

# Oncofrees

Fifteenth Edition

## *Handbook for Grade 9 Students and Parents*



## Introduction

To ensure graduation from high school it is essential that students and parents understand the Newfoundland and Labrador senior high school credit system. Students should take the most appropriate and challenging program of interest to them. At the same time, they must also ensure they meet all the minimum requirements to graduate from high school and can pursue the post-secondary options of their choice.

In high school, students will have a number of opportunities to explore courses and career options. The educational choices in high school can greatly influence post-secondary options. Students' post-secondary education choices in Newfoundland and Labrador include attending College of the North Atlantic (CNA), Marine Institute (MI), Memorial University (MUN) and private training institutes.

CNA operates a multi-site network, with 17 campuses in total that reaches all regions of the province. In addition to the in-classroom learning environment, CNA's Connected Learning Network offers online, blended (on-campus and online), as well as inter-campus learning opportunities. Annual enrolment at CNA is approximately 8,500 students in more than 100+ full-time programs. Graduates can earn a certificate, diploma, post-diploma or advanced diploma standing, with opportunities for degree studies at partnering institutions. Students can also avail of other study options, such as part-time, continuous learning or contract training. CNA's international development projects and education partnerships currently span several global regions: China; South America; South East Asia, Africa and the Middle East. CNA also partners with six universities in China where over 340 students are enrolled in CNA programs.

([www.cna.nl.ca](http://www.cna.nl.ca))

At MUN more than 18,000 students from over 100 countries come together to discover one of the largest universities in Atlantic Canada, offering more than 100 degree programs from the classics to advanced technology. MUN offers certificate, diploma, undergraduate, graduate and postgraduate programs across four campuses and online. MUN is an inclusive community dedicated to innovation and excellence in teaching and learning, research, scholarship, creative activity, service and public engagement. MUN welcomes and supports students from all over the world and offers accessible and flexible learning opportunities. ([www.mun.ca](http://www.mun.ca))

There are a number of private training institutions offering a wide variety of programs on a user-pay and sponsored basis. Programs offered by private institutions are approved by the Department of Education and an updated list can be found at:

<https://www.gov.nl.ca/education/post-secondary-education/>.



# Information on the High School System

## The Credit System

The Senior High School Program is structured on a course credit basis. Students accumulate credits during this time under specific categories resulting in high school graduation.

### What is a Credit?

A credit is awarded when a student attains a passing grade in senior high school courses.

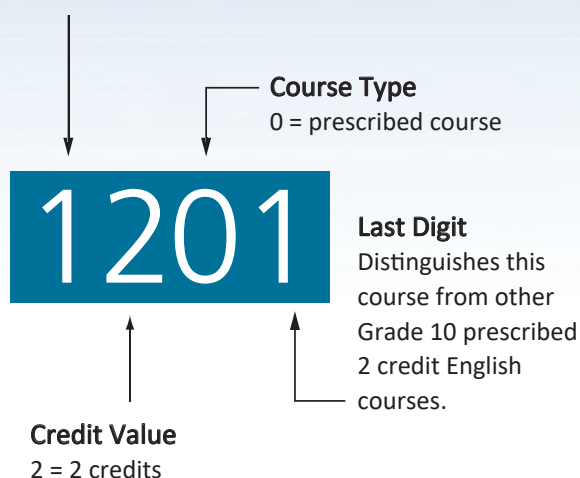
- High school courses are typically either 1 or 2 credits.
- Passing grade is 50%.
- 1 credit is awarded for successful completion of a course designed for a minimum of 55 hours of instruction.
- 2 credits are awarded for successful completion of a course designed for a minimum of 110 hours of instruction.

## What do Course Numbers Mean?

At the Senior High level, courses are identified by name and a four digit code. (Example: English 1201)

### Course Grade

Usually indicates the year in which the course is normally taken. (1 = Grade 10, 2 = Grade 11, 3 = Grade 12 and 4 is an Advanced Placement course).



### Course Type Summary (3rd digit)

	English	French
Prescribed	0	3
Pilot Prescribed	1	4
Local	2	5

**Other Codes:** 6 = Modified;  
7 = Alternate individualized;  
8 = International Baccalaureate;  
9 = Transfer credit from outside the Newfoundland and Labrador school system.

## Graduation Requirements

Students require 36 credits to graduate from the Newfoundland and Labrador high school system. Credits must be completed to fulfill each of the subject area credit requirements below.

Graduation Requirements		Required # of Credits
Subject Area		
Language Arts	English Language Arts	6
	Optional Language Arts	2
	Mathematics*	4
	Science	4
	Social Studies*	4
	Career Education**	2
	Fine Arts	2
	Physical Education	2
	Economic Education, French, Religious Education, Technology Education, Family Studies***	4
Other Required Credits	Any Subject Areas	6
	<b>Total</b>	<b>36</b>

**Please Note:**  
*Satisfying Minimum Graduation Requirements does not necessarily satisfy entrance requirements for many post-secondary schools. Please refer to the entrance requirements for the respective school and program.*

\* 4 credits in math and social studies must be obtained from two different grade levels.

\*\* This requirement includes a mandatory Career Education Hours component.

\*\*\* Students must complete courses from any two of the categories. However, students may use 4 French credits to fulfill this requirement.

Notes:

1. At least **20 of the total credits** must be obtained **beyond Grade 10**, and
2. At least **8 of the total credits** must be **beyond Grade 11**. At least 5 of these credits must be attained in the Newfoundland and Labrador Senior High School Program.
3. A student cannot use more than 4 local course credits (including alternate courses) to contribute to the 36 credits to graduate. The cap does not apply to Indigenous courses.

## High School Programs

The following sections provide information on the various course offerings in the high school system. This is not a complete list as many schools and school districts offer district/local courses. Information on these courses can be obtained from the school or school district.

### French Immersion Designation

Students enrolled in the French Immersion program must meet minimum graduation requirements and attain 6 credits in Français courses as well as 6 other credits in courses studied in French. Successful completion will be indicated on the transcript and diploma as “French Immersion Designation”.

### English Language Arts

The high school **English Language Arts** program offers a choice to students of either the academic or general level.

The academic level is intended for the majority of students, particularly those who intend to pursue post-secondary (i.e., university or college) education.

To satisfy the English Language Arts graduation requirement, students must complete the following courses:

Academic		General
English 1201	or	English 1202
English 2201	or	English 2202
English 3201	or	English 3202

To satisfy the **Optional Language Arts** graduation requirements, students can complete any of the following courses:

**Literacy 1204\***

**Writing 2203**

**Drama 2206**

**World Literature 3207 or**  
**any high school French course**

*\*Literacy 1204 focuses on literacy skills that support students in all courses at the senior high level. It can be completed during any year of high school, by students registered in any of English 1202, 2202 or 3202.*

**Mathematics**

High school mathematics offers three programs of choice to students: **advanced, academic and applied.**

The **advanced mathematics** program is designed to provide students with the mathematical understanding and critical thinking skills identified for entry into many university and post-secondary programs which require the study of theoretical calculus.

The **academic mathematics** program is designed to provide students with the mathematical understanding and critical thinking skills identified for entry into many university and post-secondary programs which do not require the study of theoretical calculus.

The **applied mathematics** program is designed to provide students with the mathematical understanding and critical-thinking skills identified for entry into the majority of trades and for direct entry into the workforce.

It is highly recommended that students interested in post-secondary programs requiring calculus choose the advanced mathematics program in high school. It is possible, however, for students who graduate with the academic mathematics program to later pursue post-secondary options requiring calculus. Many institutions will require these students to successfully complete additional pre-calculus mathematics courses upon entry.

Advanced	Academic	Applied
Mathematics 1201	Mathematics 1201	Mathematics 1202
Mathematics 2200	Mathematics 2201	Mathematics 2202
Mathematics 3200	Mathematics 3201	Mathematics 3202
Mathematics 3208		

- Notes:
- *Mathematics 1202 is a pre-requisite to Mathematics 2202 and Mathematics 3202*
  - *Mathematics 1201 is a pre-requisite to Mathematics 2200, 2201, 2202 and Mathematics 3200, 3201 and 3202*
  - *Mathematics 2200 is a pre-requisite to Mathematics 3200 and Mathematics 3201*
  - *Mathematics 2201 is a pre-requisite to Mathematics 3201*
  - *Mathematics 3208 is an introduction to Calculus and can be taken concurrently with Mathematics 3200*
  - *4 credits in Mathematics must be obtained from two different grade levels*



## Science

The high school science program offers a choice to students at the academic and general level. If a student wishes to pursue an academic science program they will take Science 1206 in Grade 10, and in subsequent years choose from Biology, Chemistry, Physics, and/or Earth Systems. The academic level is intended for the majority of students, particularly those who intend on pursuing a post-secondary (e.g., university or college) education. In Grade 10, a student who starts on a general program will usually take Science 2200.

General	Academic
Science 2200	Science 1206*
Science 3200	<ul style="list-style-type: none"> <li>• Biology 2201/3201</li> <li>• Chemistry 2202/3202</li> <li>• Earth Systems 3209</li> <li>• Physics 2204/3204</li> </ul>
<b>Other Science</b>	
Environmental Science 3205	

\*Science 1206 is a prerequisite to all Academic Science courses. It may be done concurrently with a 2000 level science course.

## Social Studies

Academic level courses are intended for the majority of students, particularly those who intend on pursuing a post-secondary (e.g., university or college) education.

General level courses cover the same topics as academic courses, but with reduced depth of treatment. A total of 4 credits must be obtained from two different grade levels for graduation.

Academic	French Immersion (Academic)
Social Studies 1201	Sciences humaines 1231
Social Studies 2201	Sciences humaines 2231
Social Studies 3201	Sciences humaines 3231
Newfoundland and Labrador Studies 2205	<b>General</b>
	Social Studies 1202
	Social Studies 2202
	Social Studies 3202

\* Social Studies 1201/1202/1231 may be counted as Economic Education under "Other Required Credits"

\* Social Studies 2201/2231 is a pre-requisite for Social Studies 3201/3231

\* Social Studies 2202 is not a pre-requisite for Social Studies 3202. However, completion of either Social Studies 1202 or 2202 is recommended before attempting Social Studies 3202.

\* Social Studies 3201 is required for many post-secondary programs. Check admission requirements to your post-secondary.

\* Completion of Newfoundland and Labrador Studies 2205 and Social Studies 2202 will meet minimum graduation requirements.

### ***Career Education***

Students will satisfy the Career Education requirement by completing Career Education 2202. This course will include a Career Education Hours component. Guidelines can be accessed at: <https://www.gov.nl.ca/education/k12/curriculum/documents/careered/>

Although some students will not take this course until Grade 11, they should be advised early in their Grade 10 year about the Career Education Hours component. This will allow them the opportunity to start fulfilling this requirement early in their high school career.

### ***Fine Arts***

The Fine Arts requirement can be satisfied by completing 2 credits from the following courses:

Art	Music
Visual Art 1202	Ensemble Performance 1105
Visual Art 2202	Ensemble Performance 2105
Visual Art 3202	Ensemble Performance 3105
Other	Experiencing Music 2200
Clothing 1101	Applied Music 2206
Textiles 3101	Applied Music 3206
Newfoundland and Labrador Studies 2205	Theatre
	Drama 2206

### ***Physical Education***

The Physical Education requirement can be satisfied by completing 2 credits from the following courses:

- Healthy Living 1200
- Physical Education 2100
- Physical Education 2101
- Physical Education 3100
- Physical Education 3101



### ***Other Required Credits***

Students must obtain at least 4 credits from this category and in doing so must obtain these credits from at least two different disciplines. However, students do not need to satisfy the two different disciplines if the 4 credits for this requirement are satisfied using 4 credits in French.

### **Economic Education**

**Business Enterprise 1100**  
**Consumer Studies 1202**  
**Entrepreneurship 3209**  
**Affaires et entrepreneuriat 1130**  
**Social Studies 1201/1202**  
**Sciences humaines 1231**

### **French**

**Core French 1200**  
**Core French 2200**  
**Core French 3200**

**Français 1202 (immersion)**

**Français 2202 (immersion)**

**Français 3202 (immersion)**

### **Religious Education**

**Ethics and Philosophy 2101**  
**Ethics and Social Justice 2106**  
**World Religions 3101**  
**World Religions 3106**  
**Enseignement religieux 3131**  
**Enseignement religieux 3136**

### **Technology Education/Skilled Trades**

**Skilled Trades 1201**  
**Design and Fabrication 1202**  
**Computer Science 1204**  
**Communications Technology 2104**  
**Residential Construction Technologies 2201**  
**Design and Fabrication 2202**  
**Communications Technology 3104**  
**Power and Energy 3201**  
**Robotics Systems Technology 3205**  
**Occupational Health & Safety 3203**

### **Family Studies**

**Clothing 1101**  
**Healthy Living 1200**  
**Human Dynamics 2201**  
**Nutrition 2102**  
**Nutrition 3102**  
**Textiles 3101**



For a more detailed description of the high school program, as well as short course descriptions, please refer to the **Program of Studies** published annually by the Department of Education. This can be found at each school or online at: <https://www.gov.nl.ca/education/k12/curriculum/guides/>

**Please note:**

In some cases a particular course may be listed as satisfying more than one of the graduation requirements. If credit is received for this particular course, it can be used to satisfy either of the two graduation requirements, but not both.

**Example;**

Drama 2206 may satisfy either the Optional Language Arts or Fine Arts requirement. A student who has credit for Drama 2206 may use these 2 credits to satisfy **EITHER** the Optional Language Arts **OR** Fine Arts requirements, but **NOT** both.

Other courses which may be used to satisfy more than one requirement include:

**French courses**

Optional Language Arts and  
Other Required Credits (French)

**Healthy Living 1200**

Physical Education and  
Other Required Credits (Family Studies)

**Newfoundland and Labrador**

**Studies 2205**

Social Studies and Fine Arts

**Clothing 1101**

Fine Arts and Other Required Credits (Family Studies)

**Textiles 3101**

Fine Arts and Other Required Credits (Family Studies)

**Social Studies 1201/1202 or**

**Sciences humaines 1231**

Social Studies and  
Other Required Credits (Economic Education)

***Awarding Credits for External Courses***

The Department of Education does recognize credentials obtained by students from some national organizations outside the regular school system for the purpose of awarding credit in the senior high school program.

For details e-mail: [education@gov.nl.ca](mailto:education@gov.nl.ca)



# *Information for Parents & Students*

## ***Preparing for Post-Secondary Education***

As you progress through high school, you will become more aware of career and educational choices. It is necessary for you to know the credits and marks needed to gain entry into the post-secondary institution of your choice. Some specialized programs have specific admission requirements other than the courses required to graduate high school. You should check the specific entrance requirements to the particular program you plan to pursue and make sure you take the proper program and courses in high school to maximize your chances of being accepted into the post-secondary program of your choice. It is also important to note that students with higher marks often receive preference in registration, placement, scheduling, and of course, scholarships.



### ***Tips for Applying to Post-secondary Institutions***

- Research the various fields of study that interest you.
- Determine what institutions offer the program.
- Contact the Admissions Office/Academic Advising Office for each institution if you require more information.
- When possible visit the institution to make sure the program and institution is right for you.
- Ensure you have met the entrance requirements before you apply.
- Know the application deadline (different institutions/programs have different deadlines).
- Review the application in advance of the deadline (in case you have any questions).
- Ensure you have included in your application package everything required for the application such as application fee, transcript, references, etc.

### ***Post-Secondary Institutions***

Throughout the province and country, there are many post-secondary institutions. It is important to research where you can obtain the program of study for the career you choose. Below you will find a list of the public post-secondary institutions in the province. As well, a link is provided to direct you to a list of private training institutions.

#### **Memorial University**

<https://www.mun.ca/main/become-a-student/>

#### **Marine Institute**

<https://www.mi.mun.ca/>

#### **College of the North Atlantic**

<https://www.cna.nl.ca/admissions/>

#### **Private Training Institutions**

<https://www.gov.nl.ca/education/post-secondary-education/private-training/private-training-institution-directory/>

### ***Student Aid***

The Government of Canada and the Government of Newfoundland and Labrador work together to provide student financial assistance. Both loans (repayable) and grants (non-repayable) are available to help you access and pay for post-secondary education. With one application you will be assessed for both federal and provincial financial assistance. For full details, see your guidance counselor or visit:

<https://www.gov.nl.ca/education/studentaid/>

and

<https://www.canada.ca/en/services/benefits/education/grants.html> .

### ***Scholarships***

Good marks can translate into scholarships for your post-secondary education. There are many scholarships offered in Newfoundland and Labrador as well as across Canada. Below are lists of some scholarships available to you. Many scholarships are available to students of particular schools or students enrolling in particular programs. You should check with your guidance counsellor for information on other scholarships which may be available to you.

## **Provincial Government Scholarships**

Through the Department of Education, the Government of Newfoundland and Labrador awards 201 scholarships each year to high school students in Newfoundland and Labrador. The scholarships range in value from \$1,000 to \$2,500 and are merit based in that student performance is compared in relation to the performance of others. Final marks are used to determine a provincial scholarship score for each eligible student within each of the following four categories:

- English 3201
- Math 3200 or 3201
- Biology 3201, Chemistry 3202, Physics 3204, Earth Systems 3209; and
- Français 3202, Social Studies 3201 and Sciences humaines 3231.

*Note:*

*Failure to do a course in any one of these categories disqualifies a student from receiving a Provincial Government Scholarship.*

### **The Junior Jubilee Scholarship (\$2,500)**

is awarded to the student who achieves the highest scholarship score.

### **The Constable W.C. Moss Scholarship**

**(\$1,000)** is awarded to the son or daughter of a member of the Royal Newfoundland Constabulary or the Royal Canadian Mounted Police (active, retired or deceased) who achieves the highest scholarship score.

### **The Electoral District Scholarships**

**(\$1,000 each)** are awarded to the three high school graduates in each provincial electoral district who achieve the highest scholarship score.

### **Centenary of Responsible Government Scholarships (Seventy-nine available at**

**\$1,000 each)** are awarded to the students who achieve the highest scholarship scores, excluding those students awarded any of the above scholarships.

## **Other Provincial Government Scholarships**

### **Lester B. Pearson Scholarship**

Each year a Level II student is selected to attend Pearson College, a United World College, in Victoria, BC.

The value of the scholarship is approximately \$50,000 and covers the cost of attending the college to complete the two-year International Baccalaureate (IB) Program. Please see your guidance counsellor for details.

The IB Diploma, an internationally recognized university preparation program, educates students through a comprehensive curriculum to become creative, critical thinkers, effective communicators, and globally-aware citizens.

### **Memorial University Entrance Scholarships**

High school applicants from the Newfoundland and Labrador high school system are automatically considered for many of Memorial University's entrance scholarships. The majority of entrance scholarships are offered to eligible applicants at the time of admission for fall intake, and are based on grades available on select high school courses recorded on the Grade 11 (Level II) transcript.

A limited number of specific renewable entrance scholarships are awarded for each Fall intake. They are based on academic merit and other selection criteria and adjudicated through a separate application process as explained on the Scholarships Office website (<https://www.mun.ca/scholarships/home/>). There are additional non-renewable entrance scholarships which are awarded each year on the basis of final admission average. The final admission

average is calculated when Grade 12 (Level III) grades are released by the provincial Department of Education.

Entrance scholarship offerings vary each year as they are reviewed annually. Information about entrance scholarships is available online (<https://www.mun.ca/scholarships/scholarships/entrancestudents/index.php>).

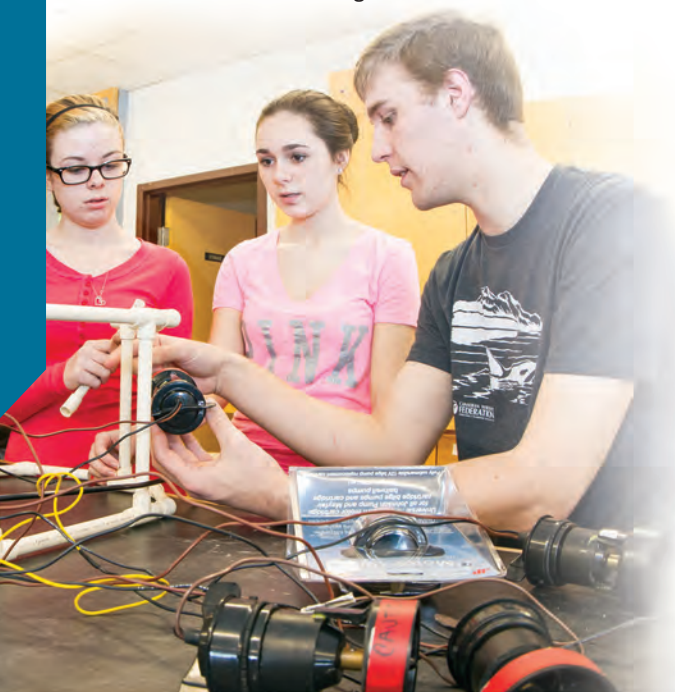
### **Marine Institute**

Students applying to the Marine Institute (MI) are eligible for all Memorial University Entrance Scholarships. In addition to those scholarships, there are a limited number of \$1,000 scholarships for any student who is applying to MI Diploma of Technology or Joint Diploma of Technology/Bachelor of Technology programs with over an 80% entrance average. As well, MI offers a number of entrance scholarships that are program specific and based on solid academic performance and community involvement. For further information on these opportunities please visit: <https://www.mi.mun.ca/>.

### **College of the North Atlantic**

Applicants to the College of the North Atlantic are provided an opportunity to compete for a variety of awards, scholarships, bursaries and prizes in many programs.

An awards handbook, outlining all awards available as well as the specific criteria, is available on the College website: <http://www.cna.nl.ca/awards>.



## ***Good Study Skills***

The most important aspect of being a good student is that you become committed to doing well in school. How you do in the three years of high school can have a significant effect on what options will be available to you at the end of high school.

Two ingredients to becoming an effective student are organization and time management. These important ingredients can be learned by any student. You should learn to plan and organize your time and homework tasks in a way that is efficient and productive. Good organizational skills and time management skills include:

- having well organized notes
- planning ahead
- staying conscious of timetables and schedules
- organizing your school subjects
- keeping a list of upcoming tests and assignments
- committing time to your studies
- asking questions in class
- completing homework assignments on time
- setting goals
- learning to prioritize

## ***Homework - Hints for Students***

### ***Useful tips include:***

- If possible study in the same place at all times. This should be a quiet place away from distractions.
- You should study sitting up and not lying across a bed or on the floor.
- Have proper lighting and seating.
- Avoid distractions.

Turn off stereos and personal listening devices. If listening to music is a must, keep it low and in the background.

- Have homework materials ready.  
For easy access, keep all your homework supplies in the same place. This avoids wasting time looking for required materials.
- Reward yourself with a break after certain periods of time.  
(e.g., 10 minutes every 50 minutes).
- Focus on the harder homework first.  
You are fresher at the start and the more difficult material generally takes more of an effort. After the more difficult material is conquered, there is also a sense of relief and you are better able to tackle the remaining homework.
- Review regularly.
- Make a quick schedule for homework time each time you sit down to do homework.  
This ensures you have a clear picture as to what exactly it is you wish to accomplish in the homework session.

# Three Year Planner

Graduation Requirements		Year 1		
Subject Area		Course(s)	# credits	Course(s)
Language Arts	English Language Arts (6 credits required)			
	Optional Language Arts (2 credits required)			
Mathematics (4 credits required)				
Science (4 credits required)				
Social Studies (4 credits required)				
Career Education (2 credits required)				
Physical Education (2 credits required)				
Fine Arts (2 credits required)				
Other Required Credits (4 credits required)				
Any Subject Area (6 credits required)				
Total (36 credits required)				

Must have: at least 20 credits beyond Grade 10 ☐ at least 8 credits beyond Grade 11 ☐ not more than 4 local or alternate credits ☐ at least 2

Year 2		Year 3		Total Credits
Course(s)	# credits	Course(s)	# credits	
				6 credits required
				2 credits required
				4 credits required
				4 credits required
				4 credits required
				2 credits required
				2 credits required
				2 credits required
				4 credits required
				6 credits required

2 categories from other required credits (unless using 4 credits in French) ☐ Please refer to page 3 for additional information on graduation requirements.

## Notes

# Notes



P.O. Box 8700  
St. John's, NL, Canada  
A1B 4J6

Telephone: (709) 729-3001  
Facsimile: (709) 729-0611  
Website: [www.gov.nl.ca/edu/](http://www.gov.nl.ca/edu/)