



Cole Harbour District High Course Selection Presentation

School Counsellor: Amy Barry

Course Selection

You will select courses every year that will help:

- Stay on track for **High School graduation**
- Meet **post-secondary admissions** to their school/program of choice (Please start looking at these now) :)

Grad Requirements:

18 credits required:

- 3 English (1 at each grade level- 10, 11, 12)
- 3 Math (1 at each grade level- 10, 11, 12)
- 2 Science (1 must be a first science so Science 10, Biology/Chemistry/Physics 11)
- 1 Fine Arts – Art, Drama, Music, Dance
- 1 Phys Ed – Phys. Ed., PAL, Dance, Yoga
- 1 additional Math/Science/Tech credit
- 1 Canadian History – CHS11, HDC11 Imm, ACS11, MKS11, COCAS 11
- 1 Global Studies 12 – GGS12, HGS12, GP12 Imm, GPS 12- NSVS
- 5 Electives

Out of those 18, you must have:

- maximum 7 Grade 10 credits
- minimum 5 Grade 12 credits

Helpful info when choosing courses

- If you have questions about **course content**, all of the **curriculum documents** and quick reference guides are on the **Government of Nova Scotia Education and Early Childhood Development** website:
<https://curriculum.novascotia.ca/english-programs/high-school/full-course-list>

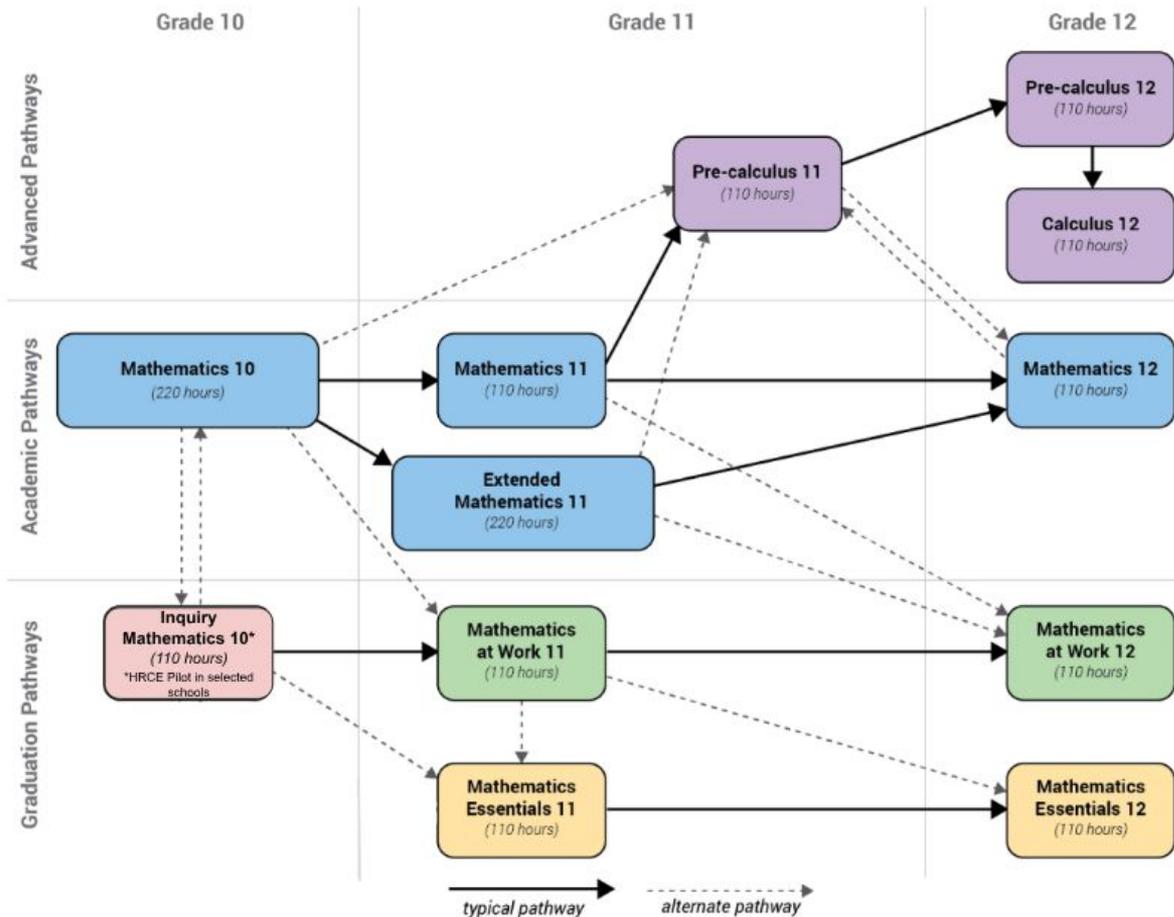


Post-Secondary Requirements

Many programs have certain English, Math and Science requirements.

- Examples:
 - Dalhousie University:
<https://www.dal.ca/admissions/how-to-apply/undergraduate-admissions/admission-requirements.html>
 - NSCC example program (Environmental Engineering Technology – Water Resources)
<https://www.nsc.ca/programs-and-courses/programs/plandescr.aspx?prg=EETW&pln=ENVIRWATER>
 - Look at the “Admission Requirements” Tab
 - Admission requirements:
High School Graduation Diploma or equivalent, including Academic Grade 12 Math and Chemistry

Senior High Mathematics Course Pathways (Effective 2021)



Math troubles

Things that our Math 10 teachers have picked up on that they'd like you to know:

- Students who don't take the time to practice Math outside of school hours tend to struggle in Math 10 (do practice problems and homework)
- Students tend to struggle with:
 - Fractions
 - Algebra/Algebraic equations (one/two step equations)- manipulating BEDMAS and order of operations
 - Rearranging Pythagorean Theorem
 - Independent and Dependent Variables
 - Graphing and Slope
 - Rates

So it would be good to make sure you brush up on those skills if you plan on entering Academic Math 10.

French Immersion

- 9 credits in French for Fr. Imm. Diploma:
- **Français 10, 11, and 12** are compulsory, and students take one each year.
- Students must be enrolled in at least two French Immersion Credits each year
- NSVS offers a couple of French Immersion courses
- Explore Summer Program has a Credit option:
 - EXC12 – Expérience Culturelle 12

Course Load

- **Grade 10** - students take 8
- **Grade 11s** - take minimum of 7, with one study block
- **Grade 12s** take minimum of 6, with two study blocks (one in each semester)
- Students *may* take 8 courses all three years, depending on post-secondary plans, and if space allows.
- **It is not usually possible to repeat failed courses in 2nd semester**

Options & Opportunities

Interested in having a unique educational experience throughout high school? Love to volunteer, try new things and work with others? Wish you could explore career opportunities now, instead of later in life? Maybe the O2 program is the perfect fit for you.



Interested students: Notify your School Counsellor to begin the process of being considered for the O2 Program.

High Skills Major Program- Skilled Trades

Students in Skilled Trades 10 work on developing basic trades skills in four areas:

- Skilled Trades Living
- Safety
- Measurement and Calculation for Trades
- Tools and Materials



They develop an appreciation for, and an understanding of the benefits of a career in the skilled trades.

CHDHS School is also able to offer you the opportunity to **graduate with a a High Skills Major Certificate in Skilled Trades**. The High Skills Major certificate program enables students to earn credits toward their high school diploma while completing courses, and experiencing real-world opportunities related to their career interests. This pilot program launched in 2023.

Pre IB Program



Students in Pre-IB 10 take a combination of regular courses and Pre-IB courses which are designed with the purpose of developing skills that are needed for the successful completion of the IB Diploma. While these courses parallel the regular academic courses, the grade 10 curriculum is covered more quickly and a greater emphasis is placed on independent work, research, writing, and oral communication.



Grade 10: The IB Foundation Year



Welcome to Your IB Journey!

- Your IB journey starts here, in Grade 10.

This first year is called the Pre-IB Foundation Year.



Designed to prepare you for success.

It builds a strong base for the IB Diploma and Career-related programmes.

What is the Foundation Year?



It's the start of your advanced academic programming.

You'll get familiar with IB teaching styles and the IB Learner Profile.



Build skills for a global classroom.

We help you close any learning gaps for a smooth transition.



It ensures a smooth transition to Grades 11 & 12.

Gain confidence and skills for the senior IB years.



Foundation Year Course Pathways



English Pathway

Core Courses in English

- Pre-IB English, Science, History, and Mathematics.

Language Course

- Pre-IB French.



French Immersion Pathway

Core Courses in French

- French Immersion Pre-IB Science, History, and French Language Arts.

Courses in English

- Pre-IB English and Mathematics.



Why This Year is So Important



Helps you adjust to advanced expectations.

We support students coming from all different feeder schools.

"It's not about being perfect, it's about being prepared."
Our focus is on your growth, confidence, and readiness for what's next.



Build essential academic skills.

Focus on writing, research, critical thinking, and study skills.

Your 3-Year IB Journey



Grade 10: Pre-IB Foundation Year

Build your skills and confidence.



Grades 11 & 12: IB Diploma or Career-related Programme

Apply your skills in advanced courses.



Learn More On Our Website:

<https://sites.google.com/gnspes.ca/chdhsib/home>

The IB Diploma Programme: (Grade 11 & 12 Year)



Students study concurrently:

- **Three subjects** at the Higher Level (HL) - 240 hours each
- **Three subjects** at the Standard Level (SL) – 150 hours each
- All three parts of the core – TOK, CAS, EE

Selecting IB Certificate Courses

Students who excel in one or two subjects and wish to take advanced level courses in specific subjects are encouraged to register for these courses as

Pre-IB courses, with the goal of earning IB certificates in these subject areas.





Connect School to Your Career: The IB Career-related Programme



What is the IB Career-related Programme (CP)?



A program that combines respected IB academic courses with hands-on, career-focused studies. You'll gain professional skills for the real world.



It's rigorous, practical, and designed for your future. Connect school directly to real careers and post-secondary pathways.



Choose Your Pathway: Explore the two career-focused pathways available at Cole Harbour District High School.

Marine Systems & Sustainability

Connect IB learning to oceans, the environment, and marine-related careers.



- **What You Gain:** Hands-on learning, skills in problem-solving, and exposure to environmental and science careers.
- **A Great Fit If You:** Care about the environment, enjoy science or outdoor learning, and want to solve real-world challenges.



Business & Project Management

Connect IB learning to business, leadership, and project-based work.



- **What You Gain:** Skills in leadership and teamwork, experience managing projects, and preparation for entrepreneurship.
- **A Great Fit If You:** Enjoy teamwork, are interested in business, and like practical, project-based learning.



Quick Comparison & Next Steps

Marine Systems & Sustainability	Business & Project Management
Main Focus: Oceans, environment, sustainability	Main Focus: Leadership, teamwork, entrepreneurship
Type of Learning: Hands-on, applied, outdoor	Type of Learning: Practical, project-based, collaborative
Skills: Problem-solving, systems thinking	Skills: Communication, ethics, planning
Career Paths: Marine trades, environmental science	Career Paths: Business programs, management

Learn More!

Visit our website or scan a QR code to explore a pathway.

Scan to learn more about Marine Systems & Sustainability.



Scan to learn more about Business & Project Management.



The IBCP Career-Related Programme: (Grade 11 & 12 Year)



Students study concurrently:

- **2 or 3 IB courses** at Standard Level (SL) with 150 hours of instruction or Higher Level (HL) with 240 hours of instruction.
- Study in one of two career-pathways
- Complete specialized IB Career-Related Studies (CRS) courses focused on the Marine or the Business sector.
- Complete core components which include CE, RP, PPS and LCS.



What is the Diploma Programme?

The Diploma Programme (DP) is a curriculum framework designed by the International Baccalaureate (IB) for students in the last two years of high school.

IB students graduating with the IB diploma are able to study at universities all around the world, often with advanced credit. Students report that their involvement with the IB has given them the tools needed to succeed at college. In particular, students comment on their sense of preparedness, self-confidence, research skills and their ability to manage their time. Even more important, they have developed a sense of the world around them and their responsibility to it.



What is the Career-related Programme?

The Career-related Programme (CP), designed by the International Baccalaureate (IB), is an innovative education programme tailored to students who want to focus on career-related learning in the last two years of high school. It allows students to create an individualized path that leads to either further study or employment after graduation.

By developing academic skills and employment-related competencies, the CP provides the basis for:

- effective participation in the changing workplace
- improved mobility and flexibility in employment
- additional training
- further education
- lifelong learning.

Discover Your IB Pathway at Cole Harbour District High School



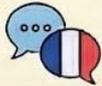
IB Bilingual French Immersion Diploma
French & English. Global Ready.

Earn the full IB Diploma while working in both French and English.

Develop advanced academic fluency in both languages.



Build a strong foundation for university and global opportunities.



Ideal for students who want to maintain French as a long-term strength.



IB English Diploma Program
University-Focused Learning.

Complete the full IB Diploma with a strong academic focus, primarily in English.

Prepare for competitive university programs.



Develop advanced critical thinking, research, and communication skills.



Ideal for students seeking a rigorous, English-language academic pathway.



IB Career-Related Program - Business & Project Management
Leadership. Projects. Careers.

Combine IB academic courses with focused learning in business and management.

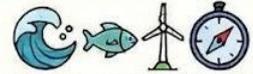
Gain practical skills through real-world, applied projects.



Develop leadership, communication, and ethical project management skills.



Ideal for students interested in entrepreneurship and career-connected learning.



IB Career-Related Program - Marine Systems & Sustainability
Oceans. Sustainability. Careers.

Blend IB academics with hands-on marine and environmental studies.

Focus on oceans, sustainability, and environmental systems.



Prepare for post-secondary programs, trades, and marine-related careers.



Ideal for students passionate about science, the environment, and sustainability.



What Happens Next

Course Selection Sheets: In the next couple of weeks, your School Counsellor will work with all of you to fill in your course selections on paper, and once you have made your selections, you will take this paper home to you parent(s)/guardian(s) for their review and signature, and then return the signed sheet to your School Counsellor where you will input the course selection to PowerSchool.

Changes to your course selection may be requested should you change your mind about any of your selections. Simply notify your school counsellor and they will make the necessary changes.

Important to Keep in Mind . . .

- ❑ Be on Power School regularly (both students and parents)
- ❑ Check School Calendar, read announcements on school website and join your graduating class' Google Classroom
- ❑ Check For Students section of School Website
 - Scholarship Information
 - Post-Secondary Funding Information
 - Student Resources

What do we need to do now?

1. Gather information about programs / courses and the immense opportunities at CHDHS
2. Have conversations with your children about what they wish to do following high school and what courses will help them reach their potential

Have you explored MyBlueprint?

COLE HARBOUR DISTRICT HIGH SCHOOL

Grade 10 Course Selection Sheet 2025

Student Name _____

Current School _____

Career Goal _____

Program English French Immersion

Pre-IB Pre-IB - Diploma Program (IBDP) Pre-IB - Career Program (IBCP)

O2 Program I plan to apply for O2

Please notify your School Counsellor if you are planning to apply to the O2 (Options & Opportunities) Program, so arrangements for an O2 interview can be made.

Note: Successful candidates will have O2 courses English (ENG10O2), Career Development (CD10O2) and Community Based Learning (CEL11O2) added to their schedule by the school in late spring.

Course Selection Choose courses from each column.

The course selection pages on Powerschool will display a maximum of 10 courses per page. When choosing electives and alternatives, please be sure to view all pages.

English 10 MUST Pick one	Math 10 MUST Pick one	Science 10 MUST Pick one	IB Career Program Only for IB Career Prog
<ul style="list-style-type: none"> English 10 Language and Literature 10 (preIBCP or preIBCP) 	<ul style="list-style-type: none"> Inquiry Math 10 Math 10 Math 10 Pre-IB (preIBDP or preIBCP) <p>Please note that Pre-IB math = 2.5 hrs Math Acad = 2.0 hrs</p>	<ul style="list-style-type: none"> Science 10 Science Pre-IB 10 (preIBDP or preIBCP) Sciences 10 Imm Sciences Immersion Pre-IB 10 (preIBDP or preIBCP) 	<ul style="list-style-type: none"> Business Tech 11 (preIBCP) Industry 11 (preIBCP)

Canadian Studies MUST Pick one	Fine Arts 10 MUST Pick one	Physical Education 10 MUST Pick one	French Lang Arts 10 Not required
<ul style="list-style-type: none"> African Canadian Studies 11 Contemporary Canadian Studies 11 (preIBCP or preIBCP or PBP) World Studies 11 Studies Can Contemporaries 11 (preIBCP or preIBCP or PBP) 	<ul style="list-style-type: none"> Art/Dramatique 10 IMM Drama 10 Visual Arts 10 	<ul style="list-style-type: none"> Mode de vie actif 11 Physical Education 10 Physically Active Living 11 Yoga 11 	<ul style="list-style-type: none"> Core French 10 French Immersion 10 French Immersion Pre-IB 10 French Pre-IB 10

3. Choose your language of study / program

- English or French
- Choose your program:
- IB Diploma Program
 - IB Career Program
 - PSP
 - O2 - make sure that you fill out application

COLE HARBOUR DISTRICT HIGH SCHOOL Grade 10 Course Selection Sheet 2025

Student Name _____

Current School _____

Career Goal _____

Program English French Immersion

Pre-IB Pre IB - Diploma Program (IBDP) Pre IB - Career Program (IBCP)

O2 Program I plan to apply for O2

Please notify your School Counsellor if you are planning to apply to the O2 (Options & Opportunities) Program, so arrangements for an O2 interview can be made.

Note: Successful candidates will have O2 courses English (ENG1002), Career Development (CD1002) and Community Based Learning (CBL1102) added to their schedule by the school in late spring.

4. Choose courses (paper)

Course Selection

Choose courses from each column.

The course selection pages on Powerschool will display a maximum of 10 courses per page. When choosing electives and alternates, please be sure to [view all pages](#).

English 10 MUST Pick one	Math 10 MUST Pick one	Science 10 MUST Pick one	IB Career Program Only for IB Career Prog
<ul style="list-style-type: none"> English 10 Language and Literature 10 (preIBDP or preIBCP) 	<ul style="list-style-type: none"> Inquiry Math 10 Math 10 Math 10 Pre IB (preIBDP or preIBCP) <p>Please note that PreIB math = 2.5 hrs Math Acad = 2.0 hrs</p>	<ul style="list-style-type: none"> Science 10 Science Pre IB 10 (preIBDP or preIBCP) Sciences 10 Imm Sciences Immersion Pre BI 10 (preIBDP or preIBCP) 	<ul style="list-style-type: none"> Business Tech 11 (preIBCP) Industry 11 (preIBCP)

Canadian Studies MUST Pick one	Fine Arts 10 MUST Pick one	Physical Education 10 MUST Pick one	French Lang Arts 10 Not required
<ul style="list-style-type: none"> African Canadian Studies 11 Contemporary Canadian Studies 11 (preIBDP or preIBCP or PSP) Mikmaw Studies 11 Etudes Can Contemporaries 11 (preIBDP or preIBCP or PSP) 	<ul style="list-style-type: none"> Art Dramatique 10 IMM Drama 10 Visual Arts 10 	<ul style="list-style-type: none"> Mode de vie actif 11 Physical Education 10 Physically Active Living 11 Yoga 11 	<ul style="list-style-type: none"> Core French 10 Francais Immersion 10 Francais Immersion PreIB 10 French PreIB 10

English 10 MUST Pick one	Math 10 MUST Pick one
<ul style="list-style-type: none"> English 10 Language and Literature 10 (preIBDP or preIBCP) 	<ul style="list-style-type: none"> Inquiry Math 10 Math 10 Math 10 Pre IB (preIBDP or preIBCP) <p>Please note that PreIB math = 2.5 hrs Math Acad = 2.0 hrs</p>

Electives

Elective Course list:

- Accounting 11
- African Canadian Studies
- Art Dramatique 10
- Business Tech 11
- Career Development 10
- Child Studies 11
- Communications Tech 11
- Construction Tech 10
- Contemporary Canadian
- Studies 11
- Core French 10
- Design 11
- Drama 10
- Food Preparation / Service 10 (0.5 hrs)
- Mikmaw Studies 11
- Mode de vie actif 11
- Physical Education 10
- Physically Active Liv 11
- Skilled Trades 10
- Textile Production 10 (0.5 hrs)
- Tourism 11
- Visual Arts 10
- Yoga 11
- Etudes Can Contemporaries 11

5. Choose courses (Powerschool)



Check List

Course selection category	Chosen area of study					
	Pre-IB DP (English)	Pre-IB DP (French)	Pre-IB CP	French Immersion	Options and Opportunities (O2)	Skilled Trades
English	Language and Literature 10	Language and Literature 10	Any English 10	Any English 10	Any English 10	Any English 10
Math	PreIB Math	PreIB Math	Any Math 10	Any Math 10	Any Math 10	Any Math 10
Science	Science 10 PreIB	Sciences 10 Immersion Pre BI	Any Science 10	Sciences 10 Imm or Sciences 10 Immersion Pre BI	Any Science 10	Any Science 10
Canadian Studies	Contemp Can Studies 11	Etudes Can Contemp 11	Any Can Studies	Etudes Can Contemp 11	Any Can Studies	Any Can Studies
Fine Arts	Any Fine Arts	Art Dramatique	Any Fine Arts	Art Dramatique	Any Fine Arts	Any Fine Arts
Phys Ed	Any Phys. Ed.	Mode de vie 11	Any Phys. Ed.	Mode de vie 11	Any Phys. Ed.	Any Phys. Ed.
FLA	French PreIB	Francais PreIB	Optional	Francais 10 Fran PreIB	Optional	Optional

Keys to High School Success

Some are obvious:

- ❑ Always go to class . . . Be on time and stay there! Put cell phone in locker or backpack
- ❑ Go to extra help when needed
- ❑ Do homework and assignments when they come up and hand things in on time, so they don't build up or are late and not marked.
- ❑ Keep track of your deadlines, extra-curricular events, contact information for teachers, study groups, etc.
USE A PLANNER!

Planners

Not just for when things are due

Are a good place to “**plan**” your action

- Write in when something is due
- Next write in when you are going to get that work/studying done
- Make sure to include work, sports and other activities so you know where your free time is



Keys to High School Success

Some are less obvious:

- ❑ Eat well
- ❑ Sleep well and get enough of it!
- ❑ Exercise
- ❑ Resolve small issues before they become big issues
- ❑ Get involved in your school and your community
- ❑ Make time to play, relax and have fun

CHDHS is a small school

Because we are a smaller school, the number of courses we offer are limited to the number of teachers we have. This means that there may not be several of the same course running per semester or year.

It also means that if not enough students select a course, we may not be able to offer it. This is why it is crucial to have course selection done accurately during course selection time.

For course scheduling, that means that PowerSchool will do its best to create schedules, prioritizing O2, English, Math and Science courses and then it will try to accommodate the additional courses as best it can, and if not those, then using the alternates you provided. This is why alternates are important and should be different to your first choices.

If the courses you requested or alternates do not end up on your schedule, it is likely that they will not fit into the schedule and additional courses had to be selected.

What about changes?

- If you wish to make any changes this year, contact your school counselor
- When those changes are made, you will see those changes in your Parent portal - watch your powerschool account
- Once school / teacher schedules are planned, it becomes more challenging and therefore changes submitted after April 15 may not be accommodated
- Student timetables will be visible in the parent and student portals beginning September

If you want to make changes in September, please do not email the school counsellor. Students should listen for the announcements and pick up a course change request sheet. This is the only way course changes will happen in Septemeber.

Ms Barry will not accept course change requests by email in September.

Questions

