

March 2026

# CAREER CENTRE

*Monthly Newsletter*



# Careers Deadlines

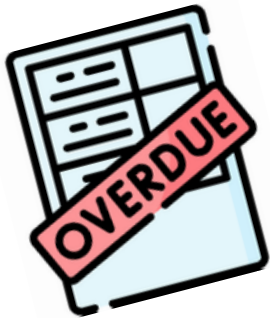
## Gr 11 CLC & Gr 12 Capstone



### Grade 11 CLC

Unit 1 - Mental Health and Wellness is now **OVERDUE**

Unit 2 - Volunteer/Work Experience is coming up. **Due April 10th**



### Grade 12 Capstone

Both the First & Second Units are **OVERDUE**

Unit 1-Autobiographical Template

Unit 2-Mentor Interview & Reflection

*If you need to pick up another booklet please come to the Careers/Counselling office to pick them up.*

#### **THRIVE TICKETS**

Grade 11 students should be working on completing their Thrive Tickets

#### **THRIVE TICKETS**

Upcoming Thrive Sessions  
**April 28 & 30 - Careers Chats**

# NATIONAL SCHOLARSHIPS INFORMATION

There are many scholarships available to high school students that go unclaimed every year....please ensure you have taken advantage of any of the scholarship opportunities out there.

Have a look at these websites

- [scholartree.ca](http://scholartree.ca)
- [scholarshipscanada.com](http://scholarshipscanada.com)
- [educanada.ca](http://educanada.ca)
- [scholarshippartners.ca](http://scholarshippartners.ca)
- [studentawards.com](http://studentawards.com)
- [td.com](http://td.com)
- [youthofcanada.ca](http://youthofcanada.ca)
- [studentscholarships.com](http://studentscholarships.com)
- [bridgesEDU](http://bridgesEDU)-Free Scholarship Finder

You can also do a Google Search for Canadian Scholarships to find others.

Many universities offer entry scholarships for high school students- check their websites.

Government of Canada has some scholarships too.

<https://www.canada.ca/en/services/finance/educationfunding/scholarships.html>

CHECK THESE OUT



# CULINARY ARTS

## INFO SESSIONS

Interested in becoming a Chef or Professional Cook?

Calling All Foodies!



### 2026 Info Session Dates

- March 3<sup>rd</sup> 4:00 – 5:30 pm
- April 7<sup>th</sup>, 4:00 – 5:30 pm
- May 5<sup>th</sup> 4:00 – 5:30 pm
- June 2<sup>nd</sup> 4:00 – 5:30 pm



Join us for one of our exciting information sessions to learn more about the Culinary Arts Programs at Vancouver Island University in Cowichan & Nanaimo, BC!

Discover how our hands-on approach, industry connections, and diverse learning opportunities prepare you for a successful career in this dynamic field. Explore program details, meet faculty, and get your questions answered. Don't miss the chance to start your journey in one of the world's largest and most exciting industries.

Join one of our information sessions on the dates listed

Visit [VIU.ca/viu-culinary-arts-info-session](https://viu.ca/viu-culinary-arts-info-session)  
for more information or to Register

# SEE YOURSELF IN MEDICINE



# LEARN HOW YOU COULD EARN YOUR UBC MD AT UVIC

with the Island Medical Program

IMP Info Session  
March 4, 2026

6:30 - 8:30 p.m.  
UVic MSB 150 & Zoom

Join Dr. Hannah Carolan, Assistant Dean of Admissions; current medical learners; and the IMP admissions coordinator to learn about our program and its admissions process, what it takes to become a doctor, and what it's like studying medicine on Vancouver Island.



For details and to RSVP, visit  
[imp.med.ubc.ca/EveningInfoSession2026](https://imp.med.ubc.ca/EveningInfoSession2026)



THE UNIVERSITY OF BRITISH COLUMBIA  
Faculty of Medicine



University  
of Victoria

# MD UNDERGRADUATE PROGRAM

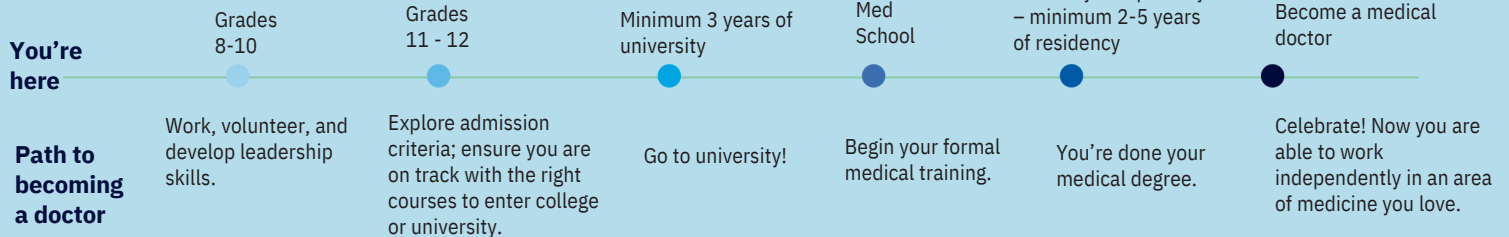
START EARLY AND YOU TOO CAN BUILD A CAREER PATH IN MEDICINE.

At UBC's Faculty of Medicine, we welcome and encourage all learners to pursue their dreams of becoming a doctor. Because applying to medical school can be intimidating at first, we've created the Outreach Ambassador Program to provide high school students like you an inside perspective into what it's like to apply to the MD Undergraduate Program.

Faculty of Medicine



## YOUR PATH TOWARDS A CAREER IN MEDICINE



## DISCOVER WHAT YOU ARE PASSIONATE ABOUT

While you're in high school, get involved—volunteer, work, or join activities you enjoy. You'll gain experience and strengthen your applications, since schools look for well-rounded students who can work in teams and are eager to learn.

### ENTERING MEDICAL SCHOOL MYTHS VS. REALITY

- You need to be rich
- You need to have doctors in your family
- You will no longer have a social life or free time while you're in school
- You must volunteer abroad
- You need a 4.0 GPA

**None of these myths are true!**

At UBC's Faculty of Medicine, we're looking for well-rounded, highly motivated, curious, committed individuals who have a genuine concern for human welfare and consistently showcase qualities of excellence.

**Tip:** These traits are also highly sought after for other vocations and careers.

### ADDITIONAL PATHWAYS

You may choose to apply through the following pathways which require submitting supplemental information in addition to the general application.

Your application will then be considered under both the relevant pathway as well as the general admission process.

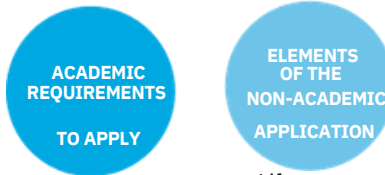
#### NORTHERN AND RURAL PATHWAY

For applicants with connections to rural communities or applicants interested in serving rural communities.

**To apply:** submit a statement of interest and complete an additional panel interview.

## APPLICATION OVERVIEW

Your online application will be evaluated based on your academic and non-academic qualities. Be sure to include all your volunteer and work experience — no activity is too big or small.



- Average of >75%
- MCAT
- Pre-requisites are 2 English Courses

- Life experiences
- Employment
- Interviews
- Reference
- Letters
- Awards
- Research

**Tip:** You don't need a science degree to apply to UBC's medical school program! However, basic science courses are always recommended.

#### INDIGENOUS PATHWAY

For qualified, self-identified Canadian Indigenous people (Status or Non-status Indians, Métis, and Inuit).

**To apply:** submit a personal essay and complete an additional Indigenous panel interview.

#### BLACK PATHWAY

For self-identified Black or multiracial applicants who identify with their Black ancestry, will be considered under the Black student admission process and under the general admission process.

**To apply:** self-identify as Black or multiracial with Black ancestry and write an essay which will be reviewed by the Black Student MD Admissions Subcommittee.

## QUICK FACTS ABOUT UBC'S MD UNDERGRADUATE PROGRAM

This is a four-year program Every year, 328 students are accepted into the program Up to 10% of the seats are reserved for out-of-province applicants The program is not open to international students

## HOW MUCH DOES MEDICAL SCHOOL COST?

Year	Cost* (tuition, fees, travel)
Year 1	\$23,000
Year 2	\$21,000
Year 3	\$20,000
Year 4	\$28,000

Tuition fees are approximate, reflective of the printing date, and are subject to change. For the latest information please check our website.

The short answer — \$90,000, however there are a number of routes our future students can take to get support in pursuing an education in medicine. Below are a few funding options you can explore:

- University/College scholarships
- Medical School Bursaries
- Government Student Loans
- Government Grants
- Line of credit from the bank

## CONTACT US

For more information about applying to UBC Medicine, please contact us at:  
 outreach.md@ubc.ca or  
 tel: 604 822 9911.

## STAY CONNECTED WITH US

- ✉ admissions.md@ubc.ca
- 🌐 mdprogram.med.ubc.ca/admissions
- 📷 @ubcmedicine

## UPCOMING EVENTS

### Community, Family, & Child Studies Information Session\*

March 4, 5:30-6:30pm, Online via Teams

### Baccalaureate of Science in Nursing Information Session

March 4, 6-7pm, Online via Zoom

### Diagnostic Medical Sonography Information Session\*

March 5, 1-2:30pm, Online via Teams

### Early Learning & Care Information Session\*

March 9, 12-1pm, Online via Zoom

### Certified Medical Laboratory Assistant Information Session\*

March 10, 6-7:30pm, Online via Zoom

### Certified Dental Assistant Information Session

March 11, 5:30-7:30pm, Online via Zoom

### Education Assistant & Community Support Information Session\*

March 11, 6:30-7:30pm, Online via Zoom

### Culinary Arts Spring Buffet

April 2, 6-9pm, Helmut Huber Culinary Arts Centre, Interurban Campus

Information sessions are a great way to learn more about programs and career opportunities. Join us to to have your questions answered by faculty and staff.



**NEW**

# Academic Dual Credit



**USTART  
EARLY ADMISSION  
2026-2027**

**START YOUR POST SEC.  
EDUCATION IN GRADE 11-12**

**FREE TUITION & DUAL CREDIT**

## **Criteria:**

- Minimum 85% High School average
- Minimum 90% in subject area

## **How to Apply:**

- Complete Application at High School
- Complete Transition Plan
- Include Cover Letter
- Principal Recommendation



*Visit the Careers office  
for more information*

# WEX WORK & EXPERIENCE

Do you have a job?

Would you like to use the hours worked toward a grade 12 course credit?

Come and see the Careers department for more information

## Goals of WEX

The primary goal of the WEX program is to help students personalize their learning and prepare them for life after secondary school completion. Through WEX, students have the opportunity to observe and practise generic employability skills, as well as skills specific to occupations, industries, or careers. Other goals of WEX include helping students to:



## SKILLED TRADES BC YOUTH

Youth Work In Trades (Formerly Secondary School Apprenticeship) is a high school credit program that provides students 14 years of age and over with the opportunity to begin an apprenticeship while still in high school. Students must be employed (paid) in an apprenticeable trade. Please see <https://skilledtradesbc.ca/find-your-trade> for the list of trades that are recognized in B.C. Most students' work does not interfere with their school day. Youth Work in Trades can be completed on weekends, evenings, summer holidays, or on a special release from school if the timetable will permit. This is a wonderful opportunity to get a head start on a trade while completing secondary school graduation while also qualifying for a \$1000 Apprenticeship Grant.

# Dual Credit Opportunities

Early Childhood Educator



Health Care Assistant



Culinary



Medical Office Assistant



## FREE TUITION

Cowichan Valley School District offers many dual credit opportunities for motivated secondary school students to complete trades, career, and university level courses while attending high school and **tuition is free**.

In partnership with VIU and Camosun, students can participate in various trades or training programs as well as academic courses that are all transferable to other BC post-secondary institutions. Students will receive credits towards their high school graduation requirements as well as a Level 1 or Certificate Program credit upon completion.

Office Administration



## Trade and Certificate Programs

Trades programs such as Auto Service Technician, Carpentry, Hairdressing, Plumbing, (HVAC) Refrigeration & Air Conditioning Mechanic and Welding. All programs are offered through Vancouver Island University or Camosun. Certificate programs such as Office Administration, Hairdressing, Education Assistant, Early Childhood Educator, Health Care Assistant, Electrical, Dental Assistant and Culinary are some of the programs offered.

Dual Credit Academics are available for grade 12 students and all Academic courses must fit into these rules:

- The academic courses must be a part of a certificate, diploma or bachelor's degree for the chosen occupation.
- The occupation must be attainable with the certificate, diploma or bachelor's degree.
- The prerequisites for certificates, diplomas and bachelor's degrees are also eligible for district sponsorship.

## Academic Courses

- Creative Writing 120
- Criminology 131
- Education 101
- English 115 & 125
- HHPN 100 (Nursing Anatomy & Physiology)
- History 101 & 141
- Psychology 111 & 112
- Sociology 111
- SWAG 100 (Women & Gender Studies)

\*other courses may also be available

Come and get more information  
from the Careers Centre