

WHAT do students learn?

Self Knowledge: Basis for Success CCLS 0800

Students gain strength through increased self-acceptance. They learn how to set and achieve goals according to their personal and career values.

Communication Skills CCLS 0810

Students learn to communicate effectively as they write a resume and cover letter and participate in a job interview.

Personal Management and Problem Solving CCLS 0820

Students practice time management and deal with procrastination and fear. They learn how to give and receive feedback effectively.

Career Assessment and Research CCLS 0900

Through a variety of engaging and insightful experiences students deepen their understanding of themselves and their career goals.

Career and Education Experience CCLS 0915

Students learn how to create and follow through with opportunities by networking and job shadowing in the community.

Career and Life Planning CCLS 0920

Students set goals and design a realistic and achievable plan of action to meet them, often achieving results they never thought possible.



WHAT does it cost?

- Admission, tuition and student association fees apply.
- The Adult Upgrading Grant is available for those who qualify (kpu.ca/awards/aug).

WHAT are the next steps?

1. Attend an information session. Dates and times at kpu.ca/aca/ccls
2. Interview with a CCLS faculty member.
3. Submit an application to KPU.
4. Register when prompted by Admissions.

WHERE is there more information?

e: ccls@kpu.ca
w: kpu.ca/aca/ccls

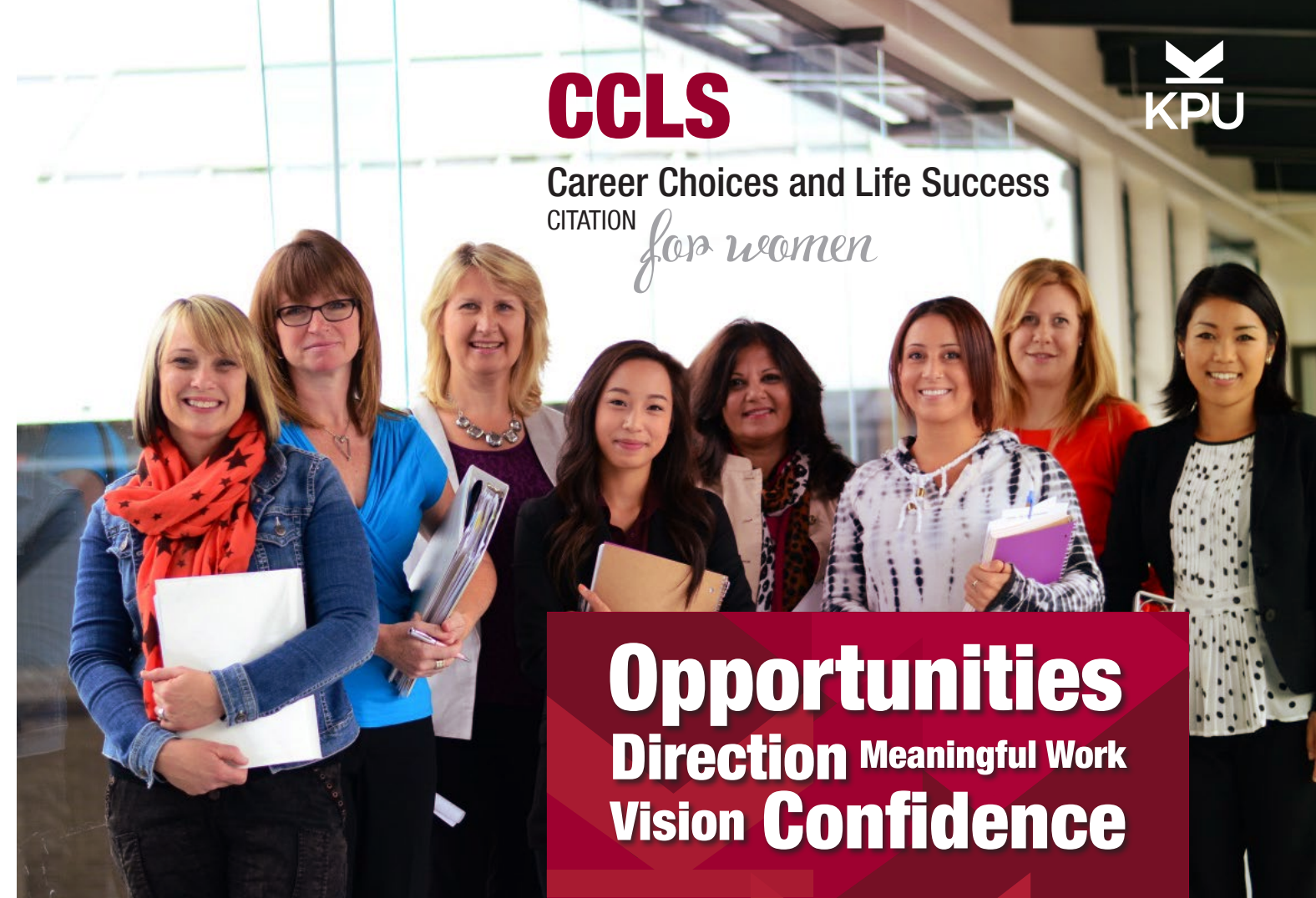


KWANTLEN POLYTECHNIC UNIVERSITY

CCLS

Career Choices and Life Success

CITATION *for women*



Opportunities
Direction Meaningful Work
Vision Confidence



WHY take CCLS?

The CCLS program is for women who want to find meaningful work and more. The program helps women identify and reach their full potential by assessing their career, education and life goals. Women find the necessary support to set and achieve goals, tackle procrastination and fear and practice communication skills to deal with difficult situations and people.

Women build confidence as they learn job search strategies, practice interview skills, and create multiple resumes. Information research and work placements yield valuable experience and networks with people employed in their community. CCLS provides opportunities to try out various careers to ensure the right fit.

WHO takes CCLS?

Women of all ages, cultures and walks of life! CCLS might be the right path for you too. Have you ever thought any of the following statements?

- “ I want change. I need something different.
- I want meaningful work.
- I need a vision for my life.
- I need confidence. I need help breaking the fear.
- I want plans in place. I want to know where I am going.
- I need to address my financial difficulties.
- I want to complete higher education.
- I want job stability.

WHAT does CCLS look like?

CCLS is a one-semester program with start dates in the Fall (September) and Spring (January) semesters at the Langley campus.

Daytime classes are held Tuesdays, Thursdays and Fridays from 9:30am to 2:30pm. Out of class research, data gathering and information interviews are held on Mondays and Wednesdays and the hours are flexible.

There are also multiple opportunities for work placements, job shadowing and participation in other practical activities during three 2-week practicum periods.



Albany Fitzgerald testimonial

The Career Choices and Life Success Program has taught me confidence, discipline, and accountability. Continuing my education this fall, I have a solid plan of where I want to be when I've finished. I learned that stepping out of my comfort zone is the only way I am going to see the change I want and that it's my responsibility to take action to achieve my goals.

Surbhi Thakrar testimonial

The Career Choices and Life Success program has been a life saver for me. My background was in retail management but it was not something I wanted to pursue. I was looking for a new direction in my life. The course offered me a lot of insight about myself. I felt more confident and looked forward to class and connecting with other students. I was offered a job after my second placement as an assistant property manager, which I accepted. Now, I am doing my licensing course as a property manager which will allow me to further my career. Who knew this program would have such an impact.

