



# Allied Youth

## Post-Secondary 101?

Finishing highschool is an exciting thing, and many new doors will open up in life for you! Learning to navigate the post-secondary landscape, and continue your education can be exciting, but can also make a lot of people nervous.

Post-secondary education occurs in different types of settings and institutions. Universities are places where you can study for a degree, first at the Bachelor's level (typically 3-4 years), then at the Masters level (1-2 years) and lastly at the Ph.D level (typically 4-5 years). Some careers require just a Bachelor's degree, and others require as much as a Ph.D. Other institutions like colleges are great places to get a certificate, applied Bachelor's degree, or diploma in a variety of careers. Many hands-on trades and programs are housed within colleges. Typically, a program at the college level can take between 8 months and 4 years, depending on what you hope to do. Take a moment to look up the career you're interested in, and then look into whatever program is right for you!

Applying to post-secondary education begins in your Grade 12 year. Visit your guidance counsellor for help.

Keep in mind, that people change their minds about their interests all the time! Many people switch paths, change degrees, or even change schools to find what's right for them. Getting an education isn't as simple as it has been for you in highschool as it involves many big changes, and a lot of responsibility.

Here are some tips to keep in mind:

- Classes in university happen every day of the week, from 8am to 10pm, so be prepared to have a new type of school schedule.
- You will be in a new environment with new people and new friends, embrace all these changes.
- It can be stressful to transition to post-secondary life, so having a good support system is helpful. Visit your campus' counselling centre for help.
- Post-secondary life can be expensive, so careful budgeting is essential.

### Did you know?

Stats Canada cites that over 26,000 people in Newfoundland and Labrador are enrolled in post-secondary education each year



*"People change their minds about their interests all the time!"*

## How Does This Affect Our Post?

Many people within your Post may be considering post-secondary education. Scheduling a career fair may be a great way to stimulate interest in various careers and help educate people. Get in contact with your guidance counsellor, and various local post-secondary institutions to host this with your Post. People can walk by booths held by each institution and learn more about certain careers they may be interested in. If you live near a college or university, you could even schedule a Post tour to learn more about campus and various programs there.

As a Post, you can also have a meeting with members and the community to all work on your applications together!

## Where Can We Learn More?

<sup>1</sup>[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

[www.bethere.org](http://www.bethere.org)

[www.aesl.gov.nl.ca/postsecondary](http://www.aesl.gov.nl.ca/postsecondary)

[www.mun.ca](http://www.mun.ca)

### ask the experts >>>

**Q:** *Is it normal that I'm worried about moving away and not knowing anyone?*

**A:** *You are not alone, many people worry or feel anxious about this new chapter in life.*

Pursuing post-secondary education is a big step, but an important one to ensure that you can achieve the career goals that you have. Balancing a new schedule, new people, challenging courses, independence, financials, and everything else can feel like a LOT. It's important to set small goals for yourself, take things slow and at your own pace. Embracing these changes is important, but it's also important to have a support system to help you. Having some good friends or family members can really help you feel more comfortable. If you want to learn more about this transition, visit Kids Help Phone or Jack.org, or visit your campus' counselling centre.