Build Your Future

Look In | Look Out | Look Ahead

Individual Career/Life Planner

www.tdsb.on.ca/BUILDYOURFUTURE

Name:
Dear Student, Parent/Guardian* and Educator,

Welcome to the Toronto District School Board Build Your Future Planner! This document provides students, parent/guardians, and educators with valuable information about a wide range of opportunities available to students as they move from elementary to secondary school and beyond. We hope that this resource proves to be useful as students prepare to make their course selections, consider experiential learning opportunities, navigate their post-secondary pathway, and engage in career/life planning.

Inside this document, you will find information regarding steps students can take to plan their future, learn about the fields of work from which they can choose a future occupation, understand career development and the post-secondary pathways available (Apprenticeship, College, University, and Work including community living) beyond secondary school.

We hope that this tool will be a valuable resource for parents/guardians and educators to use in conjunction with our BUILDYOURFUTURE website, myBlueprint and other resources that can help students Look In, Look Out and Look Ahead as they build a pathway to their future.

*Where the term parent/guardian is found it is inclusive of caregivers and significant adults.

Enjoy navigating the Individual Career/Life Planner
WHAT IS A JOB?
A job is the position a person holds doing specific duties. For example, consider the occupation of a doctor. The doctor's job is working at Toronto General Hospital. People usually change jobs more often than they change occupations.

WHAT IS AN OCCUPATION?
An occupation is similar work for which people usually have similar responsibilities and develop a common set of skills and knowledge. Occupational titles include: Cashier, Chef, Insurance Agent, Nurse, Teacher etc.

WHAT IS A CAREER?
A career is your life path or life story in progress. It includes, learning, work (paid and unpaid), family life, friendships, community and leisure activities.
A career is your path through life.

It includes education, learning, different jobs, work (paid and unpaid), family life, friendships, community activities and leisure activities. Career development requires students to understand themselves and possibilities in both the world and workplace, so that when presented with opportunities they are prepared to make decisions about their future.

Career development requires students to learn how to make informed choices to ensure their successful transition from elementary to secondary school and from secondary school to further education, training, and work. It involves understanding self — Looking In, opportunity awareness — Looking Out, goal setting and decision making — Looking Ahead, future planning.

Career awareness enhances student engagement by providing purpose and relevance to what they learn in school thus giving hope for their future.

Throughout their school experience students will assess their interests, strengths, and achievements; explore and evaluate education and career opportunities; make choices from among those opportunities; collect and interpret information; set goals; and create and evaluate plans for the future.

Self Assessment

Self-assessment can occur through reflection. Knowing strengths, likes, learning styles, and values can help students find direction on their career journey. Resources in TDSB to support self-assessment include:

- Camp Watchagonnado
- Career Cruising
- CDI – Career Directions Inventory
- COPS – Career Occupational Preference System
- Data, People, Things, Ideas
- JVIS – Jackson Vocational Interest Survey
- Learning Styles & Preferences
- Multiple Intelligence Awareness
- Personality Dimensions
- Who Am I?
- Who Are You?
Career Exploration Activities
Career exploration can take many forms in school. Career exploration helps students see the relevance of their academic studies to the world beyond school. Career exploration can enhance student engagement when we can show students the curriculum connection to a possible career path.

Annual Work Connections – Job Fair
Apprenticeship Presentations (OYAP)
Career Conferences
Career Fairs
Career Interview
Community Hours
College Liaison
Cooperative Education
Dual Credit
Guest Speakers
Job Twinning
Job Fair
Job Shadowing
myBlueprint
Specialist High Skills Major
The Real Game Series
Volunteering
Worksite Visits

Educational Planning
Support for transition from one grade to the next, one school to another, from secondary school and beyond, helps students adapt to change.

Annual Course Selection Process
Individual Pathways Plan
Transition to post-secondary
myBlueprint

Individual Career/Life Planner

Take Control of Your Future, Today!

HOW DO I GET STARTED?

1. Visit the website: www.myblueprint.ca/tdsb
2. Select your school in the New User box to find your Activation Key and use your Ontario Education Number (OEN) to Create Your Own Personal Profile.

The Leading Edge Career Resource
Highly interactive, extremely user friendly, and fully customizable resource helps students make informed decisions and the most of their education.
Change is Constant
We change constantly, and so does the world around us -- including the working world. Chances are that a single occupation will no longer take workers from the beginning to the end of their working lives. Adaptability is an important skill to carry into the world of work.

Learning is Ongoing
Graduating from high school or a post-secondary program does not mean that your education is complete. Education is not limited to classrooms in a school. Opportunities to learn are everywhere! Learn to recognize them and make your learning a lifelong experience.

Focus on the Journey
Travelling through life is like travelling down a road: having a destination gives direction, but most of the time is spent moving along. Pay attention to the journey, with all of its pitfalls, sidetracks, opportunities, and highways to new destinations.

Follow Your Heart
Dreaming about your future can help you to understand what you really want in life. Knowing what you want and keeping it in mind can give you the motivation you need to deal with life’s challenges. Listen to your inner voice.

Access Your Allies
The journey of life is not taken alone. Life is like a team sport, and your team members are your friends, family, teachers, and neighbours. Any of them may be willing and helpful allies when it comes to helping you to take your next steps on your life’s path.

Know Yourself
Knowing your true self by examining your strengths, values, beliefs, and interests in as much detail as possible will help you with career and life decisions as you travel along your career path.
Apprenticeship

What kinds of programs are offered?
• Apprenticeship is a practical method of learning, providing hands-on training in over 130 skilled trades
• Apprentices are paid while gaining work experience, their wages increase with skill levels

What does Apprenticeship prepare you for?
• Apprenticeships can lead to careers such as: construction workers, chefs, horticulturists, information technologists, educational assistants and hairstylists

How much does it cost?
• Cost can vary depending on whether the student begins their apprenticeship training with an Ontario Youth Apprenticeship (OYAP) program while they are still in high school

Who is Apprenticeship for?
You may be interested in apprenticeship if:
• You enjoy hands-on learning and have good mechanical and spatial abilities
• You enjoy fixing things, assembling and disassembling structures
• You are able to solve problems, determine why something does not work and how it can be done better
• You are interested in a career that requires the completion of an apprenticeship

How long can Apprenticeship take?
• Becoming a certified tradesperson requires a combination of on-the-job training and in-school training usually done at the local college, and usually lasts 2-5 years

Information on Apprenticeship, visit:
yap.com
www.apprenticesearch.com
www.apprenticetrades.ca
www.edu.gov.on.ca/eng/tcu/apprentices/
www.careercruising.com
www.myblueprint.ca/tdsb

Andreas
B R I C K  M A S O N

Post-Secondary PATHWAYS

Apprenticeship | College | University | Work

www.oyap.com
www.apprenticesearch.com
www.apprenticetrades.ca
www.edu.gov.on.ca/eng/tcu/apprentices/
www.careercruising.com
www.myblueprint.ca/tdsb
What kinds of programs are offered?
- College programs provide an effective combination of real life skills with quality education
- Approximately 25% of high school students go to college

What does College prepare you for?
- College programs give you the skills you need to pursue a variety of careers such as: journalists, police officers, dental hygienists, website technicians, paralegals and chemical technologists

How long can College take?
- Colleges have certificate, diploma, graduate certificate, applied degree, or joint college - university programs, that usually take 1 to 3 years to complete

How much does it cost?
- College programs range from $3000-$5000 per year

Who is College for?
You may be interested in college if:
- You find success in hands-on / applied curriculum
- You enjoy smaller classes and the personal approach to instruction
- You have specific career goals that require a college education
- You are interested in developing technical and occupational skills required for your chosen career area

For more information on College, visit:
- www.ontariocolleges.ca
- www.gotocollege.ca
- www.edu.gov.on.ca/eng/general/postsec/college.html
- www.careercruising.com
- www.myblueprint.ca/tdsb
University

What kinds of programs are offered?
• University provides degree programs that are theoretical in nature in the General Arts, Sciences and Business
• About 25% of high school students go to university

What does University prepare you for?
• University can lead to careers such as: teachers, engineers, doctors, accountants, computer programmers and lawyers

How long can University take?
• Students in university obtain bachelor degrees, masters degrees, and doctorate degrees, ranging from 3-10 years of study
• Universities also offer continuing education and certificate programs for specific occupations

How much does it cost?
• Most undergraduate programs range from $5000-$7000 per year in university

Who is University for?
You may be interested in university if:
• You enjoy abstract concepts associated with course material and academic/theoretical learning
• You are able to complete much of your work independently
• You have specific career goals in mind that require a university education

For more information on University, visit:
www.uaac.on.ca
www.electronicinfo.ca
www.edu.gov.on.ca/eng/general/postsec/univers.html
www.career cruising.com
www.myblueprint.ca/tdsb

Work

What kinds of jobs are available after high school?
• A wide variety of careers require a high school diploma, followed by specific on-the-job training or entry-level positions from high school including: real estate agents, animal care workers, bank tellers, photographers, web site designers, construction labourers
• About 50% of high school students go directly into the world of work, but often decide to pursue an apprenticeship, college or university training at a later time
• Various programs in Toronto provide opportunities for students to meet initial requirements for entering specific industries, allowing them to make a successful transition from school to the workplace

Who is direct entry into Work for?
You may be interested in work if:
• You have developed practical workplace skills that have prepared you for a specific career without needing to pursue college, university, or an apprenticeship first
• You have been successful in workplace pathway courses and wish to explore workplace opportunities
• You may wish to defer post-secondary education until later
• You have specific career goals in mind that allow you to go directly to the workplace for on-the-job training

For more information on Work, visit:
www.job futures.ca
www.jobbank.gc.ca
www.sheridanc.on.ca/services/jobconnect/
www.career cruising.com
www.myblueprint.ca/tdsb
### University
- Actors
- Choreographers, Dancers
- Conductors, Composers, Arrangers
- Curators, Archivists
- Directors, Producers
- Librarians, Conservators
- Musicians, Singers
- Painters, Sculptors
- Public Relations Officers
- Recreational Facilities Managers
- Translators, Interpreters
- Writers, Editors, Journalists

### Work
- Actors/Comedians/Disc Jockeys, Dancers
- Artists/Craftsperson
- Fashion Models
- Fitness Instructors
- Library Assistants
- Musical Band Players/Singers
- Photographers
- Props Persons/Promoters
- Set Builders/Dressers
- Ski Lift Operators
- Theatre/Stage Technicians
- Video Camera Operators
- Window Display Designers

### Grade 9 Suggested Electives
- Dramatic Arts
- Dance
- Music
- Visual Arts
- Healthy Active Living Education
- Information & Communication Technology in Business or Introduction to Business
- Exploring Technologies
- Learning Strategies
- Technological Design
- Communications Technology

### Grade 10 Suggested Electives
- Introduction to Business
- French/International Languages
- Communications Technology
- Computer & Information Science
- Discovering the Workplace
- Learning Strategies
- Introduction to Business or Information & Communication Technology
- Hospitality & Tourism
- Food and Nutrition

### Suggested Electives
- Information & Communication Technology in Business or Introduction to Business
- Dramatic Arts
- Instrumental Music
- Visual Arts
- Exploring Technologies
- Healthy Active Living Education
- Learning Strategies
- Food and Nutrition
- Communications Technology
- Hospitality & Tourism

### Other Suggested Electives
- French/International Languages
- Communications Technology
- Computer & Information Science
- Discovering the Workplace
- Learning Strategies
- Introduction to Business or Information & Communication Technology
- Hospitality and Tourism
- Food and Nutrition

### Additional Courses
- Animal Care Workers & Pet Grooming
- Computer Support Technicians
- Conservation Fishery Workers
- Dental Receptionists
- Funeral Assistants
- Healthcare Aides
- Home Support Workers
- Landscape & Horticultural Workers
- Nurse's Aides/Orderlies
- Personal Support Workers
- Water Plant Workers

### Additional Suggested Electives
- Healthy Active Living Education
- Dramatic Arts
- Instrumental Music
- Visual Arts
- Information & Communication Technology in Business or Introduction to Business
- Learning Strategies
- Exploring Technologies
- Technological Design
<table>
<thead>
<tr>
<th>Field of Work &amp; Related Courses</th>
<th>LIKE TO:</th>
<th>SKILLS &amp; ABILITIES</th>
<th>Apprenticeship</th>
<th>College</th>
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</tbody>
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### University

- Computer Information Systems Professionals
- Information Systems Analysts and Consultants
- Database Analysts & Data Administration
- Software Engineers
- Computer Engineers
- Computer Programmers and Interactive Media Developers
- Web Site Designers & Developers
- Computer Security Experts

- Computer Support Technicians
- Data Entry Clerk
- Retail – Computer Games
- Retail – Computer Parts
- Retail – Communications
- Multi-Media Sales & Support
- Web Master
- Web Site Design
- Desktop Publisher
- Telephone Line Installer/Repair Worker

### Work

- Airport Managers
- Distribution Managers
- Logistics Managers
- Plant Managers
- Primary Industry Managers (Mining, Fisheries, Forestry, Agriculture)
- Railway Managers
- Transit Managers
- Warehouse Managers

- Cable Television Service & Maintenance Technicians
- Carpet Installers
- Construction Trades, Helpers and Labourers
- Foundry Furnace Workers
- Industrial Butchers, Meat Cutters & Poultry Preparers
- Labourers in Processing and Manufacturing
- Logging & Forestry Labourers
- Mechanical/Electrical Assemblers
- Motor Vehicle & Transit Drivers
- Oil and Gas Drilling Workers

### Suggested Electives

#### Grade 9

- Information & Communication Technology in Business or Introduction to Business
- Exploring Technologies
- Healthy Active Living Education
- Dramatic Arts
- Instrumental Music
- Visual Arts
- Learning Strategies
- Communications Technology
- Computer Technology
- Technological Design

#### Grade 10

- Computer & Information Science
- Computer Engineering Technology
- Communications Technology
- Technological Design
- Introduction to Business or Information & Communication Technology
- Discovering the Workplace
- Learning Strategies

#### Grade 11

- Healthy Active Living Education
- Communications Technology
- French/International Languages
- Discovering the Workplace
- Learning Strategies
- Native Studies/Languages
**Ontario Secondary School Program Graduation Requirements**

**18 Compulsory Credits**
- 4 English
- 3 Math
- 2 Science
- 1 Canadian History
- 1 Canadian Geography
- 1 Arts
- 1 Health & Physical Education
- 1 French
- .5 Civic Studies
- .5 Career Studies
- [G1, G2, G3] credit (see page 13 and glossary)

**Ontario Literacy Requirement**

**40 Community Involvement Hours**

**12 Elective Credits**

**Ontario Secondary School Diploma (OSSD)**

4-5 years to complete

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**Planning Ahead!** Write your course selections on this *Ontario Secondary School Program* Planner.

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<tr>
<th>Grade 9</th>
<th>Grade 10</th>
<th>Grade 11</th>
<th>Grade 12</th>
<th>5th Year</th>
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<td>English</td>
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<td>Math</td>
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<td>Science</td>
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<td>Geography</td>
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<tr>
<td>Health &amp; Physical Ed.</td>
<td>Civics/Careers</td>
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<td>French</td>
<td>Electives (G1, G2, G3)</td>
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<td>Arts</td>
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**THE GOAL OF ONTARIO SCHOOLS IN THE 21ST CENTURY** is to support high quality learning while giving students opportunities to improve their prospects for success in school and life by:

**HELPING** students identify their personal interests, strengths, competencies, abilities and accomplishments and connect these to their learning in school, using this knowledge of themselves to inform their choice of programs and learning opportunities; and

**PROVIDING** a range of learning opportunities, course and programs both in and out of school that meet the needs and interest of students.

- MINISTRY OF EDUCATION, PATHWAYS PILLAR DEFINITION 2010
**Experiential Learning Opportunities**

**Ontario Youth Apprenticeship Program (OYAP)**
- Combines technology courses with a cooperative education placement
- Helps students gain the knowledge, skills and work experience necessary to begin an apprenticeship in their chosen sector

**Specialist High Skills Major**
- Allows students to major in high school and get specific training in their chosen sector
- Program includes a bundle of credits, with a focus on the major, experiential learning, certifications, and a pathway to apprenticeship, college, university or work

**Cooperative Education**
Cooperative education is a learning opportunity for secondary school students, which extends classroom learning into industry, business and community. It allows students to:
- Experience the workplace
- Make informed decisions about their post-secondary opportunities
- Use up to two co-op credits as compulsory credits towards the Ontario Secondary School Diploma

**Dual Credit**
- Provides new and varied learning opportunities to students that appeal to their interests, strengths and learning profile
- Upon successful completion of the college-delivered course, students earn both a college and secondary school credit

**Apprenticeship**
- in-depth, on-the-job program and training designed to prepare a student to enter a skilled trade and to pass certification in that trade

**Bachelor degree**
- a recognition of the field of study completed by a student at university

**Certificate**
- a recognition of the field of study completed by a student at college over the period of one year

**Community Involvement Activities**
- volunteer work undertaken by a student throughout high school; 40 hours are required to earn an OSSD

**Compulsory**
- a secondary school course that must be completed

**Credit**
- a system of measuring the value of a secondary school course. E.g., Each course in high school has a value of 1.0 or .5 credits

**Elective**
- a secondary school course chosen by a student from a set of options

**Group 1, 2 & 3 (G1, G2, G3):**
- additional compulsory credits required for graduation purposes. A student must take an additional requirement from each group. Each group offers specific choice.

**Ontario Literacy Requirement**
- the successful completion of the Ontario Literacy Test (typically in Grade 10) or the Ontario Literacy Course (typically in Grade 11 or 12)

**OSSD (Ontario Secondary School Diploma):**
- a diploma earned by high school students upon completion of 30 credits, 18 of which are compulsory and 14 of which are elective. Students must also complete the Ontario Literacy requirement and 40 hours of Community Involvement.

**Pathway**
- an individual student’s plan beyond secondary school

More information is available at [www.tdsb.on.ca/BUILDYOURFUTURE](http://www.tdsb.on.ca/BUILDYOURFUTURE)

**G1, G2, G3**

**PLUS one credit from each of the following groups:**

**Group 1 (G1)**
- Additional credit in English
  - or French as a second language *
  - or a third language
  - or Social Sciences and the Humanities
  - or Canadian and World Studies
  - or Guidance and Career Education
  - or Cooperative Education *

**Group 2 (G2)**
- Business Studies credit
  - or Health and Physical Education
  - or the Arts
  - or Cooperative Education *
  - or French as a second language *

**Group 3 (G3)**
- Grade 11 or 12 Science credit
  - or Technological Education
  - or Computer Studies
  - or Cooperative Education *
  - or French as a second language *

* A maximum of two credits in Cooperative Education and two credits in French can count as compulsory credits.


- **Self-assessment** – know their strengths, values, likes and dislikes, learning styles, passions
- **Exploring and obtaining information about education and training and careers** – be able to research to know what is available to them on their career path
- **Work, society and the economy** – see the connections between individuals and work, knowledge of sectors of the economy and fields of work
- **Awareness of opportunities** – this includes volunteer, employment and educational
- **Education and career decisions** – be able to use decision-making and problem-solving models
- **Employability** – use in and out of school experiences to learn about their potential and apply essential skills in the classroom