

My Work Experience



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Red Cross (Global Issues Symposium)

By: Emily Luba, Zoe Luba, Jahaan Pittalwala

Walking down the skinny gravel path towards Camp Sasamat with our duffel bags and pillows in hand, we weren't entirely sure what to expect. Our interest in international humanitarian affairs had lead to register for this Red Cross Global Issues Symposium. As we approached the Main Building at the camp, little did we know that when we walked in those doors we would never be the same.

The basis behind Symposium is to educate like minded youth on a variety of global issues and inspire them to take social action and make change. The issues discussed were international humanitarian law, food security, refugees, HIV AIDS, land mines and child soldiers. Through workshops, interactive discussions and unique activities we truly experienced the gravity of the issues and were motivated to take action into our own hands.

We were not simply educated and informed at Symposium. We formed a community, a special bond, with each participant - we united through our common values and passions and learnt from one another in every aspect. We came back from Symposium with not only knowledge - we returned filled with inspiration and determination with the newly developed mind set that our generation can, and will, make a difference. It changed for the better not only our perspective on the world, but our perspective on ourselves.

Symposium allowed for us to realize what we want to accomplish after high school. It opened our eyes beyond the borders of Deep Cove and North Vancouver and permitted us to set career goals on a global scale. We may not have our career paths mapped out perfectly, however, after Symposium, we have a purpose and a drive towards making a significant change in this world. We are so glad that we decided to take

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work experience course. otherwise we would not have come across these amazing opportunities.

Vancouver Aquarium

By: Megan Wheatley

This past summer, I was given the exciting opportunity to participate in work experience at the Vancouver Aquarium. I was chosen to be a summer camp leader, where my job was to befriend the children and aid them in their learning. I got to experience some amazing activities such as touring



the galleries, boat harbor tours, and, my favourite, a visit to the Marine Mammal Rescue Centre. At the MMR Centre, the children and I were able to view the dozens of baby harbor seals that had been rescued by their crew. At the Aquarium, I was able to share my knowledge of the environment with the students of the camp, and learned so much myself about how we can each do our part to keep our world clean. It was an eye opening experience, and I would like to thank Ms. Parmar as well as the work experience program!

SEYCOVE

CAREER CENTRE

HOURS: MONDAY-FRIDAY

8:30AM - 4 PM

(located in the Counselling wing)

STAFF

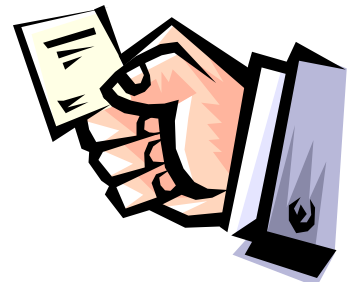
Ms. Shirley Lempriere

Ms Nancy Roberts

Work Experience & SSA Coordinator

Ms. Neeru Parmar

Work Experience Facilitator



Inside this issue:

The Seycove Career Centre

staff will be available to all students needing assistance in making career choices,

with work experience

placements, and post-secondary information.

The staff will support and enable students to access the information needed to make educated career decisions.

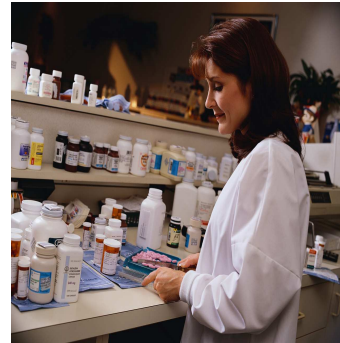
Pharmacy Technician (Superstore Pharmacy)

By: Julia Krakowska

I really wanted to become a doctor but of course I couldn't job shadow one. When Ms. Parmar told me about the opportunity to work as a Pharmacy Technician at the Drugstore Pharmacy, I was very excited. I wasn't too sure of what my tasks were going to be like. I gave up my weekend and ended up having the most significant 6 Sundays of my life. I learned things that no other 17 year old may have had a chance to learn. I got to work with customers which made me feel like I was an employee there. I even had a chance to

make an arthritis cream by mixing different ingredients and weighing them. I got to fill prescriptions which included finding the medication and counting the pills. Lastly I got to answer phone calls, use the computer systems and made cough medicine. Throughout this experience I have gained knowledge about different medications and I may even have gained a work opportunity. I met amazing people who supported me every step of the way. This placement made me realize my love for medicine and that I can succeed in the

field. I definitely recommend this placement to students interested in medicine.



Blueridge Animal Hospital

By: Jimena Alarcon Roman

For my work experience I went to Blueridge Animal Hospital. Since I was young I always found an interest for animals, It was then when I discover that I wanted to become a Veterinarian. This year work experience gave me an opportunity to go and work with the veterinarians and animals and see how this



career really functions. I was able to play, attend and take care of the dogs that were in the facilities. One of the things I liked the most was being able to see surgeries, it was really interesting!!!. Going here allowed me to determine my career path and at the same time it helped me learn and improve new skills. I would not have this experience if I was not taking work experience course. Thanks to Ms. Parmar for this amazing opportunity.

Eldorado Bakery

By: CJ Cheyne

Once a week for a couple hours, I go to Eldorado's Bakery in Lonsdale Quay. I experience what it is like to be a baker by preparing food, clean up and dealing with costumers. I have already learnt how to make dough, put it in the shells. Making sure it looks presentable and have consistency within the goods. Finally baking them. Also have worked with cookies

and other yummy goods. Each dessert has its own way to be made and desire way to look. Either making a designed crust for pie or icing cookies, and many more. All of the products are homemade and very delicious. But it can't always be fun and dishes are a result, but I have learnt new, faster techniques to cleaning up. Plus when theirs music it' always fun! I picked

this opportunity because I have a desire to go into the food business and this gives me a taste of the real life. I



enjoy it a lot and can't wait for next week!

Outdoor School (Counseling)

By: Zahar Lakhdir

This year, I had the opportunity to be a counselor at the North Vancouver Outdoor School for a week. I had decided in grade 6, when I went to outdoor school that I would have to come back as a counselor when I was old enough. I went for the training for a weekend in grade 10 but only had the opportunity to go up



for an entire week recently. It

was an amazing experience! I built my leadership skills as well as my time management skills. As a career option I was considering teaching, and after spending a week with the grade 6's, teaching and helping them, I have been assured that this is something I enjoy and is a potential profession for me.

Holiday Inn (Hospitality)

By: Katelyn Kim

Work experience course has been phenomenal and has helped me to discover my interests and skills that will be invaluable later in life. I recently became interested in hotel business, so with Ms. Parmar's help, had a work experience at Holiday Inn North Vancouver for a week. There, I got to observe and try some of the various tasks going



around in a hotel: reservations, front desk, marketing, housekeeping and so on. I never knew such numerous

inter-related tasks happened in a hotel until I had this opportunity. I am grateful that the work experience course has given me an opportunity to learn more about hotel.

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Encounters with Canada

By: Selina Fidai

After signing up to attend Encounters with Canada, I didn't expect the type of experience that I ended up having. From the exciting and scary flight to Ottawa on my own, to the Museum of Civilization in Gatineau, every day was a new experience. Perhaps the most exciting portion of the program was the news report I was able to broadcast at CBC Radio-Canada in Montreal, Quebec. As journalism and



communications is the field I would

like to pursue upon graduation, this experience exemplified my passion. Also, the diverse people from coast to coast gave me the opportunity to talk to people from places like PEI and Nunavut, something I otherwise wouldn't be able to do. My experience at Encounters with Canada was definitely worthwhile and something that I'm sure will help me in the future.

Career Centre (Seycove Secondary)
1204 Caledonia Ave
North Vancouver, BC
V7G 2 A6

Phone: 604-903-3666
Fax: 604-903-3667
E-mail: nparmar@nvsd44.bc.ca

Apprenticeship

An apprenticeship is a training program for trades and technical careers that involves a combination of on the job training and classroom instruction. There are over 150 apprenticeship trades in British Columbia. The Industry Training Authority (ITA) is the provincial organization that oversees apprenticeship training. More information, including a list of apprenticeship trades, is available on the ITA website www.itabc.ca. For more info, please contact Shirley Lempriere at 604-903-3666 or email slempriere@nvsd44.bc.ca

We are on the Web

Seycove@nvsd44.bc.ca

Work Experience program is a joint effort between community businesses and schools. At Seycove students enrolled in the Work Experience program will complete 100 hours of work experience at jobsite that may help them with career decisions. Students are given assistance in job placement opportunities that are relevant to them and their focus area. Students further develop their resume and understand the importance of cover letters, work ability skills, making their career

thank-you letters, safety, employ-skills, interview and decision-process. Students continue to examine appropriate ca-



West Side Story (Vancouver Opera)

By: Kimya, Sophie, & Alice

Imagine being in the same room as highly renowned, talented professionals at a grand performance hall in bustling, downtown Vancouver.... This became a reality for us, three grade 11 students of Seycove Secondary, as we entered an inspirational world of music, art and dance with the "West Side Story" Vancouver Opera Work Experience program, and we can honestly say that we enjoyed every second of it, or we wouldn't be taking the time to write and submit this article. Our names are Kimya, Sophie and Alice, and we would like to give you, the reader, an idea of just what working with such professionals was like during our experience, through several of our quotes from our own personal journal entries, reflecting on the most memorable aspects of our journey with the Vancouver Opera.

As soon as we entered the first rehearsal,

we knew we were in for something special, surrounded by an abundance of pure talent. Overall, the cast of "West Side Story" had



managed to make us, the students, feel quite welcome and at home, and the atmosphere at the rehearsal hall and at the Queen

Elizabeth Theatre was highly focused, since each rehearsal greatly revolved around getting technical aspects such as choreography figured out, so that everything flowed smoothly during the live performances, but also was very dynamic with emotions running high on stage.

*We are so very grateful to have been presented the opportunity to attend work experience with the Vancouver opera. The experience was fun filled and interesting, and we received loads of new and useful information, which would surely be of great use to anyone interested in pursuing a career in the arts, therefore we highly recommend this program to anyone involved in work experience, looking for a quality, theatre experience. We came out of this experience well informed, inspired individuals. **It was simply fantastic!***