

ACADEMIC AND VOCATIONAL COUNSELLING



Take an in-depth look at your
educational plan or discuss your
career objectives

Compiled by the FORT Program



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THINGS TO CONSIDER WHEN GOING BACK TO SCHOOL

ASSESS WHAT YOU WOULD LIKE TO DO

Discuss it with friends, family, and your guidance counsellor. Do your research: Does the program offer everything you want? Does the school offer a placement service? What are the job prospects after graduation?

HOW LONG IS THE COURSE?

Are you willing to commit to a four-year program. or would a one-year course be a better option for you? Which one will give you the tools you need to achieve your career goals?

VISIT THE SCHOOLS YOU WOULD LIKE TO ATTEND.

Get a feel for the campus, its classes, and the school environment. Talk to teachers and students.

CONSIDER YOUR SCHEDULE

Balancing school, homework and a personal life can be tricky, especially if you are working or caring for a family at the same time! It's normal to be less available for friends and family during your studies. Put aside some time to be with them, and don't forget to make time for yourself as well!

CREATE A BUDGET

Whether or not you qualify for financial assistance, going to school can put a strain on your finances. Make sure you are prepared.

- Look for financing possibilities (Government Loans and Bursaries Program, withdrawing money from RRSPs for studies, etc.).
- You may have to adapt to a new lifestyle, find ways to do more with less for the duration of your studies. Find ways to save money.



ACADEMIC AND VOCATIONAL COUNSELLING

Are you looking for a job in Quebec City and don't know where to begin? Have you been searching for a while and gotten nowhere? Maybe you're thinking about going back to school, but don't know what program is best for you. Or you're already employed, but think there's a better job out there for you. It's time to act! Make an appointment with a guidance counsellor at the Valcartier Family Centre.

EMPLOYMENT COUNSELLING

With the help of a guidance counsellor, you will:

- Analyse your goals and discover your strengths through discussions, tests and exercises;
- Take an in-depth look at your skills, experience, and interests, and come up with a career plan;
- Learn to navigate the labour market in Quebec City.

THE FORT PROGRAM CAN OFFER YOU PERSONALIZED ASSISTANCE

What you'll find:

- The expertise of a team of guidance and career counsellors;
- Access to a documentation centre, including computers, fax, copiers and Internet;
- Professional and Educational information software;
- Documentation on educational institutions and programs;
- Contact with employers;
- Information on the local and regional job market;
- Assistance with research;
- Help with writing your resume and cover letters, and translating them into French.

Our services are free and confidential.

Call us today to set up an appointment!

Valcartier: 418-844-6060. Sainte-Foy: 418-649-6505

ACADEMIC AND VOCATIONAL WEBSITES

www.schoolfinder.com	Find information on more than 1,700 universities, colleges and career colleges in Canada, including admission requirements, costs, programs and contact details
www.jobfutures.ca	Canada's career and education planning tool.
www.inforoutefpt.org/home.htm	Vocational and technical training in Quebec.
www.headingforsuccess.com	Career of the future requiring vocational or technical training List of careers
www.mels.gouv.qc.ca	Quebec's Education Ministry
www.jobsetc.ca	Training, career and worker information
www.emploiquebec.net	IMT online: Training and career information

