

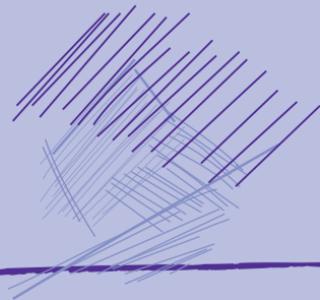


JUMPSTART

**TO
COLLEGE**

Get ready for cégep!

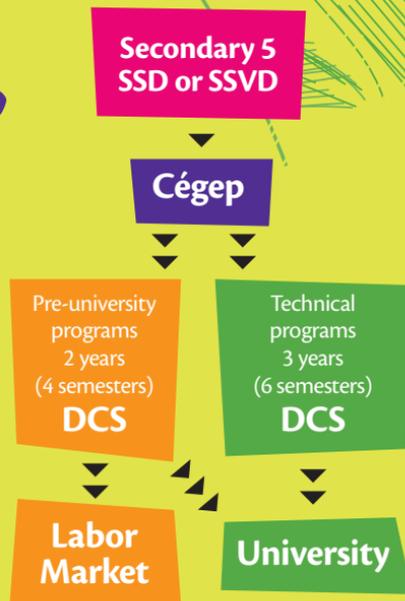
This brochure was produced by SRAM and SRASL with the invaluable collaboration of guidance counsellors and academic advisors, for secondary school students, their teachers and parents, who are, after all, students' front-line advisors.



WHAT IS CÉGEP ALL ABOUT?

College studies help you gain autonomy and develop skills. In college, it's up to you to decide what you want to study. You decide if you'd like to work afterwards or go to university. However, to be able to make these choices and to keep all doors open, you must start preparing now.

Your course selection and your grades in secondary 4 and 5 will have a definite impact on the options that will be available to you in cégep.



LEGEND

SSD: Secondary School Diploma

SSVD: Secondary School Vocational Diploma (DEP)

DSC: Diploma of College Studies

TECHNICAL PROGRAMS

Also known as career programs, technical programs train technicians and technologists, meaning individuals with practical scientific knowledge in a given trade or profession.

Many technical programs include:

- Internships
- Work-study programs

There are over 130 technical programs in 7 major fields:

- Biological Technologies
- Agricultural Technologies
- Physical Technologies
- Community Technologies
- Business Administrative Technologies
- Applied Arts and Graphic Communications

For the complete list of programs, prerequisites and career opportunities upon graduation consult pygma.ca



MYTH

TECHNICAL PROGRAMS
CLOSE THE DOOR
TO UNIVERSITY

REALITY

In no way does a technical DCS close the door to university. In fact, many universities accept graduates from the technical sector without any additional requirements and in some programs, DCS-BACs are offered. DCS-BACs are designed to admit DCS graduates from the technical sector into an undergraduate program in the same field while shortening the length of university studies.

DCS graduates from technical programs are ready to enter the workforce, and having a DCS means:

- better chances of finding a job than with only a high school diploma
- improved chances for promotions and raises
- versatility, thanks to both the practical technical training component of the program and the general education component
- access to, in many cases, professional orders and associations

Why choose a technical program as opposed to a pre-university program if I'm sure I want to go to university after college?

- For more hands on practical learning
- For better summer job opportunities
- To have the option to work in a specialized field while going to university on a part-time basis

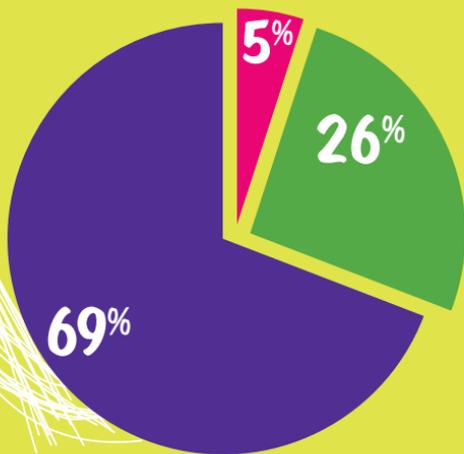
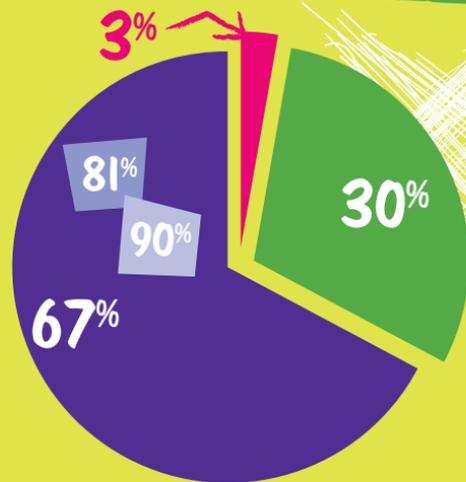
Nearly 34% of DCS graduates from technical programs go to university after college.

PLACEMENT RATES FOR TECHNICAL PROGRAM GRADUATES

PLACEMENT RATES FOR EVERY TECHNICAL PROGRAMS
IN QUÉBEC CAN BE FOUND IN PYGMA.CA

THE STATISTICS ARE ISSUED BY THE MINISTÈRE DE L'ÉDUCATION
ET DE L'ENSEIGNEMENT SUPÉRIEUR DU QUÉBEC. HERE'S A QUICK OVERVIEW
OF THESE PLACEMENT RATES FOR EACH PROGRAM CATEGORY.

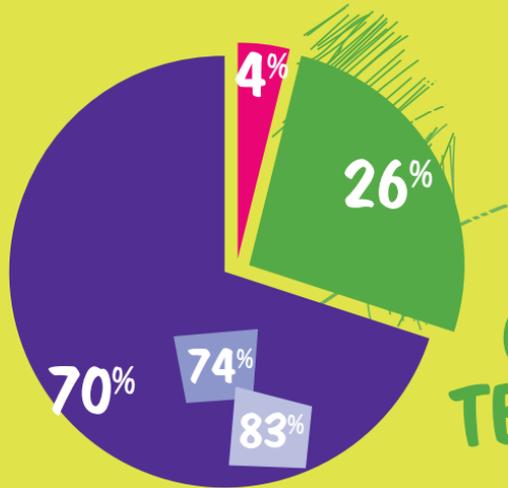
BIOLOGICAL TECHNOLOGIES



- Unemployed
- Continuing Studies
- Employed
- Full time
- In a field related to studies

AGRICULTURAL TECHNOLOGIES

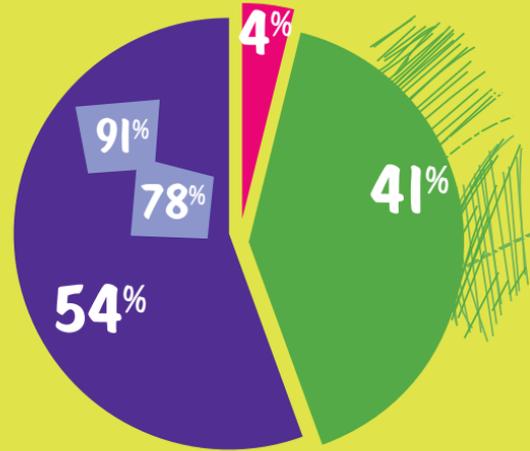
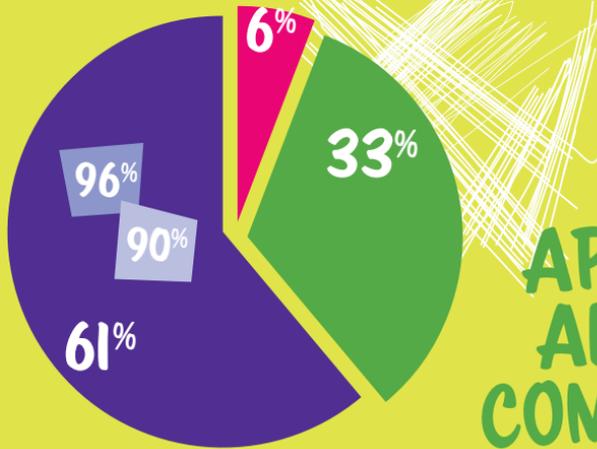
PHYSICAL TECHNOLOGIES



COMMUNITY TECHNOLOGIES



BUSINESS ADMINISTRATIVE TECHNOLOGIES



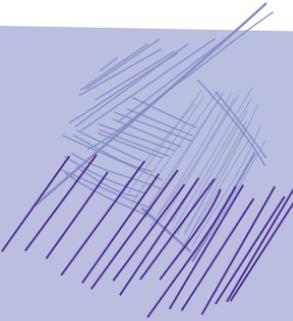
APPLIED ARTS AND GRAPHIC COMMUNICATIONS

PRE-UNIVERSITY PROGRAMS

PRE-UNIVERSITY PROGRAMS GENERALLY LAST TWO YEARS AND PREPARE STUDENTS FOR UNIVERSITY. THE MAIN PRE-UNIVERSITY DCS PROGRAMS ARE THE DCS IN SCIENCES, THE DCS IN SOCIAL SCIENCES AND THE DCS IN ARTS, LITERATURE AND COMMUNICATIONS.

In addition to general academic courses, a pre-university program includes an education component specific to the program you've chosen.

Pre-university programs are an excellent option if you're looking to acquire solid fundamental knowledge and you're planning on pursuing your studies at the undergraduate level.



PREPARATORY SESSION: SPRINGBOARD TO A DCS

- **Missing prerequisites?**
- **Not sure which program to choose?**
- **Thinking of taking some make-up courses?**

The Springboard to a DCS may be just what you need. During this transitional semester between secondary school and college you'll receive personalised guidance to complete the courses required to get into a regular DCS program afterwards.

It's important to know that Springboard to a DCS is not a program of study but rather a transitional session and while it may extend the duration of your studies, it does provide you with the opportunity to get started with your general education courses. This can in turn lighten your course load during the following semesters.



MATHEMATICS OPTIONS AND SECONDARY SCHOOL PREREQUISITES

Preparation for cégep starts as early as secondary 3 when you are required to choose your mathematics option for the year to come. Certain schools require top grades to have access to some of these options.

The choice you make will have an impact on the college programs you will be admissible to later, so it's important to think about your interests now even if you are not exactly sure which college program you will end up applying to. The prerequisites are often the same for a number of programs that are in the same general field of study.

To help you choose your mathematics option, speak with your guidance counsellor and consider the following:

- What option most reflects your style of learning?
- With what option do you have the best chances of getting the best grades?
- What option will give you the prerequisites you need for the college program you are interested in?

CULTURAL, SOCIAL AND TECHNICAL OPTION

- The *Cultural, Social and Technical* option is intended for students who like to design objects and activities, develop projects or participate in making them or carrying them out.
- It stimulates students' interest in social causes and helps them develop their sense of initiative.
- It involves a greater use of statistics and discrete mathematics, and emphasizes situations that students will encounter in their personal and professional lives.
- It brings together aspects of mathematics that will help students become autonomous citizens who are active and thoughtful members of society.
- The learning content for this option allows students to build on their knowledge of basic mathematics.

TECHNICAL AND SCIENTIFIC OPTION

- The *Technical and Scientific* option is intended for students who wish to explore situations that sometimes involve both manual and intellectual work.
- The emphasis is on case studies as well as the development of students' ability to identify errors and anomalies in processes or solutions, with a view to defining the problem and taking appropriate corrective action.
- It also requires students to identify the mathematical concepts and processes associated with the design, operation or use of certain technical instruments.

SCIENCE OPTION

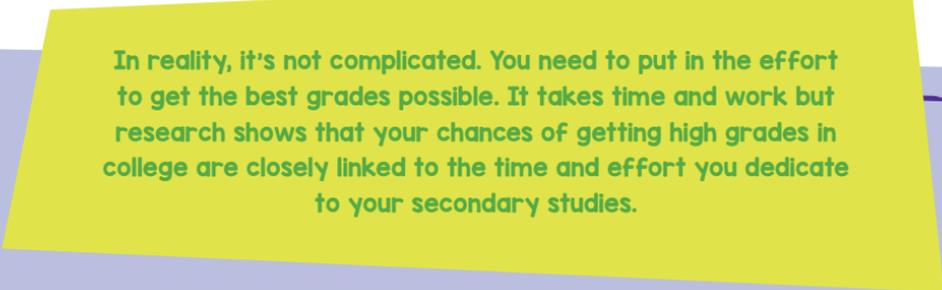
- The *Science* option is intended for students who seek to understand the origin of different phenomena and how they work, as well as to explain them and make decisions that pertain to them.
- Students learn to develop formal proofs in situations where there is always a need to confirm a truth.
- By focusing on the properties of mathematical objects, this option places greater emphasis on students' capacity for abstract thinking in that they are required to perform more complex algebraic operations.
- The emphasis is on finding, developing and analyzing models within the context of experiments mainly related to different scientific fields.

Apart from mathematics, college programs may also require prerequisites in science, chemistry and physics. While it may be possible to complete remedial courses in college, you'll have the best chances of being admitted if you complete these courses before applying to college. It's preferable to have the prerequisites on your record at the time of application to avoid being refused, especially in the case of programs in high demand.

CÉGEP ADMISSIONS

Every year, on March 1, approximately 90,000 young Quebecers apply for admission to cégep. In order to evaluate these applications, most cégeps work with ranking lists. These lists verify applicants' admissibility and compare them to one another to help choose the best applicants in the case of limited enrollment programs.

Ranking criteria are set by each cégep and may vary from one cégep to another. Generally speaking though, we can count on the following:



In reality, it's not complicated. You need to put in the effort to get the best grades possible. It takes time and work but research shows that your chances of getting high grades in college are closely linked to the time and effort you dedicate to your secondary studies.

- **Your secondary 4 and 5 grades** Your secondary 4 and 5 grades All grades from all classes are considered.
- **Average deviation** Course by course, your grade is compared to the group average. If you are above average, the deviation is positive and you earn points in the ranking, so it's important to get above-average grades as often as possible.
- **Your mathematics option and science courses** SRAM gives bonuses to students who pass the Science Option or the Technical and Scientific Option in mathematics, Secondary 5 Chemistry and/or Secondary 5 Physics. Why a bonus? Simply to calibrate the marks of those who take these courses. Statistics show that grades and deviations in these subjects are likely to be lower than in other subjects. Moreover, students who choose these courses are often in groups with higher averages and because of this, they obtain a lower deviation score. The bonus aims to correct the lower grades and lower deviations for efforts that must be at least equivalent. SRASL does not have these same bonuses. Grades from your mathematics and science courses are calculated in your average the same as all the other grades on your record.
- **Your number of credits** Some applicants finish secondary school with 54 credits in secondary 4 and 5, while others finish with 64 and others with 80. To be fair to those who put in extra efforts, a bonus is given to applicants who have between 64 and 88 secondary school credits.
- **Subjects related to your cégep program and ENGLISH** Cégeps can choose to give a particular weight to certain secondary school courses to rank applicants. These courses are linked to the cégep program you apply to. For example, if you apply to Social Sciences in cégep, your secondary school history and geography courses may be weighed heavier. ENGLISH is always important regardless of the program you choose. Success in your language of instruction courses is one of the best indicators of your future success in college.

MYTH

YOU CAN FAIL A COURSE IN
CÉGEP AND STILL GET
YOUR DIPLOMA

REALITY

You must pass EVERY course in your program to get your DCS, including your general education courses (humanities, physical education, English, French, complementary courses).

SUCCEED IN CÉGEP

START PREPARING IN SECONDARY SCHOOL

Research shows that a student's performance in secondary school is a determining factor in his ability to do well in college later. Although it may seem far away, college is just around so here are a few tips to help you prepare:

- Choose optional courses that are related to the program or general subject matter you'd like to pursue in college
- Dedicate time and effort to your secondary studies
- Work on developing good working habits

CHOOSE A PROGRAM YOU FIND MOTIVATING

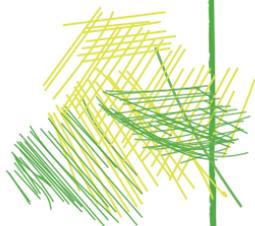
You'll have an easier time in your studies if you are interested and motivated by the program you choose.

- Explore the available programs: there are over one hundred options and to choose the one that's right for you, you need to know yourself well
- What are your values, interests, and skills? (hint: your best grades in high school might be a good indicator of the subjects you are most interested in)
- Get advice: talk to your parents, friends, teachers and guidance counsellor
- Take advantage of available resources: pygma.ca, colleges' open houses and websites, etc.

TO DO WELL, IT TAKES TIME AND EFFORT

Cégep is a whole new environment and you'll have to adapt to a new style of learning, new teachers and new friends. It might get tough to keep up the good working habits you developed in secondary school. It isn't always easy, but it's certainly worthwhile!

- Show up to all your classes
- Avoid working more than 12 hours a week at a part time job. One out of four students works over 12 hours a week while in cégep and that's far too many.
- Just like you did in secondary school, devote time and energy to your studies. If you fail a course in cégep, it will not be possible to remove it from your record, even if you take the class over again. A failed course stays on your record and may prevent you from changing programs in cégep for example or even getting accepted to your program of choice in university later.



GOOD TO KNOW

As part of your DCS, you'll have to pass a local comprehensive assessment for your program and a ministry exist exam in language and literature. You must pass these exams to receive your DCS.

WHAT IS THE R SCORE?

**THE R SCORE IS NOT USED FOR CÉGEP ADMISSIONS
IN THE CASE OF SECONDARY 5 STUDENTS.
UNIVERSITIES USE THE R SCORE TO DECIDE ON ADMISSIONS
FOR STUDENTS COMING OUT OF CÉGEP.**

Universities want to be as fair as possible when selecting the students that have the best chances of doing well.

The R score helps achieve this end.

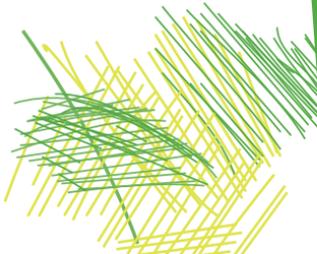
The R score (cote de rendement au collegial – college performance score) is based on the grades you have in each of your cégep courses, on the group average and on a group performance indicator. This indicator helps to ensure students who are in a class with a strong group average are not disadvantaged. It also helps to ensure students who are in a class with a very low group average are not unjustly favoured.

An R score is calculated for every course you take in cégep. For limited enrollment programs, universities will consider the average of all your R scores from the program of study that lead you to university. This means that if you failed a class, it will be calculated in your average.

Since universities have begun using the R score as a means to decide on admissions, many studies have shown that students with the best R scores are really those who succeed best in university. This wasn't always the case when universities decided on admissions solely on the basis of the applicant's grades.

WHAT IS THE BEST STRATEGY TO GET THE HIGHEST R SCORE?

Study and get the best grades possible. The whole point of the R score is to counter inequities and to score students based on their efforts and skills. Choose a cégep where you will be able to focus on your studies. Maybe choose one that's not too far from home to avoid spending too much time travelling back and forth. Choose the cégep that suits you, where you will be happy. Open houses are a great opportunity to find out more about cégeps. It is important to give yourself every chance to succeed.



MYTH

YOU CAN GET A BETTER
R SCORE DEPENDING
ON YOUR CÉGEP

REALITY

This is completely false! The cégep where you study is not at all considered in your R score. Only grades are taken into account.

CÉGEP SCHEDULES AND COURSE LOAD

YOUR CÉGEP SCHEDULE WILL BE VERY DIFFERENT FROM YOUR HIGH SCHOOL SCHEDULE. OFTENTIMES, YOU MAY HAVE A SPARE PERIOD BETWEEN TWO CLASSES BUT YOU'LL HAVE TO THINK ABOUT TIME MANAGEMENT BECAUSE YOU'LL HAVE MORE HOMEWORK AND ASSIGNMENTS THAN IN HIGH SCHOOL.

All pre-university and technical programs include:

1 GENERAL EDUCATION COURSES COMMON TO ALL PROGRAMS

- a. Language of Instruction and Literature: 3 or 4 courses (7 1/2 credits)
- b. Second Language: 2 courses (2 credits)
- c. Humanities: 3 courses (4 1/2 credits)
- d. Physical Education: 3 courses (3 credits)

GENERAL EDUCATION COURSES SPECIFIC TO YOUR PROGRAM

2

- a. Language of Instruction and Literature: 1 course (2 credits)
- b. Second Language: 1 course (2 credits)
- c. Humanities: 1 course (2 credits)

3 COMPLEMENTARY COURSES

- a. 2 courses (4 credits) in 1 or 2 of the following fields complementary to your specific education:
 - i. Social Science
 - ii. Science and Technology
 - iii. Modern Languages
 - iv. Language of Mathematics and Computer
 - v. Arts and Aesthetics
 - vi. Contemporary Issues

4 SPECIFIC EDUCATION COURSES

- a. 28 to 32 credits for pre-university programs
- b. 45 to 65 credits for technical programs

BELOW IS AN EXAMPLE OF A FIRST SEMESTER IN SCIENCE.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|------------|-------------------|--------------------|------------|-------------------|
| 8:00 a.m. | | General Chemistry | | | |
| 8:50 a.m. | | | | | |
| 8:55 a.m. 9:45 a.m. | | | | | English |
| 9:50 a.m. 10:40 a.m. | | | | | |
| 10:45 a.m. 11:35 a.m. | Humanities | | Physical Education | | General Chemistry |
| 11:40 a.m. 12:30 p.m. | | | | | |
| 12:35 p.m. 13:30 p.m. | | | | Mechanics | |
| 13:35 p.m. 14:20 p.m. | | | | | |
| 14:25 p.m. 15:15 p.m. | Calculus 1 | Mechanics | French | Humanities | Calculus 1 |
| 15:20 p.m. 16:10 p.m. | | | | | |
| 16:15 p.m. 17:05 p.m. | | | | | |
| 17:00 p.m. 18:00 p.m. | | | | | |

ATTENTION!

It's important to keep in mind that for every hour spent in class, you'll have 1 to 2 hours of assignments and homework after class.



General education courses common to all programs

BELOW IS AN EXAMPLE OF A FIRST SEMESTER IN ACCOUNTING AND MANAGEMENT TECHNOLOGY.

| | Monday | Tuesday | Wednesday | Thursday | Friday | |
|------------|--------------|--------------------------|----------------------|----------------------------------|--------------------|--|
| 8:00 a.m. | | Introduction to Business | | Business Computer Applications 1 | | |
| 8:50 a.m. | | | | | | |
| 8:55 a.m. | | | | | | |
| 9:45 a.m. | | | | | | |
| 9:50 a.m. | | | | | | |
| 10:40 a.m. | | | | | | |
| 10:45 a.m. | Accounting 1 | | Accounting 1 | | Physical Education | |
| 11:35 a.m. | | | | | | |
| 11:40 a.m. | | | | | | |
| 12:30 p.m. | | | | | | |
| 12:35 p.m. | | | | English | | |
| 13:30 p.m. | | | | | | |
| 13:35 p.m. | French | | | | | |
| 14:20 p.m. | | | | | | |
| 14:25 p.m. | | | | | | |
| 15:15 p.m. | | | | | | |
| 15:20 p.m. | | | Business Information | | | |
| 16:10 p.m. | | | | | | |
| 16:15 p.m. | | | | | | |
| 17:05 p.m. | | | | | | |
| 17:00 p.m. | | | | | | |
| 18:00 p.m. | | | | | | |



General education courses specific to your program

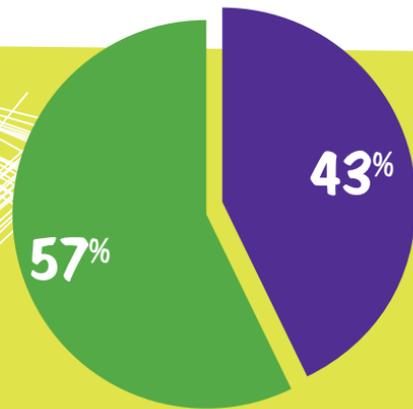


Specific education courses

FACTS AND FIGURES

CÉGEP ATTENDANCE

ALL PROGRAMS



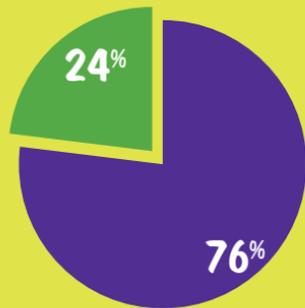
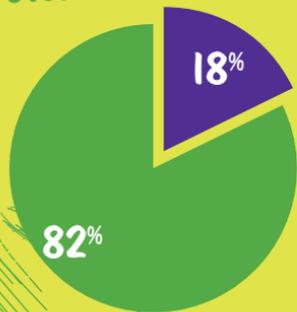
Girls Boys

As illustrated in the following charts, there is an imbalance between the number of boys and girls attending cégep. We should expect to see just as many boys as girls in college, so boys this is your chance to re-establish the balance!

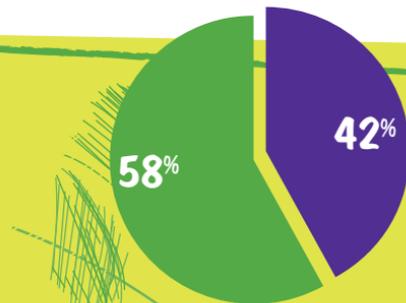
As for girls, the imbalance isn't found in the attendance, but rather in the choice of program. Girls tend to make more traditional choices, while other programs with promising futures tend to be neglected. Why not consider unconventional programs? There are exciting and original careers waiting! Boys as well may avoid certain careers more traditionally occupied by women but that offer promising futures as well. Québec needs all of the skills and talent of its boys and girls in all fields and sectors of the workforce.

The following statistics are for the 32 SRAM-affiliated colleges.

BIOLOGICAL TECHNOLOGIES

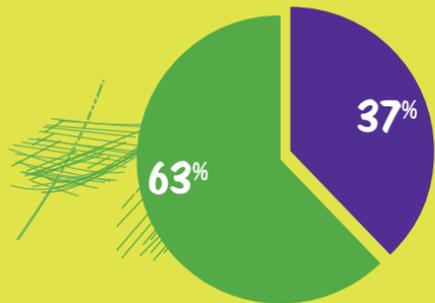
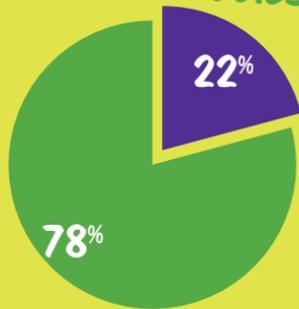


PHYSICAL TECHNOLOGIES



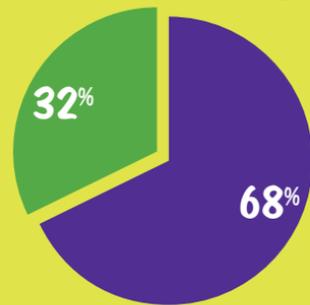
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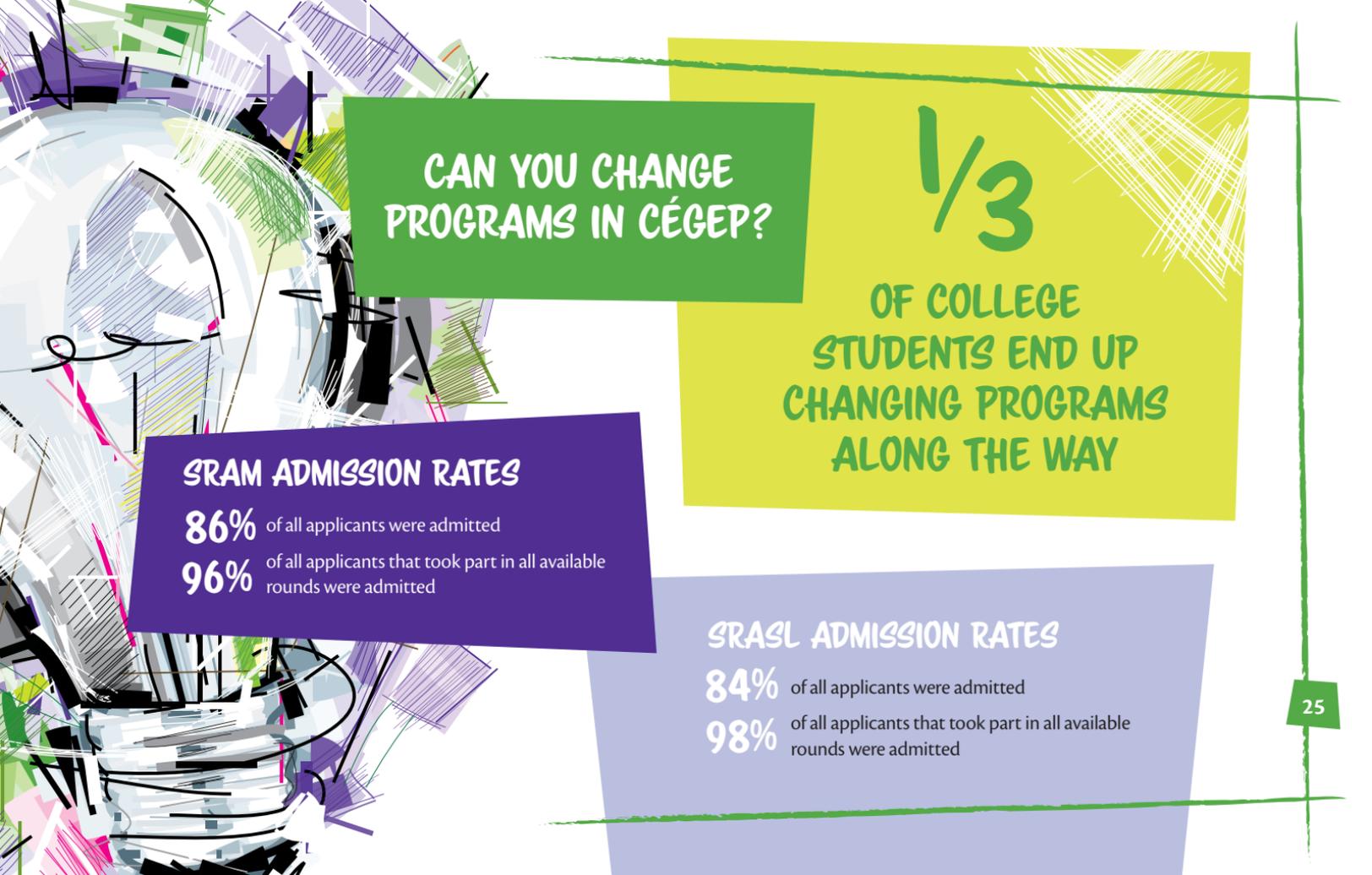


OUT OF 100 SECONDARY SCHOOL GRADUATES:

76 WILL EARN THEIR SSD BEFORE THE AGE OF 20
24 WILL EARN THEIR SSD AFTER THEY TURN 20

WITHIN THESE GRADUATES:

44 WILL EARN A DCS AT ANY AGE
36 WILL EARN A B.A. AT ANY AGE



CAN YOU CHANGE PROGRAMS IN CÉGEP?

$\frac{1}{3}$

OF COLLEGE STUDENTS END UP CHANGING PROGRAMS ALONG THE WAY

SRAM ADMISSION RATES

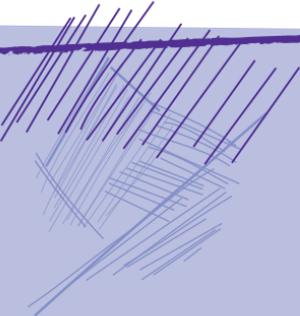
86% of all applicants were admitted

96% of all applicants that took part in all available rounds were admitted

SRASL ADMISSION RATES

84% of all applicants were admitted

98% of all applicants that took part in all available rounds were admitted



FOR MORE INFORMATION

PYGMA.CA

Fully bilingual

Describes all Diploma of College Study (DCS or DEC) programs offered in the province of Québec.

Provides information on employment rates, salaries and labour market for each program.

FINANCIAL AID (AIDE FINANCIÈRE AUX ÉTUDES)

<http://www.mesrs.gouv.qc.ca/en/aide-financiere-aux-etudes/>

Loans and bursaries for full and part-time studies

HEADING FOR SUCCESS

www.headingforsuccess.com

Discover vocational and technical careers in Québec

ACADEMOS E-MENTORING

<http://www.academos.qc.ca/e-mentoring/?lang=en>

E-mentoring for youth 14 to 30 years old

INFOROUTE FTP

[Shttp://inforoutefpt.org](http://inforoutefpt.org)

Discover vocational and technical study programs in Québec

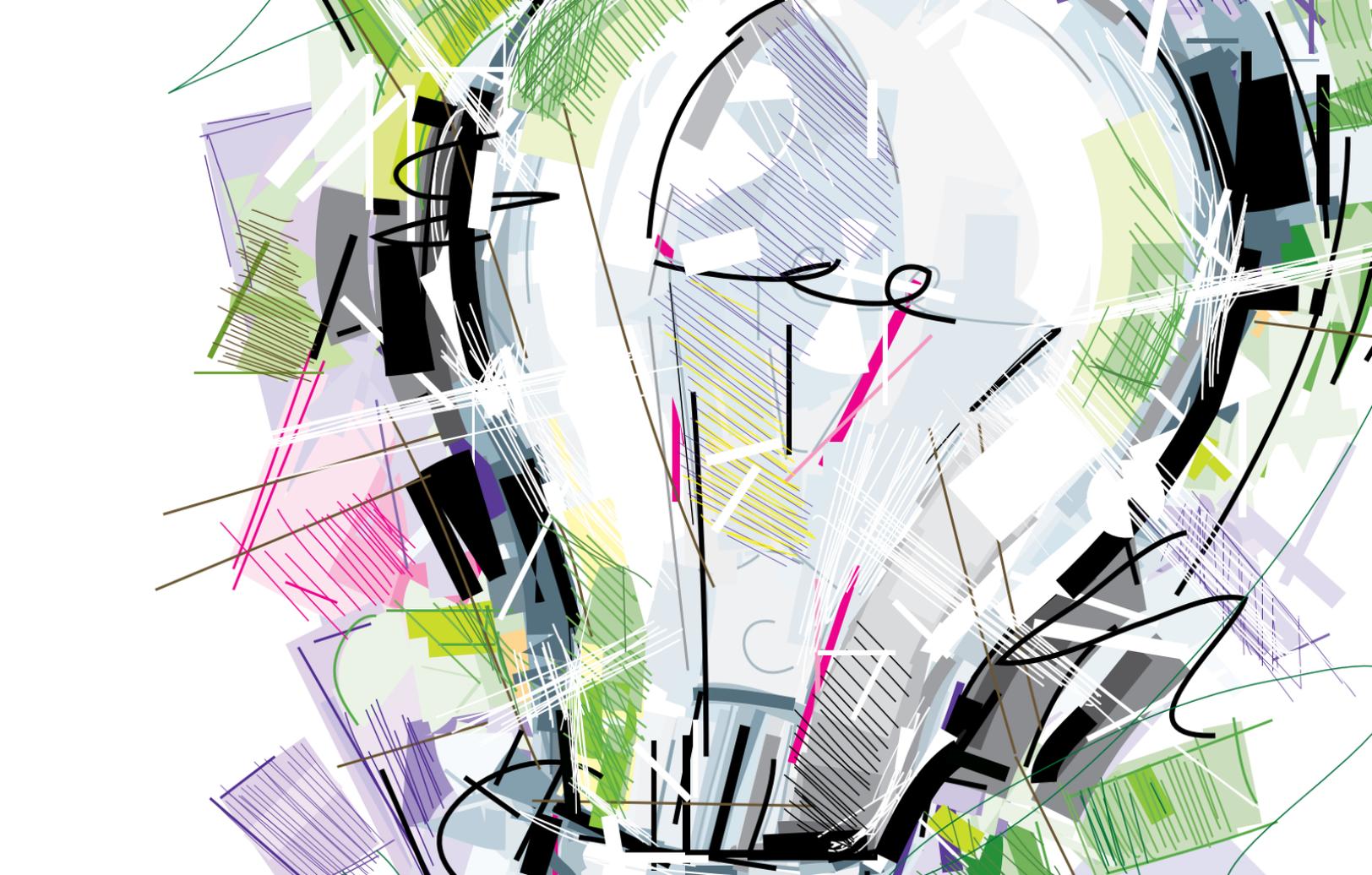
SRAM, SRACQ, SRASL

www.sram.qc.ca

www.sracq.qc.ca

www.srasl.qc.ca

Everything you need to know to prepare your college application



SRAM AFFILIATED CÉGEPS

Cégep de l'Abitibi-Témiscamingue

Collège Ahuntsic

Cégep André-Laurendeau

Collège de Bois-de-Boulogne

Champlain College – Lennoxville

Cégep de Drummondville

Cégep Édouard-Montpetit

École nationale d'aérotechnique

Cégep Gérald-Godin

Cégep de Granby

Cégep Heritage College

John-Abbott College

Kiuna

Cégep de Lanaudière

• à L'Assomption

• à Joliette

• à Terrebonne

Collège Lionel-Groulx

Collège de Maisonneuve

Cégep Marie-Victorin

Collège Montmorency

Cégep de l'Outaouais

Collège de Rosemont

Cégep de Saint-Hyacinthe

Cégep Saint-Jean-sur-Richelieu

Cégep de Saint-Jérôme

Cégep de Saint-Laurent

Cégep de Shawinigan

Cégep de Sherbrooke

Cégep de Sorel-Tracy

Cégep de Trois-Rivières

Cégep de Valleyfield

Vanier College

Cégep du Vieux Montréal

Institut de technologie
agroalimentaire du Québec,
Campus de Saint-Hyacinthe

Institut de tourisme
et d'hôtellerie du Québec

Macdonald College



Service régional d'admission
du Montréal métropolitain
5701, Christophe-Colomb,
Montréal (Québec) H2S 2E9
www.sram.qc.ca

SRASL AFFILIATED CÉGEPS

Collège d'Alma

Cégep de Chicoutimi

Cégep de Jonquière

Cégep de Saint-Félicien

Centre d'études collégiales de Chibougamau

Centre d'études collégiales en Charlevoix



Service régional de l'admission des cégeps
du Saguenay-Lac-Saint-Jean

Pavillon Manicouagan

3791, rue de la Fabrique, bureau 800
Jonquière (Québec) G7X 0K2

israsl@srasl.ca