

How to Prepare for Post-Secondary Education (P.S.E.)

If a student eventually enters university or college, they will experience increased academic and personal management expectations. Learning effective time management and relying less on outside reminders to be effective learners will become key skills that students will need to improve on as they make the transition from high school to post-secondary education. Here are some tips on how to prepare:

1) Simulate the Experience

The format and delivery of courses in college or university will be very different than in high school. Plan your Grade 11 and Grade 12 school experience to prepare for the changes.

a) Take more courses

- Full time P.S.E. students, usually have heavy course loads; take a maximum of one spare per semester in Grade 11 and 12 to prepare for the workload
- More courses can raise potential scholarship amounts because many schools calculate the scholarship average on the best 5 or 6 courses out of the total eligible

b) Create a varied academic experience

- Develop yourself as fully as you can *while you can still take courses for free*
- No matter what your area of strength is, take courses from many different areas
 - take multiple science courses, multiple English courses, varied optional courses

c) Be on time and meet deadlines

- Work on your time management in high school when you have some leeway; don't rely on reminders from others
- In college and university, late assignments do not have to be accepted and may result in a mark of zero; being late for an exam may mean that you will not be allowed to write it

d) Challenge yourself to learn from your mistakes

- Nearly everyone will struggle at some time during the transition to higher education; learning to work through and learn from difficult situations is important

2) Build Effective Study Skills

- Practice academic writing: papers, theses, lab reports
- Take notes from lectures without guidance
- Conduct appropriate academic research using online and physical library resources
- Become comfortable giving presentations
- Learn to read academic texts quickly and for memory
- Learn proper academic referencing and citation
- Develop effective studying habits: how to stay focused, memorize, prepare for exams and tests
- Independently plan and use your time effectively

3) Plan Ahead During Course Registration: University prep and admission

Some W.C. Miller courses have been designed specifically to help prepare you for post-secondary education:

Advanced Math 45S & Introduction to Calculus 45S

(half courses, not required to take both courses)

- Covers university content: calculus, linear algebra, statistics
- Courses meet higher math requirements for admission to some out of province programs
- Provides university-like experience where assessment includes content heavy, time restricted tests/exams

ELA: Literary Focus

- Provides students with the most opportunities to practice the writing and reading skills needed in university

Admission & Scholarships

Universities and colleges will typically outline specific courses required for admission while calculating scholarship averages based on a separate list of eligible courses. If you are not sure of where you might want to go to university, use U of M and U of W requirements as a guide for your course registration. See Ms. Tonna or Mr. Wahl for more information and assistance.

Mock Schedules

When you register, try to challenge yourself while building a course load you can handle. Here are examples of schedules that will help you prepare for post-secondary education while taking a diverse set of electives.

Mock Schedule #1: Science Focus with Music courses

Grade 10: (10 credits)

Required

English Language Arts 20F
Geographic Issues 20F
Health & Phys. Ed 20F
Intro App & Pre-Cal Math 20S
Science 20F

Optional

Band 20S
Choral 20S
Computer Science 20S
Graphic Design

- Digital Pictures 25S
- Desktop Publishing 35S

Woods 20G

Grade 11: (9-10 credits)

Required

ELA 30S: Literary Focus
History 30F
Health & Phys. Ed 30F
Pre-Calculus Math 30S

Optional

Band 30S
Biology 30S
Chemistry 30S
Choral 30S
Physics 30S
(Additional Optional Credit)

Grade 12: (9-10 credits)

Required

ELA 40S: Literary Focus
Health & Phys. Ed 40F
Pre-Calculus Math 40S

Optional

Advanced Math 45S
Band 40S
Biology 30S
Chemistry 40S
Choir 40S
Intro to Calculus 45S
Physics 40S
(Additional Optional Credit)

Mock Schedule #2: English/History Focus with Science courses

Grade 10: (10 credits)

Required

English Language Arts 20F
Geographic Issues 20F
Health & Phys. Ed 20F
Intro App & Pre-Cal Math 20S
Science 20F

Optional

Art 20F
American History 20G
Drama 20F
SEVEC Volunteer 21G
Spanish 20G

Grade 11: (8-10 credits)

Required

ELA 30S: Literary Focus
Health & Phys. Ed 30F
History 30F
Pre-Calculus Math 30S

Optional

ELA 30S: Comprehensive
Biology 30S
Drama 30S
Spanish 30S
(Additional Optional Credit)
(Additional Optional Credit)

Grade 12: (8-10 credits)

Required

ELA 40S: Literary Focus
Health & Phys. Ed 40F
Pre-Calculus Math 40S

Optional

Biology 40S
Drama 40S
ELA 40S: Comprehensive
Cinema as a Witness to
Modern History 40S
Spanish 40S
(Additional Optional Credit)
(Additional Optional Credit)

Mock Schedule #3: Preparation for application to Medicine or Dentistry

Note: This schedule is only an example; some of these courses are optional and would not be required for application.

Grade 10: (10 credits)***Required***

English Language Arts 20F
Geographic Issues 20F
Health & Phys. Ed 20F
Intro App & Pre-Cal Math 20S
Science 20F

Optional

America History 20G
Art 20F
French 20F
Home Economics 20S
Woods 20G

Grade 11: (10 credits)***Required***

ELA 30S: Literary Focus
History 30F
Health & Phys. Ed 30F
Pre-Calculus Math 30S

Optional

Art 30F
Biology 30S
Biology 40S
Chemistry 30S
French 30S
Physics 30S

Grade 12: (9-10 credits)***Required***

ELA 40S: Literary Focus
Health & Phys. Ed 40F
Pre-Calculus Math 40S

Optional

Art 40F
Advanced Math 45S
Chemistry 40S
ELA 40S: Comprehensive
Global Issues 40S
Intro to Calculus 45S
Physics 40S

(Additional Optional Credit)

Please note that students are allowed to take courses across grade levels (i.e. 30S courses in Grade 10) if they have the required prerequisites (i.e. Science 20S must be taken before Biology 30S). Even though this is allowed, each student should consider whether it is the right choice for his or her education path. Please consider the following:

- significant breaks in learning that result from finishing Grade 12 level courses in Grade 11 can make the first year of university more difficult
- students must be prepared for higher expectations; course material is typically more difficult in 40S courses as compared to 30S courses (or 30S compared to 20S)