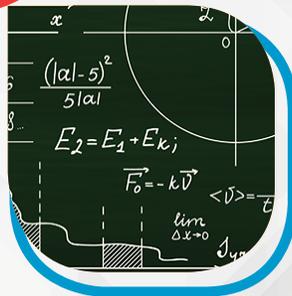


EDUCATION GUIDE



2023
EDITION



THE WORLD-
Spectator



POST-SECONDARY EDUCATION

Considering higher education? Find out why it could be right for you

Canada's 2016 census reported that "more than half (54.0%) of Canadians aged 25 to 64 had either college or university qualifications, and Canada continues to rank first among the Organisation for Economic Co-operation and Development (OECD) countries in the proportion of college and university graduates."

Times Higher Education reported in 2017 that a study by the Higher Education Funding Council for England found that post-secondary graduates reported a greater sense of life satisfaction and well-being than non-graduates, while research from the Lumina Foundation found that graduates can expect to enjoy better earnings and lower unemployment than non-graduates, as well as additional benefits such as increased job safety and a higher likelihood of employer-supported health insurance and retirement programs.

Though obtaining post-secondary qualifications represents a significant investment of both time and money, earning a university degree can set you on right path when it comes to future job prospects and a larger income over time. And beyond these practical advantages, there are myriad benefits to pursuing post-secondary education that may help you decide that it's the right choice for you.

Intellectual exploration

Post-secondary education makes it possible for students to engage in transformative learning experiences, undertaking innovative ways to expand their knowledge not only in their chosen field of study but also by exploring new areas of interest.

Honours-level or independent study projects, study-abroad programs, and research opportunities afford students the chance to master their understanding of complex material and put theory into practice.

University also allows students to explore courses and activities outside their degree program, opening doors to new possibilities and passions. You might decide to add a minor in a complementary discipline, take a specialized certificate program, or even change your major altogether.

Relationship-building and collaboration

Students engaged in post-secondary education

develop important and lasting relationships with their peers through academic, extracurricular, and leadership opportunities, building friendships and networks that will endure well beyond graduation.

Collaborative work with faculty, such as research projects and specialized programs, sees students working alongside professors who serve as guides and mentors in the learning process and enrich the university experience. Your professors can support you in finding meaningful projects to complement your studies and can offer guidance as you determine the path you want to pursue after earning your degree.

Personal development and an expanded network

Many universities welcome international students from around the globe, allowing students to learn about and from peers with diverse backgrounds. You might also choose to take advantage of exchange opportunities yourself: spending one or two semesters abroad offers a rewarding academic challenge and will broaden your social network.

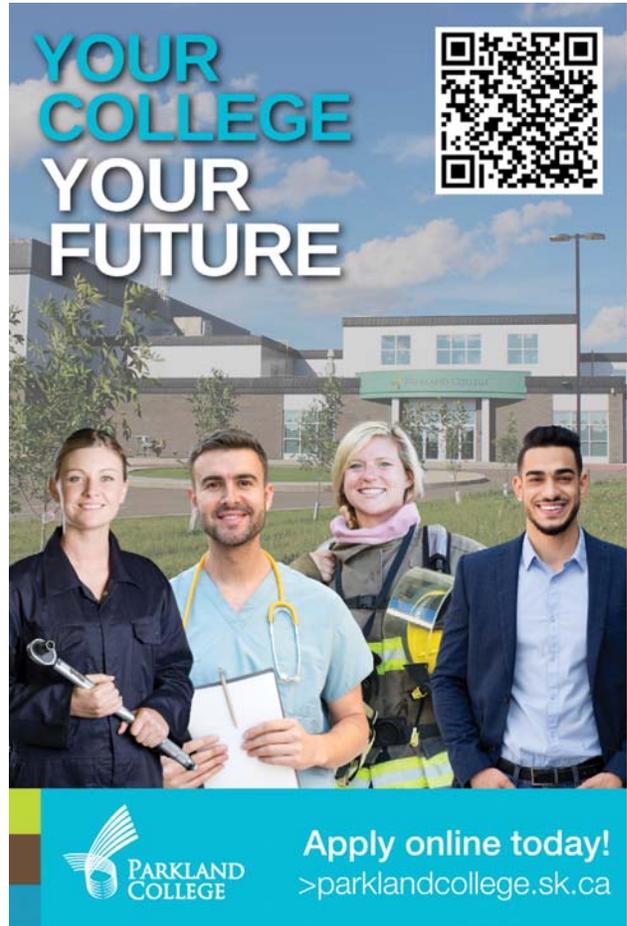
Post-secondary students have no shortage of campus activities to get involved in, whether it's serving as

a peer mentor, acting as a residence advisor, joining a varsity or club sports team, volunteering for campus events or running for student government. These activities help to develop leadership, organization, communications and team-building skills, while also giving you practical experience that will serve you well in the future.

Preparation for future studies and career goals

Institutions of higher education foster an environment where students can become critical thinkers, developing their capacities for expressing creative and independent thought—abilities that are highly valued by employers and graduate-level programs alike.

Is post-secondary education the right choice for you? You may have other plans in mind that will help broaden your intellectual horizons and develop your personal skills outside a university classroom setting, or you may be thinking about entering the job market as soon as possible. But as a university graduate you'll have been able hone the skills needed to succeed in our rapidly-changing world and to be a valuable, thoughtful contributor to society.



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POST-SECONDARY EDUCATION

Medicine Hat College takes you from classroom to career

Saskatchewan highways and high schools are a familiar sight for Landon Heilman. As the student recruitment co-ordinator for Medicine Hat College (MHC) he's travelled extensively throughout the province over the years, meeting with students and high school counsellors and sharing all that MHC has to offer.

As a comprehensive community college in sunny Southeast Alberta, MHC is focused on unique student pathways and programs that help learners reach their educational goals. From certificates, diplomas and degrees to university studies and apprenticeship training in the areas of health care, community services, business, education, science, arts, trades and technology, there really is something for everyone.

- Consider a rewarding career as a health care aide, improving the lives of those in hospital or living in a care facility or pursue degree options in nursing or paramedicine and benefit from access to state-of-the-art simulation training.
- Gain hands-on training through a wide variety of apprenticeship programs including automotive service and welding, or build sought after skills as an information or engineering technologist.
- Expand your business acumen and specialize in accounting, administration, marketing, management or financial services, or explore exciting new specialty programs in Sport & Event Marketing and Management, Sustainable Innovation, or Service Dog and Canine Management Studies.

With all the amenities of a larger centre plus the feel of a small town, there's lots to love about "The Hat"

- Become a teacher in our collaborative Bachelor of Education program, discover your creative side with an applied degree in art and design, or start your education



with a variety of university studies programs in arts and sciences that build a solid foundation for degree completion elsewhere.

Small class sizes across our programs create more opportunities to engage and build relationships, while work integrated learning provides real world experiences. Flexible delivery options help students balance school and life. Dedicated faculty and staff know you by name.

From application to graduation, MHC strives to be a leader in student support by offering exceptional services and a personalized approach that builds confidence and trust. Academic advising and coaching, writing support, personal counselling, accessibility services, tutoring, and career services are all available to MHC students, while a brand new fitness centre and Indigenous gathering space provide opportunities for health, wellness and cultural growth.

Speaking from experience as a former student in MHC's School of Business, Heilman is passionate about supporting future students on their own path to post-

secondary.

"The best part about being a student recruiter at MHC is the opportunity to have a meaningful impact in people's lives. Being a source of encouragement for someone to take the first step in achieving their educational goals, and then getting to see them walk across the stage during graduation, is my favorite part about my job," he says.

With all the amenities of a larger centre plus the feel of a small town, there's lots to love about "The Hat." Enjoy the natural beauty of the region with the city's extensive trail system, parks and golf courses, and easy access to Cypress Hills Provincial Park and the Canadian Badlands. Medicine Hat also boasts a vibrant arts and entertainment scene featuring exceptional musical talent, sporting events and festivals, and unique local coffee shops, pubs, and retail stores.

Join us for an Open House on Saturday, March 4 and discover MHC! Visit mhc.ab.ca for details or call 1-866-282-8394 to book a tour or appointment.



JUNIOR CITIZEN OF THE YEAR

2023 JUNIOR CITIZEN OF THE YEAR SCHOLARSHIP

CALL FOR NOMINATIONS




For over the past four decades The Saskatchewan Weekly Newspapers Association, in partnership with SaskPower and the Lieutenant Governor of Saskatchewan, have recognized the youth of Saskatchewan through the Junior Citizen of the Year Award.

These prestigious awards are given to youth who:

- Have a positive lifestyle
- Have had the ability to overcome life's challenges
- Have a strong sense of caring and responsibility
- Are dedicated to community and school
- Inspire others
- Are between the ages of 8 to 18

This year four deserving youth will receive a \$3000 bursary, provided by SaskPower, to use towards their post-secondary education. Someone you nominate could be one of them.

Visit www.swna.com for further information and nomination forms
Nominations close March 31, 2023



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- / ENVIRONMENTAL TECHNICIAN
- / PHYSICAL THERAPIST ASSISTANT
- / HEALTH CARE AIDE

NANCY
University Studies: Science





POST-SECONDARY EDUCATION

Two CMU alumni prove the value of creative veterinary care

BY MYLES TIESSEN

The first veterinary college was created in response to a cattle plague decimating southern France in the middle of the 18th century. Though microbiology had not yet been established as a concrete area of study, the first veterinary scientists worked tirelessly in search of a remedy, and within a few years, the plague was controlled, the cattle population was revived, and France resumed economic stability.

Canadian Mennonite University (CMU) graduates Jana Klassen ('20), and Esther Derksen ('16) are two individuals who follow that same tradition of uncompromising determination. Their vocation in veterinary medicine has taken them across Canada as they strive to care for and ensure the wellbeing of animals and everyone who depends on those animals.

Though both biology majors graduated from CMU in recent years and work in the same field, each has distinctive experiences from their time at CMU that have given them unique perspectives on providing veterinary care.

Klassen, now in her third year of studies at Western College of Veterinary Medicine in Saskatoon, has wanted to be a veterinarian for as long as she can remember. Having grown up around Calgary, Klassen says, "My family was very lucky, and we had a horse for a while that we were able to keep at our friends' ranch, and they had a bunch of sheep and cattle, so that really just exposed me to that world."

Klassen came to CMU after a few years of studying at University of Winnipeg and says the smaller class sizes and close relationships with professors at CMU helped her excel academically.

For Klassen, the practicum placement was the most impactful aspect of attending CMU, as she was able to get up close and personal with rare and endangered animals at the Assiniboine Park Zoo in Winnipeg.

Klassen says, "It was really eye-opening working with a vast amount of animals and how veterinary medicine works with some species. You can't just go up to a bear and get its heart rate, like that's just not going to happen. So, it is interesting to see the creativity that comes with providing veterinary care."

Between taking veterinary records during necropsy (animal autopsy) and assisting in general health care of the animals, Klassen says the behind-the-scenes experience truly cemented her desire to become a veterinarian. Klassen excitedly remarks, "They even started filming a documentary in the time I was there on the veterinarians specifically. It's neat that these are things people want to film and watch, and I just got to be there for it all."

Klassen says there is much to explore and experience when working with animals. She says, "I want to be a veteri-



Esther Derksen



Jana Klassen

narian because I want the opportunity to advance medicine using the unique lens animals have to offer."

Esther Derksen, a regional veterinarian for the province of Newfoundland, says her time at CMU gave her a perspective on veterinary care that she would never have expected. Derksen says that because of CMU's interdisciplinary focus, she found as much value in her philosophy and environmental studies courses as she did in her biology courses.

"The point of regional veterinarian in Newfoundland is to support a local food system because as far as a lot of provinces in Canada go, [Newfoundland] is quite insecure," says Derksen. Her role as a socialized veterinarian means that part of the care she provides is subsidized, making it accessible for more clients to afford care for their animals.

"[As a veterinarian] I'm not just doing the biology, I'm not just giving the medicine, I'm thinking about a variety of things. As I'm fixing a cow, I'm thinking about what that means to the dairy owner and what that means for the dairy production in this province; then we are talking about sustainable food systems," says Derksen. "It turns into a much

bigger thing rather than just about a sick cow."

Associate Professor of Biology at CMU John Brubacher says that way of thinking is fundamental to scientific application. "People working in scientific careers (as in any other career) need to be able to explain what they're doing and why it matters—to other scientists, to the people they're serving, or to a broader public," says Brubacher.

Derksen says her advice for any student considering a career as a veterinarian is to take full advantage of other courses beyond science that are available. "Having the awareness and ability to think more conceptually about things and not just what I can hold in my hands or what I can look at through a microscope is incredibly valuable. The classes more concerned with how people think and how people relate give you a strong foundation [as a vet]."

Klassen and Derksen prove that veterinary care is about creativity and ingenuity. They use all the knowledge and tools at their disposal to provide comprehensive care for all animals and, in turn, support sustainable food systems and economic stability.



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Small university Big opportunities

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ABOUT US

ELITE HAIRSTYLING & ESTHETICS TRAINING CENTER IS A MODERN TRAINING FACILITY LOCATED IN DOWNTOWN MOOSE JAW, SK. WE OFFER FULL TIME PROGRAMS IN HAIRSTYLING, ESTHETICS, NAIL TECHNICIAN, OR SKIN CARE TECHNICIAN.

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Hands-on learning is the best way to learn in our industry, which is why we offer real clients for you to practice and build your portfolio with.

We go above and beyond to create the most professional, knowledgeable graduates leaving our training center.



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This 7 month program is the perfect course for our skin lovers!



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Learn from our Journeyperson instructors in all areas of theory, portfolio building, social media and hands-on training.



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Throughout our programs you will have strong theory components and hands-on practice in a spa-like atmosphere.

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Our 10 month Hairstyling program offers a strong theory and practical component in cutting, styling, permanent waving, coloring, business building, client retention and so much more to get you started in your career. Our classes include lots of hands-on training and one-on-one instruction with our Journeyperson instructors.

In addition, you also receive a certificate in basic manicures, pedicures, and facial waxing. We offer small class sizes in a modern training center.

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The Paul J. Hill School of Business



At the Hill School of Business there is more to the university experience than just what you learn inside the classroom. Our experiential learning approach:

- Builds connections between business and community,
- Teaches you to think critically,
- Creates networking opportunities,
- Improves your leadership abilities, and
- Helps you exceed your potential.

Join a Legacy of Success

Hill Students compete in and win prestigious awards at national and international competitions! The Hill JDC West team has 14 top three placements in the 18 year history of the Jeux du Commerce West (JDC West) competition including 2nd Place for School of the Year in 2023!

The Hill School has also sent 34 teams to the Final Round of the Inter-Collegiate Business Competition (ICBC) since 2010.

Create Positive Social Impact

Hill Students create positive social change in our community. The Hill BSS' 5 Days for the Homeless initiative has raised over \$450,000 for Carmichael Outreach to fight homelessness.

Earn While You Learn

Our Co-operative Education (Co-op) program is an opportunity for students to gain real-life experience in their field of study. The average salary earned by Hill Co-op students is \$3,250 per month!

Graduate Career Ready

Many of our students establish professional relationships and business contacts for future careers. In fact, 94% of Fall 2021 Hill grads reported that they'd secured employment within 6 months of graduation.

**Interested in Scholarships?
Apply by March 15!***

* Students who apply and are conditionally accepted with a Canadian high school average of 85% or higher by March 15th of their Grade 12 year **may** be eligible for an automatic \$1,000 Excellence Entrance Scholarship (for SK students) or \$1,500 (for Canadian students from outside SK) towards their first year of studies.



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Learn more and apply at hill.uregina.ca



POST-SECONDARY EDUCATION

Go for it—one student's advice for those considering the Hill School of Business

The Paul J. Hill School of Business at the University of Regina prides itself on providing a student experience that sees its graduates excel in their careers while contributing in meaningful ways to their communities. "We encourage all of our students to enhance their education by presenting a number of experiential opportunities, both in and out of the classroom, that allow them to translate theoretical knowledge into practical application. We do our very best to inspire our students to get the most out of their experience here at the Hill School," says Dr. Gina Grandy, Dean of the Hill and Levene Schools of Business.

"With the support of committed faculty and staff, our students continually excel at a national level in case competitions, student-led entrepreneurial initiatives and various other events, which serve to enrich the student experience."

Hill graduates' ability to think across all business functions is unparalleled, and they are highly sought after for employment and leadership in all sectors. The Hill School is proud to report that on graduation day, more than 81% of Fall 2022 graduates had already secured employment, and 94% of Fall 2021 grads had jobs 6 months after they graduated.

Kyle Bye, a fourth year business student from Manor, Saskatchewan shared highlights of his experience as a Hill student:

Can you tell us why you chose to attend the Hill School of Business and what you've enjoyed about your experience so far?

Originally when I was applying for university, I was planning on pursuing a Business Law Degree. There's an option at the Hill School that allows you to first study Business at UofR, and then transition to law school in Saskatoon. That was my original plan, but what ended up happening was that I really enjoyed the Hill Accounting program, and that's what I ended up sticking with!

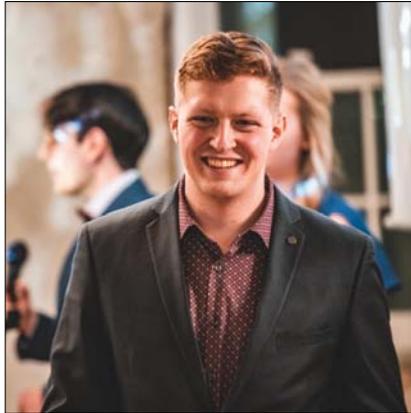
In terms of highlights from my undergrad experience, I think that some of the Hill School's best offerings are their programs and clubs. I am currently the co-captain of our Hill JDC West (Hill Jeux du Commerce West) team. JDC West is a national case competition for Western Canada that provides exceptional hands-on consulting and case work experience, and is a great opportunity for students to really get ahead. We usually perform very well at JDC West, holding our own against other larger universities like UBC (University of British Columbia) and SFU (Simon Fraser University). In fact, the Hill team has consistently placed in the top three schools at this prestigious competition, and just a few weeks ago, our team took home 2nd place for School of the Year!

The Hill School also has the Hill BSS (Hill Business Students' Society), which is a really great opportunity for students to get involved, network, attend school and community events, and to gain leadership skills. There are other clubs too, including the Hill Marketing Association, Enactus Regina, UR Investing and ICBC—so there is something for everyone!

All of these extras I'd say, make the Hill School of Business the best option for an undergraduate business degree!

What would you say are some of the other strengths of the Hill School?

Honestly, it comes down to the sense of community. The Hill School has really created a welcoming environment. It's a lot more than just taking courses and then going home. There is a sense of belonging in the school itself. There are a lot of really great opportunities to spend time with the other Hill students, just hanging around the school's spaces. We have a lounge and great study areas for students to hang out in between classes. There's always somebody that you can sit and chat with about classes you're taking, or to get advice on which classes to



Hill JDC West co-captain and 4th year Hill student, Kyle Bye

take next, things like that. The school just has a really good community feel.

Can you outline how the program works? Is it a typical four year degree or is there anything different about Hill program?

The Bachelor of Business Administration degree (BBA) is a four year degree offering majors in Accounting, Marketing, Finance, Human Resource Management and General Business Studies. You start your first year taking BUS 100 and foundational courses, then move into taking introductory business courses and electives in your second year. In third and fourth year you work towards your major taking more specialized business courses. Plus, there are opportunities to add to your degree, including a Certificate in International Business or Ideation, Creativity & Entrepreneurship, or you can even apply for the Levene Graduate School of Business, which is the business masters program at the UofR.

Are the students you've met mostly from Saskatchewan, the prairies, or from all over Canada and abroad?

There are a lot of students here from Regina and Saskatchewan, but there's a lot of students that aren't. The school is very diverse and there are many international students that come here to study business, or even just for study abroad experiences. Having students from a variety of backgrounds in the classroom brings a different, wider perspective to class discussions.

What advice do you have for prospective students who are considering going to the Hill School of Business?

I would say that if you are considering attending the Hill School—go for it!

It offers a lot that other schools do not, and it's an opportunity to really put yourself out there and see how actual businesses work. And if you aren't quite ready to start a four-year degree, you can always look into a diploma, which is a two-year program to get the basics of business. The diploma also ladders into the BBA so you can still work towards your degree once you're finished the diploma.

More about the Hill School: Entrance and other scholarship opportunities

There are a number of scholarship opportunities available for students looking to enroll at the Hill School of



Hill students working in the Hill Levene Entrepreneurial Collision Space



Hybrid BUS 100 course lecture

Business. Students who have been conditionally accepted to the Hill School at the UofR with a Canadian high school average of 85% or higher are automatically eligible to receive the \$1,000 Hill Excellence Entrance Scholarship.

There is also an Out of Province Entrance Scholarship worth \$1,500 for those applying directly from a high school outside of Saskatchewan, with an admission average of 85-94.99%.

There are many other scholarship opportunities new students can apply for—in 2021, 643 Hill students received scholarships totaling almost \$1 million!

Co-operative Education

Co-operative Education (Co-op) is an opportunity for students to get out of the classroom and gain work experience in their field of study. Co-op is an optional program that allows students to alternate their academic semesters with full-time work terms.

As a result of Co-op work experience, many students are more motivated in the classroom and are better prepared to make meaningful contributions to class discussions and assignments. Many Co-op students receive job offers from a previous work term employer upon graduation. There are well over a hundred Hill students that participate in work teams each year, earning an average salary of \$3,250 per month!

Do you have questions about our programs? We would like to hear from you.

Please inquire to business.recruitment@uregina.ca and we will connect you with someone from our team.

March 15 is the priority deadline for early conditional admission into the Hill School of Business. Apply by March 15 to be eligible for entrance scholarships and to ensure you have first choice at our most popular courses!



POST-SECONDARY EDUCATION

Millar College of the Bible: Developing passionate, relevant servants of Jesus

Millar College of the Bible is a non-denominational Christian college committed to the truth of the Bible. We have three campuses. Our first is in Pambrun Saskatchewan; our second is in Tappen, British Columbia; and our newest, urban campus is in Winnipeg, Manitoba. Millar College of the Bible is committed to developing passionate, relevant servants of Jesus Christ who are shaped by the entire Scriptures. We do this through our unique, four-part Integral Model of Education: Bible Knowledge, Life Skills, Character Development, and Relationships.

- Bible Knowledge: Each course that Millar offers is designed to strengthen students' knowledge of the Bible, develop their abilities to understand what they read, and learn more about who the God of the Bible is. Students who study with us for three years will receive a complete overview of all sixty-six books of the Bible.

- Life Skills: Valuable life skills are taught daily at Millar. Students learn to complete assigned student work with excellence. They develop their ability to study efficiently,

and they grow by applying their new Bible knowledge to their daily life.

- Character Development: Every student meets weekly with a mentor. Our hope is that students continually experience the heart change that can only come through submission to Christ. We pray that our students develop hearts that long to be more like Christ's.

- Relationships: We teach that a person's most important relationship is their relationship with Jesus. The health of all their other relationships will flow out of their friendship with Christ. Through living in community, students learn how to build into the lives of others and invite others to do the same for them.

We believe that each of these four facets move students toward deeper maturity in their faith. Knowledge is critical to Millar's approach to education, but it is not our sole focus. Our desire is that when the time comes for a student to leave Millar, they love Jesus more than when they arrived. This will prepare them to serve Him more effectively throughout their lives.



Millar is a one-track Bible college, where each student takes the same core classes. We believe that God gave us His perfect and unchangeable Word, the Bible, as the final authority in matters of doctrine, practice, and lifestyle. Students who attend for one year earn a Christian Ministry Certificate. Students who study for two years earn a Christian Ministry Diploma, and students who study for

three years graduate with a Bachelor of Biblical Studies. All three of our campuses have the same core classes, but certain elective courses are unique to each campus.

There are several routes to choose from when selecting elective classes. For those interested in serving the church through their artistic gifts, we offer classes geared towards worship leadership, the application of technologies for wor-

ship, and the use of drama as a ministry tool.

Athletics are another element of many students' day-to-day life. Students learn how to be an effective minister of the Gospel through playing and coaching sports. At our Pambrun campus, credits are available for students on volleyball, basketball, soccer, futsal, and hockey teams.

Our Sunnybrae Campus offers other unique oppor-

tunities and ministry platforms. The Outdoor Edge program equips students to become competent in various outdoor activities, such as hiking, camping, climbing, skiing, snowboarding, mountain biking, and kayaking.

Our Winnipeg Campus is an excellent option for those who are interested in practicing hands-on ministry skills in an urban context through Urban Edge, which is a program unique to our newest campus. We challenge students to use their gifts to serve God wherever they are.

We pray that God will continue to fill our schools with men and women who desire a deeper knowledge and love of their Saviour. Jesus Christ lived the perfect life we could never live yet died the villain's death that we deserved. By doing so, those who call on Him will be saved from the punishment of sin. It is this Good News that is the center of our ministry at Millar College of the Bible. If you would like to learn more, please call our office at 1-306-582-2033, or email Mikayla Martens, a member of our admissions team, at mikayla@millar-college.ca



MILLAR
COLLEGE OF THE BIBLE

Developing passionate, relevant servants of Jesus Christ





SASKATCHEWAN BRITISH COLUMBIA MANITOBA

MILLARCOLLEGE.CA



POST-SECONDARY EDUCATION

From health care, to trades:

Let Southeast College be your next step in education

There are plenty of benefits to taking courses through Southeast College, which offers students a wide range of learning opportunities and the chance to take classes right in their own communities.

Southeast College operates campuses in six communities throughout Saskatchewan. Students receive valuable hands-on post-secondary education and are expertly trained for careers in a wide variety of fields, with an emphasis on trades and technology. Southeast College also offers adult basic education options, and an inclusive list of continuing education courses. A robust scholarship and bursary program combined with an excellent student support team makes Southeast College an ideal choice for your education in Saskatchewan.

Sheena Onrait, the manager of marketing and communications at Southeast College, says there are a number of opportunities she's excited about for the 2023-2024 full time programs:

Electrician Applied Certificate Moosomin

The Electrician Applied Certificate in Moosomin will be starting in the fall of 2023. Always a popular course, this 18-week program usually fills up every year.

"The Applied Certificate program is equivalent to a Level 1. Once completed, students can go out and secure employment, register with Saskatchewan Apprenticeship and then start working towards their Level 2," says Onrait. "Our course in Moosomin is one that's almost fully subscribed, meaning it's almost always full."

Why is the course so popular every year?

"I think it's a really, really great location because Moosomin is a couple hours from Brandon and a couple hours from Regina," says Onrait. "It captures those rural students in both southeastern Saskatchewan as well as southwestern Manitoba. I think it's also the fact that this program is such a longstanding program as well. We've been in Moosomin for as long as I've been at the college, so I think that it has a really great reputation, and our instructional staff in Moosomin have always been really strong as well. And of course we have really good student supports in Moosomin as well, right from our campus manager to administrative support, as well as access to student advisors."

Continuing Care Assistant Certificate Whitewood & Estevan

"This is another longstanding program," says Onrait. "It will be a fall start as well, and this one is a 32-week program. That combines the hands-on learning as well, as there is practical clinical learning with the Continuing Care Assistant Program."

"Students are placed on practicums throughout the area, and when they finish they are fully qualified Continuing Care Assistants, so they are eligible to go work in care homes and home care. Those are usually the most common positions post-course with the Continuing Care Assistant Program."

"Our health-care programs across the college have been really well attended for the last few years, showing us that there is a need for health care positions and health care education in southeast Saskatchewan. I think the fact that it's been in Whitewood for so long helps, and again it's one of those courses where we are almost always full."

"This one draws from quite a wide area. In the past we've had students from Whitewood, from Moosomin, from Wolsley, from some of the First Nations communities that are located in that Whitewood area. It's just a nice central location to be able to offer that program."

Health Care Cook Moosomin

Fall 2023 Start date

Cooks in health care are in demand. The Health Care Cook program is designed to prepare cooks for work in health care settings, such as hospitals, long-term care homes, personal care homes and private care facilities. You will learn how to interact with patients and residents, modify diets to meet specific texture and nutritional requirements related to medical conditions, and work as part of an interdisciplinary team. You will combine hands-on cooking skills with in class theoretical knowledge to flexibly gain valuable health care cooking experience.

The Health Care Cook program is an intensive 39-week certificate program. Students will gain experience in gen-

eral cooking skills, menu planning, nutrition, special diets, special event planning, communication skills, kitchen operations, safety and sanitation and health care systems.

Scholarships and Bursaries

Southeast College students continue to benefit from the scholarship and bursary program. Over \$97,000 was awarded to students in 2021-2022. Scholarships and bursaries are largely funded by community businesses, organizations, and individual donors with matching donations allotted to the College from the Ministry of Advanced Education through the Saskatchewan Innovation and Opportunity Scholarship program. In 2021-2022 the average student award was \$1700 with 85% of our post-secondary students submitting award applications and 69% of our Adult Basic Education students submit-



ting.

Each year Southeast College holds a number of fundraisers around the southern Saskatchewan region including events such as golf tournaments and fundraising dinners.

2023 - 2024 FULL TIME PROGRAMS

PROGRAM	LOCATION
Continuing Care Assistant	Estevan and Whitewood
Heavy Equipment Operator	Estevan
Electrician	Moosomin and Estevan
Hairstylist	Weyburn
Heavy Equipment and Truck and Transport Technician	Estevan
Industrial Mechanic	Estevan
Health Care Cook	Moosomin
Plumbing and Pipefitting	Estevan

**Locations and programs subject to change without notice

Register online
southeastcollege.org
Or Call
1-866-999-7372

Mount Royal University

Business honours student shines on the court and in the classroom

From athletics to academics, Quinn Pelland does it all

The undergraduate experience offers endless opportunities—you can be a varsity athlete, a team captain, an honours student, a research assistant, an entrepreneur. Or in the exceptional case of MRU student Quinn Pelland, you can be all of the above.

Originally starting her Mount Royal journey in the sciences, Pelland found her true niche in the business sector and is on her way to graduating with a Bachelor of Business Administration (BBA) double-major degree in Human Resources (Honours) and General Management.

When choosing Mount Royal, Pelland says the idea of a mid-size university surrounded by big city resources drew her in. “Coming from Wanham, a small town in northern Alberta, the smaller community vibe at Mount Royal made the transition feel more manageable,” she says.

Pelland also credits watching her older sister, Taylor Pelland, BBA-Marketing (2019), attend MRU and play on the Cougars women’s volleyball team as inspiration for following a similar path.

Making MRU history on the volleyball court

Wearing the number eight jersey, just like her sister before her, Pelland joined the Cougars’ team as a setter in 2017 and has played a pivotal role in their success ever since, including moving into a leadership role as team captain.

After a year off from varsity competition due to COVID restrictions, Pelland and her team turned 2021/22 into a record-breaking season, winning the Canada West bronze medal and securing a spot at U SPORTS Nationals. Going in seeded seventh, they battled their way to a historic second place finish, the first-ever national medal for a Cougars team. In addition to the team’s success, Pelland was also named a Canada West First-Team All-Star and U SPORTS Second-Team All-Star for the season.

“We had talked about getting to nationals and winning a medal for years and it always felt like such a big hill to climb. It was the most incredible feeling to see our hard work pay off and be able to celebrate with my close friends and teammates,” Pelland says. She adds that the Mount Royal community also played an important role.

“We couldn’t have done it without the support we get from the athletic department, our profs, the student body and the other athletes around us. It really shows how powerful school culture and pride can be.”



Taylor Pelland, left, and Quinn Pelland launched Rare Kin, an apparel company featuring their original artwork in 2020.

Adding research to the undergraduate experience

That same steadfast dedication Pelland embodies on the volleyball court is also mirrored in her academic pursuits, proven by her being named a five-time U SPORTS Academic All Canadian, a designation awarded to varsity athletes with an academic standing of 80 per cent or better.

Not one to be deterred by a demanding workload, Pelland chose to enhance her degree by enrolling in the BBA honours program. With Dr. Leah Hamilton, PhD, professor in MRU’s Bissett School of Business, as her supervisor, Pelland dove into the world of research and scholarship to complete her undergraduate thesis, “The importance of compassion in difficult conversations with a power imbalance.”

“She’s the best, a really fantastic mentor,” Pelland says of Hamilton. “She taught me so much about academics and helped me develop my skills as a writer and researcher.”

Pelland’s experience going through the honours program also led to her being offered a research assistant position with Dr. Rachael Pettigrew, PhD, assistant pro-

fessor in the Bissett School of Business. Starting this summer, Pelland will assist Pettigrew on her research project, “Advancing women’s representation on boards: Understanding women’s experiences, perceived barriers, and available supports on the pathway to board service.”

Pelland says the support she has received from her professors, Hamilton and Pettigrew included, has made a huge impact on her university experience.

“The connections I’ve made mean so much to me. I feel incredibly grateful to have met all of these incredible, influential people so early on in my education,” she says. “They’re genuinely so supportive and I’m grateful for the opportunities they’ve provided me.”

Family-inspired entrepreneurship

On top of her academics, athletics and research work, Pelland also runs a small business with her sister.

“We’ve been artsy our whole lives, but we never did anything with our drawings,” Pelland says, a realization that prompted the sisters to launch Rare Kin, an apparel company featuring their original artwork, in 2020.

“Your Rare Kin are the people who are important to you, whether that’s your immediate family, your friends or your pets,” she says.

The brand has a minimalist aesthetic and focuses on being approachable and genuine, with two dollars from every garment sold going to local charities.

“We’re on a really good trajectory and have some exciting things planned,” Pelland says, adding that her and her sister’s experiences studying business at MRU have played a big part in turning their idea into a reality. “I’d be very lost if I didn’t have the business background I gained through my program.”

With one final year left at Mount Royal, during which she’ll once again play on the Cougars women’s volleyball team, Pelland is thankful for the experiences she’s had so far, and those still to come.

“Mount Royal is a really big piece of who I am now. It has given me so many different facets of understanding myself, from being able to be a leader on a sports team and learning new skills to diving into the world of research and creating an incredible network of people to know and learn from,” she says.

“No matter where life takes me in the future, I will forever be a Cougar.”

Learn more about Mount Royal University at mru.ca/Know

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POST-SECONDARY EDUCATION

Small size brings big opportunities at Brandon University

There's more to a Brandon University education than textbooks.

A university of about 3,500 students in the heart of Manitoba's second-largest city, BU leverages its small size into big opportunities. One of those opportunities is the chance for students to take part in world-class research, even at the undergraduate level, which is often not possible at larger universities. These early research experiences give students a head start when they apply for jobs or to graduate school.

Right now, BU students are working with national and international experts in fields such as cancer detection, environmental protection, quantum computing and Indigenous health and education. These students' research helps us understand key issues while they gain valuable experience and build their networks. Research Connection, a Brandon University publication, shares stories of recently completed and current projects, and student research is often featured.

"The ability of our students to take part in meaningful research as undergraduates is a great strength of Brandon University," said Dr. Heather Duncan, Associate Vice-President (Research) at BU.

Attending a smaller university doesn't mean limiting your choices, either. Between the Faculties of Arts, Education, Health Studies, Science and the School of Music, Brandon University offers 19 undergraduate degree programs, six graduate programs and four certificate programs, including a recently introduced Certificate in Business Administration.

The hands-on experience and connections students make extend beyond the university. Brandon University's Co-operative Education program offers the chance for students to develop their career skills. By integrating study terms with full-time work terms at jobs related to their academic programs, students in the Co-op program

can earn while they learn.

The Co-op program has consistently grown since its introduction at BU and is now open to students in every Science department and almost all Arts departments, including Business Administration. With work-integrated learning already built into other BU faculties, nearly every student has the opportunity to make formal work experience part of their degree.

Extracurricular activities like the Student Leader program and more than 50 clubs and collectives create even more opportunities for growth and friendships.

"As a recent graduate with a Bachelor of Arts degree in History, joining the Student Leader program at Brandon University was one of the best decisions I made," said Laura Davidson. "This program allowed me to meet many other students from different departments, which allowed me to form everlasting friendships."

The success of BU's approach is shown in its alumni, with graduates playing important leadership roles in their communities. A survey of graduates has shown that 98 per cent of them would recommend Brandon University, while 93 per cent say that they were prepared to excel in the workforce.

Academic advising, career planning, personal counselling and accessibility services provide students with support every step of the way, and spots on campus like the Indigenous Peoples' Centre provide students with a place to relax, study and be themselves. The AI and Bee Wagner Indigenous Student Transition Program combines support from Knowledge Keepers, Student Services staff and student mentors to help new Indigenous students make a successful transition to university life by focusing on four pillars: academic, social, personal and cultural.

"Most of our classes have less than 20 people in them, and our students tell us that they appreciate the opportunity to participate in class and to get to know their pro-

fessors," said Leanne Barcellona, Director of Recruitment and Retention at BU. "As a regional university, our connections to our community are very important to us, and students really feel like they are at home when they join us here."

Learn more about Brandon University, take a virtual tour, or set up a time to visit our campus in person by visiting BrandonU.ca/Future-Students



St. Thomas More College

Offering students the best of both worlds

St. Thomas More College (STM) provides students with an intimate scholarly setting situated within the larger University of Saskatchewan (USask) campus. Offering a combination of smaller class sizes, award-winning faculty, social activities, additional scholarship and bursary opportunities and an in-house chef for food offerings—students enjoy an environment that is the best of both worlds.

STM, in partnership with USask's College of Arts and Science, provides students with over 235 additional credit classes in the humanities and social sciences that they can select from—many unique to the campus. Any USask student may take STM courses, with credit counting toward their USask degrees.

STM offers courses in the following 19 subject areas: Anthropology, Archaeology, Classical, Medieval and Renaissance Studies, Catholic Studies, Economics, English, French, Hebrew, History, Interdisciplinary Studies, Latin, Literature, Philosophy, Political Studies, Psychology, Religious Studies, Sociology, Spanish

and Ukrainian.

STM also now offers five certificate programs distinct to campus. To see a full listing of classes taught and programs coordinated by STM, please visit stmcollege.ca

Two extensive additions and renewal to the College include additional class-

room space incorporating the latest technology; dedicated student study and lounge space; faculty research space; newly renovated library and a large natural light Atrium for studying and gathering with friends.

STM is also recognized for its Community Service-

learning, successful drama and glee club; youth groups, a student governing body within the College and access to student advising and College ministry support.

Register through PAWS. For more information contact STM Academic Advisors at 306-966-8900.



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UNIVERSITY OF SASKATCHEWAN

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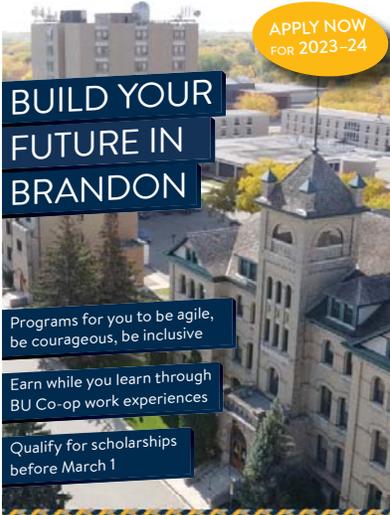
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POST-SECONDARY EDUCATION

Learn where you live with USask Nursing

The University of Saskatchewan's (USask) top nursing student for 2022 may have never entered the nursing program if it wasn't for the chance to learn close to home.

Taylor Fulawka is from Yorkton, and along with 14 classmates, together they pursued a nursing education in Yorkton. The supportive environment where it was possible to live at home rent free and concentrate on studying was a major contributing factor to not just graduating, but excelling. Taylor was awarded the W.S. Lindsay Gold Medal in Nursing and the University Prize in Nursing—the top academic nursing awards at USask.

Taylor says finances were a significant concern and the cost of relocating to a major centre was simply not possible. The College of Nursing's Learn Where You Live model removes these barriers for approximately 450 nursing students in communities throughout Saskatchewan each year, as these students reside outside of Saskatoon, where the main USask campus is located.

Taylor says many people in Yorkton would not complete the nursing program if they had to leave the community.

Passing the National Council Licensure Examination in fall 2022, Taylor is now working as a registered nurse at Yorkton Regional Health Centre. Taylor's story highlights why USask's College of Nursing has taken steps to ensure nursing education is offered throughout the province.

Smaller centres face special challenges in recruiting and retaining health-care professionals. The College of Nursing Learn Where You Live model has proven successful in establishing the Bachelor of Science in Nursing (BSN) program in rural and northern communities. Since the first nursing students entered the BSN program at distributed sites in La Ronge and Ile-a-la-Crosse in 2012, 65 students have completed their program in northern Saskatchewan. Since the program began in Yorkton in 2014, 63 students have completed their BSN.

When nursing students complete their degree in rural and northern communities, most graduates stay and practice there. Saskatchewan's rural and northern communities need nurses who are familiar with the culture, the people, and the rural and remote way of life.

The need for registered nurses has never been greater. Over the next three years, USask is taking responsive steps to expand access to nursing education in the



University of Saskatchewan Nursing Graduate Taylor Fulawka (BSN'22) at Spring Convocation.

Photo submitted by University of Saskatchewan

northern and rural regions of Saskatchewan.

By adding additional seats to nursing sites beyond Saskatoon, communities will be able to take advantage of USask's distributed nursing education infrastructure and strengths in rural, remote, and Indigenous nursing education.

Taylor has seen health centres in smaller communities around Yorkton close, in part due to staffing shortages. Taylor believes nurses educated in Yorkton and similar centres will be more willing to work in rural settings because they are already from a smaller community.

Taylor felt called to the profession of nursing when Taylor's grandmother, who used to share stories about practicing as a young nursing aid, was in the hospital,

and Taylor saw first-hand how care was provided with kindness and support.

Our province and the world needs nurses like Taylor, who are smart, talented, and want to be there for others in a time of need.

USask's College of Nursing is making this possible for students, no matter where they live in Saskatchewan.

For more information about USask nursing programs, please visit nursing.usask.ca



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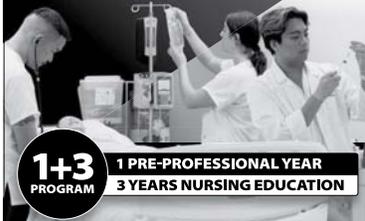
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POST-SECONDARY EDUCATION

Collège Mathieu Up to \$4,500 in scholarships for future bilingual licensed practical nurses

While Saskatchewan is full of opportunities for nurses of all specializations, Collège Mathieu is deploying major means to achieve its objective of increasing the number of bilingual licensed practical nurses and thus meet the needs of the French-speaking population. Living in a minority and for whom these services offered in French are not only vital, but often non-existent throughout the province.

Candidates sought must:

- Be a Canadian citizen or permanent resident of Canada;
- Have English as the first official language spoken;
- Studying full-time at a Canadian institution during the current year;
- Have completed their secondary studies in an English-speaking institution and have graduated from it;
- Be registered at Collège Mathieu before June 30;
- Be at least 17 years old on the first day of post secondary education;
- Demonstrate sufficient knowledge of French to study in this language;

Practical nurses play an essential role

Licensed practical nurses play a crucial role in providing patient care, and their dedication to helping others is truly admirable. They may be the first to assist patients with daily tasks such as hygiene and nutrition, or document medical histories and prepare treatment plans under the guidance of a professional physician or registered nurse.

LPNs provide a warm and caring environment for those receiving treatment or help, acting as a compassionate advocate for those in need. This invaluable level of support offered by Licensed Practical Nurses helps ensure that all patients receive the attention they deserve and quality care they can trust.

The bilingual licensed practical nursing program at Collège Mathieu trains such essential people and this new program is the result of an agreement with the Saskatchewan Polytechnic School signed at the end of 2017. The institutions had then come together with the aim to increase health services in French in Saskatchewan.

To date, Collège Mathieu has graduated two excellent students in the program in its first cohort of 2020—a number celebrated for a program so young but which does not meet the urgent needs of the Francophone communities of the province.

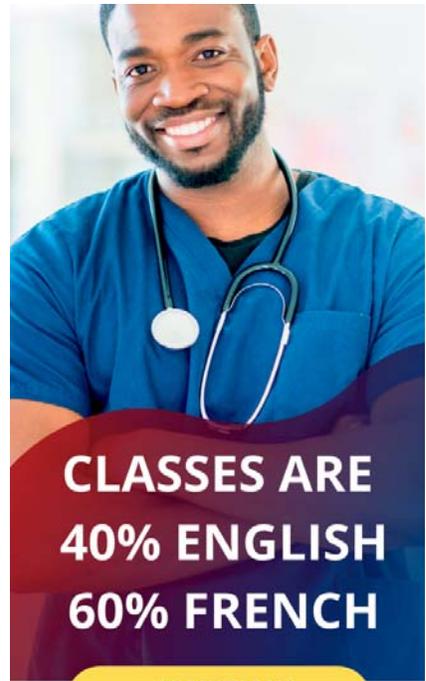
Very good job prospects

The aging of the population, the shortage of health personnel following the COVID-19 pandemic, various initiatives aimed at supporting home care services and increasing the care and capacity of long-term care homes are among the main trends observed in Saskatchewan.

These realities, in addition to affecting the Francophone communities, make it possible to predict very good growth and the creation of several positions. Currently, approximately 2,300 people are employed as practical nurses in Saskatchewan. The majority, 78 per cent, are in hospitals and the rest are in nursing and residential care facilities and outpatient health care services. Of this number, 80 per cent hold a college diploma.

A well-supported program

Collège Mathieu's bilingual LPN program is supported by important partners. The Consortium National de Formation en Santé - CNFS, which is an initiative supported by the Association of Colleges and Universities of the Canadian Francophonie (ACUFC) and which brings together 16 colleges of the Canadian Francophonie.



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POST-SECONDARY EDUCATION

Higher education: Is the effort worth it?

The university winter semester is under way and students across Canada are busy turning in course assignments and studying for midterm exams.

Some overwhelmed students may be questioning whether the effort is worth it. There is a range of data and studies that can help students make an informed decision about their academic future.

Canadian undergraduates pay on average \$6,693 in tuition to attend university this year, with students in Nova Scotia (\$9,028) paying the highest fees and those in Quebec (\$3,274) and Newfoundland and Labrador (\$3,078) the lowest. Other direct costs may add to the bill.

Some of the costs will be covered by parents, with over two-thirds (69%) of Canadian children under the age of 18 having savings set aside for their postsecondary education in 2020.

University costs can also be defrayed by scholarships, grants and bursaries, with over half of graduates (56%) in 2018 having received such supplemental funding over the course of their studies. Still, the price of a uni-



versity education will leave many students in the red, with bachelor's and master's degree graduates

owing on average \$20,000 when they have completed their studies. Many students could

have also spent more time earning a paycheck had they not attended university.

Nevertheless, a university education is associated with much higher pay, as bachelor's degree grad-

uates earned about a half million dollars more than their counterparts with a high school diploma over a 15-year follow-up period (roughly between the ages of 30 and 45).

Pay varies considerably by program as a recent study found. Among undergraduates, mining and mineral engineering was the most lucrative field for men with \$111,533 in median annual earnings five years after graduation, and second among women with \$89,680.

Conversely, drama/theatre arts and stagecraft (\$35,935) was the lowest-paying field among men and bilingual, multilingual and multicultural education (\$19,892) the lowest paying among women.

But it's not just about earnings—83% of graduates like their job.

Studies have also linked higher education to longer life expectancy and improved health, higher voting rates, and more active involvement in retirement planning.

Some students may like or dislike being in school, and this too matters.

In the end, students must weigh all of these factors to decide what is right for them.

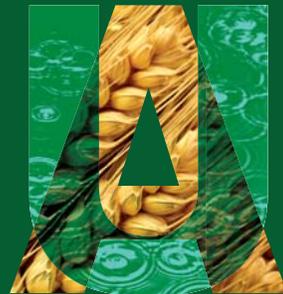
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Unlocking the secrets of the freeze-thaw cycle: USask research looks at cold spots and cold moments

BY ASHLEIGH MATTERN

Hydrological research on the Prairies can be a challenge when the water is locked up in ice for almost half the year.

"Anyone who's lived here through winter knows going out to do fieldwork in February is harder than July," said Dr. Helen Baulch, associate professor with the School of Environment and Sustainability and Global Institute for Water Security, and Centennial Enhancement Chair at the University of Saskatchewan (USask).

"There are well-documented reasons we haven't done as much winter research. ... There are safety issues, and it's challenging to get your fingers to work!"

That said, there are important and fascinating understandings to unlock when it comes to the Prairies' freeze-thaw cycles, which was the topic Baulch and colleagues tackled in their research paper "Cold spots and cold moments: The potential for sediment freezing to depress denitrification in wetland sediments" published in *The Journal of Environmental Quality*.

"We know in the Prairies winters are variable and we know winters will grow shorter and warmer, so how does that impact key processes in the landscape?"

The paper focuses on "cold spots" and "cold moments," places where beneficial processes that can occur naturally are not occurring, and times of the year they are not happening or happening at low rates, Baulch said.

"Basically, we're understanding why we're not obtaining all the benefits we might wish for from some of these processes," she said.

In particular, the research looks at elevated levels of nitrogen, which can have a negative impact on the environ-



Cody Attewell photo

The work was led by former USask honours student Kimberly Gilmour.

ment, and asks how wetlands can help us manage excess nitrogen.

Baulch's hope is that these landscape-scale insights will someday be integrated into models and understanding these cycles could also help design constructed ecosystems.

"If you're looking at designing urban wetlands, you might want to make them deep enough, so you don't have freeze-thaw cycles at the bottom if those are going to impede key processes," she said.

The work was led by former USask honours student Kimberly Gilmour.

"It's unusual—but wonderful!—for an honours student to publish work," Baulch said.

Gilmour has graduated since she did the research in 2015, but the work had a big impact on her future career decisions.

"The Global Institute for Water Security and what they



Mark Ferguson photo

Dr. Helen Baulch, associate professor with the School of Environment and Sustainability and Global Institute for Water Security.

stand for has really informed my later work and influenced the type of companies I would apply for," she said.

Today, Gilmour works as an environmental technician with NexGen Energy, and said she chose to work with the business because the company's mission and values align with her own personal values—a lesson she learned doing this research through GIWS.

She grew up on a farm surrounded by wetlands, and while she appreciated them for their natural beauty, she never understood their true importance until she started studying their role in the ecosystem.

"Realizing how amazing wetlands are and what an important ecosystem service they provide for us was the most fascinating part of this, and how we can conserve and utilize them to improve downstream water quality," she said.

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