

Health & safety training (WHMIS)

CPR

First aid

Overview of company policies/procedures

Customer relations

How to operate equipment/software needed for the job e.g. cash register, photocopier...

- Training could include videos, demonstrations, seminars, discussions...There may be a test at the end.

- Once on the job, employees may be able "work their way up" by taking community-based training options or training offered by their employer to increase knowledge and skills. This training can help with current work and/or provide opportunities for other or more senior positions.

- NOTE: All employees of all ages, whether in part time or full-time work, have a right to be properly prepared to be doing the work they are doing.

- There are many jobs available in northern communities with local, territorial and federal governments. These jobs are located in band offices, government offices, in public services including water, sewer, transportation, the environment and/or recreation and in health, social services, justice and education.

- Employees may also be provided with formal on-the-job training opportunities in Certified Occupations. The worker registers with the local Career Development Officer, receives training from a more senior employee, completes a skills checklist, performance evaluation and a final exam. Successful candidates receive a Certificate of Competence from the Apprenticeship and Occupational Certification office.

Ex: Diamond processor

Mineral processing technician...



# Thriving at Post-Secondary

These are some things to think about in order to do your best at Post-Secondary:

## Housing

- Paying your rent/residence fees
- Getting along with roommates
- Bylaws and noise complaints
- Garbage/recycling calendar

## Budget

- Funding organizations and their requirements
- Fee deferrals and payment plans
- Bursaries, scholarships, awards
- Creating a personal budget
- Working part-time, on-campus and off-campus jobs

## Supports

- Making friends
- Indigenous Student Centre
- Clubs
- Student Success Specialists
- Academic Chairs
- Counselling
- Academic Advising
- Centre for Accessible Learning for learning disabilities/accommodations
- Supports for first-generation students
- Tutoring
- Reaching out for help before it's too late

## Resources

- Laptops
- Course outlines
- Readings and textbooks
- Essential Study Skills

## Knowledge

- Coping strategies (stress-management, homesickness, etc)
- How to use online classrooms
- Where the Library, Registrar's Office, etc are
- How to contact your instructors/professors
- How to get around – transit system
- How to drop a class and due dates



# Budget Worksheet

## Yearly Post-Secondary Budget Planning

### Instructions:

1. Fill in the chart with all the types of expenses (things you spend money on) and revenues (income) you think you might have. If you don't know how much something will cost, you can look it up online or ask someone.
2. You are calculating these amounts for the school year, so if you are going to school from September-May, you will need to multiply any monthly costs by 9 months (*ex: rent = \$500 x 9 months = \$4500*).
3. Add up your expenses and revenues and enter these amounts where it says 'total'.
4. Subtract your expenses from your revenues.
  - a) If you end up with a positive number, this is how much money you will have leftover.
  - b) If you end up with a negative number (less than 0), you do not have enough money to cover your expenses. You will need to come up with more money before attending school.

Expenses:	Amount \$ / YEAR	Hints and Tricks
Tuition		Find this information online for your program
Books/Equipment		Most schools have an estimate by program online, you also can save around 10-20% of this cost if you buy books second hand
Rent/residence fees		Most schools have an estimate for residence fees that you can find online. If you'd like to live off campus, look online at prices of rooms /apartments around your school
Groceries		This will depend a lot on where you live, but you can estimate around \$350 per month if you will not have a meal plan in your residence fees
Entertainment and restaurants		Include nights out, restaurants, movies, coffee, snacks
Transportation		A bus pass might be included in your tuition, but gas or insurance if you drive, Uber if you think you might use this, or flights home would be included in this
Other		This might include money spent on clothes, personal care, haircuts, or school supplies
Technology		Include monthly cell phone bills, subscriptions, and the one-time costs if you will need to buy a laptop
<b>Total:</b>		
Revenues:	Amount \$ / YEAR	Hints and Tricks
Funding (FANS/SFA):		
Regional Funding:		
Bursaries/Scholarships/Grants:		
Personal Savings:		Include money you will make the summer before school
Family contributions:		
Student loans:		This is money that you borrow but will have to pay back
Part-time work:		If you plan to work during the year, know that it can be hard to work more than 10 hours per week while in school
<b>Total:</b>		
<b>Total: (Revenues) – (expenses) =</b>		



# Pathway Worksheet

## Mapping out Pathways to your Job of Choice Researching Post-Secondary Options

Choose an example occupation that you might want to do in the future

1. Occupation:	
2. Pathway Options: I could take programs that would prepare/qualify me for this work by going to... <input type="checkbox"/> college <input type="checkbox"/> on-the-job training <input type="checkbox"/> apprenticeship <input type="checkbox"/> university	
3. Program Information/Academic Admission Requirements	
Program 1 offered at:	Program 2 offered at:
Name of Program 1:	Name of Program 2:
Length of Program:	Length of Program:
Credential Earned: <i>diploma</i> <i>degree</i> <i>certificate</i>	Credential Earned: <i>diploma</i> <i>degree</i> <i>certificate</i>
Academic Admission Requirements:	Academic Admission Requirements:
4. Non-Academic Admission Requirements	
<i>Ex: Art portfolio</i>	<i>Ex: Statement of Interest</i>
5. Approximate Costs Year 1	
Tuition/Registration:	Tuition/Registration:
Books/Equipment:	Books/Equipment:
Accommodation/Living:	Accommodation/Living:
<b>Total:</b>	<b>Total:</b>





# How Can NYA Help

Northern Youth Abroad (NYA) has offered experiential education programming for twenty-two years. As time goes on, and our number of alumni grows, we have identified a significant demand and requirement for additional supports as Northern youth transition from high school to their next steps. NYA is dedicating more resources into a range of transition supports and has increased our capacity to do this through a number of new initiatives. We want to encourage youth to explore their options and make informed decisions about their future, while we provide the support and access necessary for Northern youth to achieve their goals. Whether the next step is post-secondary education, the workforce, or finding other options, NYA is committed to supporting any Northern youth in setting and achieving their individual goals.

## **Pathway Support**

We can help youth identify and pursue their next steps - post-secondary education, trades, or the workforce. This initiative is open to any youth living in Nunavut or the NWT.

Areas where we can help:

- Applying for school and comparing options
- Funding, Scholarships/Bursaries
- Housing
- Finding supports on campus
- Career planning
- Making decisions about what to take, what to consider and learning about options
- Connecting youth with supports and services for Indigenous Students
- Getting ready to go to school

## **Career Focusing**

Our staff are trained in Career Focusing, a program designed by Jobmatics, that helps people make career decisions and transition out of high school.

## **Campus Tours and On-Campus Learning**

NYA brings Northern youth on campus tours to colleges and universities to experience first-hand what it's like to be on a campus and develop important skills. We also offer on-campus learning opportunities through our Next Program.

## **Campus Hubs**

We have a Hub model at Algonquin College in Ottawa where a group of our Alumni are students. We offer them social, cultural, academic, personal and other supports. As this Hub network grows, NYA can help connect you with other Northern youth attending the same college or university as you.

## **Budgeting and Financial Literacy**

NYA staff have worked individually with alumni in post-secondary studies, or those who have transitioned to living on their own, to create personalized budgets to ensure they are informed and prepared to successfully support themselves financially. We also build on the financial literacy fundamentals that are a part of all NYA Core programs and help Participants identify sources of income and manage expenses.

## **Covering Application Costs**

To encourage alumni interested in pursuing post-secondary education, and to alleviate some financial burden, NYA will cover the application fee for Alumni applying to post-secondary studies. For youth who are not Alumni but looking for help covering application costs, please contact the NYA staff.



# Am I Ready for Post Secondary?

There are many different paths people take to start post-secondary. Some people might go right after high school, others might decide to work for a few years, some might decide to do some upgrading, and others might decide to go later in life. One of the keys to post-secondary success is being ready.

Below are some "readiness" criteria guidelines. Answer each question as honestly as possible by circling the number that applies to that statement. There are no wrong answers!

1) I feel ready to live independently away from my family and community to attend post-secondary.

Not at all	A little bit	Somewhat	Mostly	Very
1	2	3	4	5

2) I'm a confident reader.

Not at all	A little bit	Somewhat	Mostly	Very
1	2	3	4	5

3) I'm a confident writer.

Not at all	A little bit	Somewhat	Mostly	Very
1	2	3	4	5

4) I am confident communicating with others in English.

Not at all	A little bit	Somewhat	Mostly	Very
1	2	3	4	5

5) I am comfortable using a computer to check emails, send attachments, use an online classroom, make documents, etc.

Not at all	A little bit	Somewhat	Mostly	Very
1	2	3	4	5

6) I have some personal spending money saved.

Not at all	A little bit	Somewhat	Mostly	Very
1	2	3	4	5

7) I know what SFA and UCEP are, how to apply, and what the conditions are.

Not at all	A little bit	Somewhat	Mostly	Very
1	2	3	4	5

8) I am excited to learn new things.

Not at all	A little bit	Somewhat	Mostly	Very
1	2	3	4	5



# Am I Ready for Post Secondary?

9) I've graduated or will be graduating from high school with Dash 1 and/or Dash 2 level courses.

Not at all	A little bit	Somewhat	Mostly	Very
1	2	3	4	5

10) I'm comfortable asking for help when I need it.

Not at all	A little bit	Somewhat	Mostly	Very
1	2	3	4	5

11) I'm able to work independently for more than 15 hours per week.

Not at all	A little bit	Somewhat	Mostly	Very
1	2	3	4	5

12) I'm able to work in a group.

Not at all	A little bit	Somewhat	Mostly	Very
1	2	3	4	5

13) I'm able to wake up on time for morning classes every day.

Not at all	A little bit	Somewhat	Mostly	Very
1	2	3	4	5

14) I can balance my responsibilities with my free time.

Not at all	A little bit	Somewhat	Mostly	Very
1	2	3	4	5

15) I'm able to set short, medium, and long-term goals for myself.

Not at all	A little bit	Somewhat	Mostly	Very
1	2	3	4	5

16) I have an idea of what I want to do as a career.

Not at all	A little bit	Somewhat	Mostly	Very
1	2	3	4	5

17) I have high expectations for myself.

Not at all	A little bit	Somewhat	Mostly	Very
1	2	3	4	5

Now add up all your answers. Total: \_\_\_\_\_

- With a total of **72 or more**, you seem ready for post-secondary!
- If you have a total **between 36 and 72**, look at the areas where you scored lower and let's make a plan to help you become ready.
- If you have a total of **36 or less**, let's talk about all the pathways and options open to you.