



Cégep de la Gaspésie
et des Îles

INFOPARENTS



Information document for parents
of students enrolled at the Cégep
de la Gaspésie et des Îles

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Click on the
logo to access
the Student
Zone.



The Student Zone is the go-to resource for students regarding their studies at Cégep de la Gaspésie et des Îles. Since it is accessible to everyone, parents can easily consult essential information and resources there.

The Student Zone can become a tool for discussion in preparation for the transition to college.

THE TRANSITION FROM HIGH SCHOOL TO CEGEP

It's official: your child is starting college. It's a big change! So it's normal to have questions. This document outlines the main differences between high school and college, the roles of students, parents, and the institution, confidentiality issues, and the services available.

It's also perfectly normal for the transition from high school to college to be stressful. Your child is embarking on a new journey, starting higher education, and becoming an adult.

As an institution, CEGEP has implemented various measures to facilitate the transition between levels of education. For example, in our region, as in many other regions of the province, transition activities are carried out in high schools. Finally, it is important to mention that once studies have begun, various services, workshops, and teaching practices are put in place to facilitate the transition to college.

Your role as a parent is now different. With a greater focus on supporting your child, you can help them adapt to this new reality. Suggested courses of action for parents and students are provided in the Roles section.

Happy reading!



THE MAIN DIFFERENCES BETWEEN HIGH SCHOOL AND COLLEGE

	High school	College
Obligation or choice	School is compulsory until the age of 16.	Studying at college is a personal choice.
In case of failure	If a failed course is repeated successfully, the failure mark is removed from the report card.	A failure remains on the transcript despite a successful repeat.
Attendance in class	Class attendance is compulsory.	Class attendance is a factor in success. Each department has a policy regarding absences.
School year	The 10-month school year is divided into 3 stages.	The school year consists of two terms of 15 weeks of classes and one week of evaluations. Some courses are offered in the summer.
Timetable and duration of classes	The timetable is spread over a cycle of more than 5 days. Classes are held between 8 am and 4 pm. They last between 50 and 75 minutes.	Most courses are held between 8 am and 6 pm and are spread over a 5-day cycle. They vary in length from 50 to 180 minutes. There are free periods between courses. Some courses are offered in the evening.
Acquisition of course content	About 80% of the content is presented in class.	About 60% of the content is presented in class.
Workload	The personal workload is low.	The personal workload is significant (more than 16 hours per week). It is determined by the weight of each course (theory, practice, homework).

THE MAIN DIFFERENCES BETWEEN HIGH SCHOOL AND COLLEGE - CONTINUED

	High school	College
Language assessment	Errors related to the written language are only penalised in written work in English classes.	Errors related to the written language are penalised in all subjects. The percentage of points that can be lost is determined by each department.
Academic monitoring platform	An academic monitoring platform is in place so that parents can follow their child's progress.	The Omnivox platform is accessible by the student only. It contains, among other things, the student-teacher environment (LEA), the internal messaging system (MIO), the course schedule, the progression grid, the payment centre, the college report card and the tax forms.

THE ROLES

As students

In addition to the differences between high school and college, a greater emphasis is placed on student autonomy and responsibility in college. To foster a sense of self-efficacy and self-determination, your teens will need to make their own efforts.

Sense of self-efficacy

"The sense of self-efficacy corresponds to an individual's perception of his or her ability to perform a given task in a given context AND to the feeling that his or her actions will produce the expected results." (Gaudreau, 2018, unofficial translation)

Self-determination

Self-determination is the "combination of skills, knowledge, and beliefs that enable a person to engage in future-oriented, self-regulated, and autonomous behaviours". (Centre de transfert pour la réussite éducative, s. d., unofficial translation)

Their responsibilities

It's your teens' responsibility to:

- Meet deadlines;
- Use appropriate netiquette;
- Revise their assignments to make sure they've used correct language;
- Make sure they do not plagiarise and that they are familiar with the policies and regulations of the Cégep de la Gaspésie et des Îles;
- Regularly consult the Omnivox platform;
- Participate in screening activities (e.g., complete the CEGEP Student Population Survey (SPEC) sent by email);
- Get involved in the activities available during the time set aside for student life and academic support.

In addition, as the Cégep de Rimouski explains (n.d., b), your teens are also responsible for being actively involved in their studies, being present in class, reading their course outlines and learning how to communicate with College staff.

Finally, being a student is something you learn! Being a student involves developing a variety of skills. Strategies related to these skills are presented in the school agenda and on the Student Zone.

As parents

Your children's transition from high school to college can be a source of concern. This is perfectly normal. Your children are leaving a highly supervised educational institution for college, where they are considered responsible for their success from the moment they enter.

For many students, this transition is a positive one. However, entering college and taking the first steps towards adulthood are important periods of change and questioning. Your young person may be confronted with unexpected difficulties and disappointments. "You may be tempted to make a decision and take action on their behalf to make things happen. [...] This is an attractive trap, but ... 'unhelpful' in terms of support and even harmful [to the] development ... of [their] responsibilities" (Cégep de Sorel-Tracy, 2021, unofficial translation).

Your role is different, but it remains indispensable. Your support in your son or daughter's school career is a determining factor in their staying in school.

Here are some examples of situations where your support could be relevant:

Orientation and choice of study program

Your children are unsure of their choices and their fear of making a mistake is a source of anxiety. Ask them questions about their strengths, desires, interests, etc. Be reassuring! Some students change their program of study midstream, while others need to explore different programs to find out what suits them best. Encourage your student to consult the school counselling service on their campus.

Failure

They have always done well in high school, but are failing the first semester? Discuss the reasons for the failure with them. Encourage them to quickly put in place ways to ensure success.

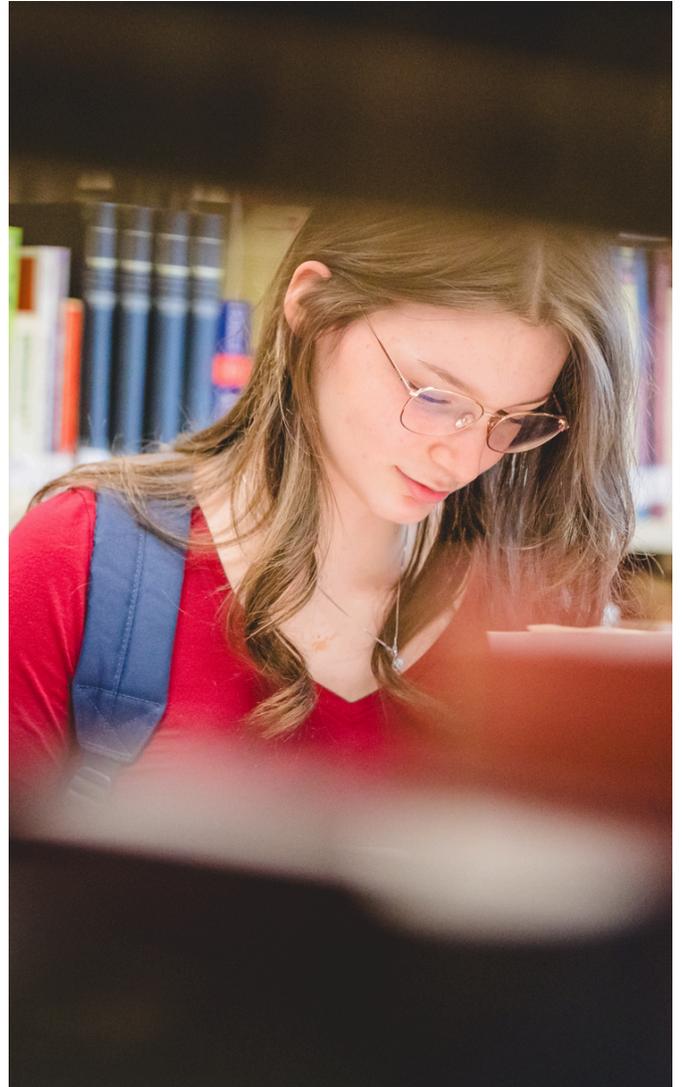
Work overload

Does the amount of work seem to be overwhelming your child? Suggest that they review their work and organisational methods. The level of demand is not the same as in high school, and some students underestimate the time and effort required to complete a task.

Work-study balance

Research shows that students are less successful when they work more than 15 hours per week. The College provides several tools and resources to help students better balance their studies and their work.

In short, in high school, your children didn't really have to go through the process of getting help. In college, this assistance also exists, but students are responsible for applying for it. Learn about the services available and encourage your child to consult them and take responsibility. We will be there to welcome them and provide them with the support they need.



Important information: Seats are reserved for parents on the Cégep's board of directors. If you would like to get involved, please contact the General Secretariat (sg@cegepgim.ca) or consult the relevant section of the [website](#).

As an educational institution



As an institution dedicated to higher education, the Cégep de la Gaspésie et des Îles also has responsibilities towards its students. Here is a brief list of these responsibilities:

- Ensure quality teaching;
- Offer support services;
- Build a success plan;
- Establish and disseminate policies and rules that provide recourse for students;
- Monitor each student's pathway from admission to graduation;
- Provide screening services and referrals to relevant resources;
- Ensure the safety of all students.

CONFIDENTIALITY

As parents, it may be tempting to seek information about your children's attendance, grades, participation in support services, etc. However, support and professional staff are bound by confidentiality with respect to student records and cannot disclose information to you without their consent. Even when your young person is a minor, support workers will recommend that you talk to them rather than give you their information. A meeting may also be scheduled with you and your teen to discuss their situation.

“In accordance with the Act respecting access to documents held by public bodies and the protection of personal information, a college cannot provide a parent with nominative information about a student, unless the student is a minor. This means that, as soon as the student is of age, the college cannot provide the parent with any information: attendance or non-attendance in a course, full-time or part-time status, exam results, etc.” (Espace Parents, 2021, unofficial traduction).

For more information on the application of the law on the protection of personal information, consult the CEGEP's [web page](#) on this subject.

PREVENTING STRESS AND ANXIETY

The transition from high school to college involves many new things and challenges. Your teens may be stressed during this time.

However, the stress and anxiety may be too much. If your children are unable to manage their stress, they can consult the psychosocial resources of the Cégep de la Gaspésie et des Îles.

ACADEMIC INTEGRITY AND THE USE OF AI

Starting college means greater independence and responsibility for your child. More than ever, they must demonstrate intellectual integrity by taking a responsible approach to their studies: not plagiarizing, of course, but also producing their own work, following citation rules, and complying with their teachers' guidelines on the use of artificial intelligence.

There are many tools available to guide our student community. A visit to the Student Zone, in the [Academic Integrity](#) section, is an excellent place to start!

SERVICES AVAILABLE

Adapted services department

The mission of the [adapted services](#) department is to allow students with functional limitations to develop their sense of responsibility and autonomy by offering them assistance adapted to their needs to promote their integration and success in learning.

To use the services provided by the adapted services department, students must present a diagnosis issued by a Quebec professional health resource. Your children can also use this service if they are experiencing significant difficulties. A needs assessment will be conducted by a specialist with your child. Following this detailed analysis, an intervention plan will be put in place. This means that educational support and accommodations may be provided to compensate for their difficulties. Following a needs assessment, educational support and accommodations are offered to compensate for the difficulties. However, they will be responsible for requesting and using them. In addition, please note that the evaluation criteria and the way teachers correct students are not modified by a diagnosis.

Psychosocial and health services

A counsellor is present on each campus to help students who need to talk about and find solutions to various problems that impact their studies. Examples of these issues include sexual diversity, substance abuse, family-study balance, food assistance, family, personal or social life, mental health, etc. (Levasseur, 2016). Some health services are available directly on campus. Referrals for outpatient consultations are also available.

The academic and career guidance and information service



Students can consult a resource from the Educational guidance and information if they have any questions about their academic or professional future. The guidance counselor can provide information on the various programs of study and the job market and help students choose a program of study or career path, taking into account their interests, aptitudes, needs, and personality. Group guidance activities (information on R scores, admission to limited-enrollment university programs, etc.) are also offered.

The Academic organisation department

At the academic progress department, students can consult a personal academic advisor for all questions related to their academic progress. This person, who has been assigned to individual students according to their program of study, can help them to:

- Obtain personalised learning support services;
- Make course selections or cancel one or more courses;
- Adapt their course of study according to their needs and abilities;
- Obtain equivalencies, substitutions or an agreement to take a course at another College; and
- Understand the grade review process.

It is also possible to obtain official documents by downloading them from Omnivox or through the registrar's office.

International student hospitality department

The international student hospitality department organises integration activities, administers national mobility, and provides support for pre-departure and extension procedures.

The financial aid department

The person in charge of the financial aid department offers services such as:

- Information and assistance on the various aspects of the loans and bursaries program;
- Distribution of a directory listing the various bursaries available;
- Support for students experiencing financial difficulties;
- Eligibility for the work-study grant program;
- Information on the accident insurance under which each student is covered.

Services are offered only to students admitted to our CEGEP.

Student association

The College recognises the right of students to form an association on each campus. Each of these student associations is mandated to defend the rights and interests of students, including those registered for an Attestation of College Studies (ACS), who have paid their fees. The student associations designate, among other things, representatives to the College's decision-making bodies.

Success coaches (repcars) and peer tutoring

Success coaches are teachers who can quickly direct students to the right resources to support their success.

These individuals are responsible for scheduled success support periods. They provide guided success support workshops.

The coaches are also responsible for peer tutoring. This service helps students improve their academic performance, work together and increase their confidence in their abilities. Your teen can also become a paid tutor.

Help centres

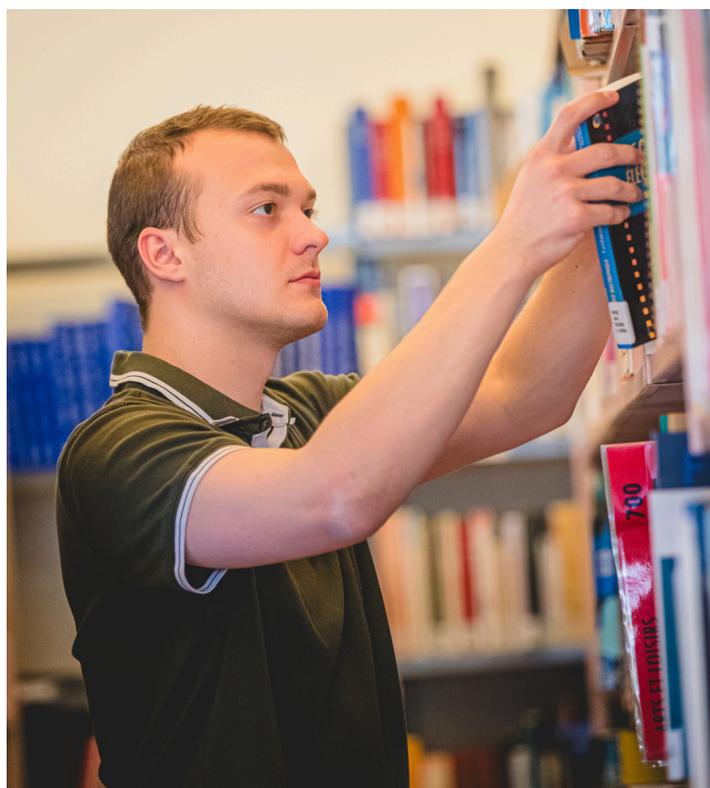
On all campuses of the Cégep de la Gaspésie et des Îles, the teaching staff and tutors and from help centers provide support in language (French and English), mathematics, methodology, philosophy, distance learning, etc.

Antidote

Antidote is an essential tool for writing and editing texts. It is installed on all computers at Cégep de la Gaspésie et des Îles. However, students are also encouraged to purchase a personal license. This tool will be useful to them both at CEGEP and in their personal lives and future studies.



Libraries



The libraries on all four campuses provide essential tools for success. In addition to their extensive collection of books, periodicals, DVDs and electronic resources, they offer many other services:

- Introductory document research workshops and research assistance by trained staff to effectively use all these resources;
- Provision of computers with Internet access from which students can do research and print their work;
- Loan and reservation of documents: the Koha catalog allows students to find books and reports, audiovisual material, language dictionaries, encyclopedias and periodicals available on site;
- Inter-campus loan request.

Socio-cultural and sports activities department

The socio-cultural and sports activities department plans extracurricular activities that are an extension of the College's training programs. By promoting relationships and exchanges between the various programs of study and campuses, it encourages learning about civic engagement. Individual initiatives and group projects are supported and supervised by the leadership team. Involvement in various projects is possible (trip planning, involvement in the green committee, organising the year-end gala, etc.).

The College encourages its students to participate in the activities of the Réseau intercollégial des activités socioculturelles du Québec (RIASQ) and the Réseau du sport étudiant de l'Est-du-Québec (RSEQ). Moreover, participation in extracurricular activities has been shown to be a factor in success (Roy, 2015).

At the beginning of the term, in addition to welcoming activities, the activities department offers both socio-cultural and sports programming.

Single entry point to prevent and fight sexual violence

In 2019, the College adopted a policy to prevent and fight sexual violence. Among other things, this policy provides for the presence of a "single entry point" on each campus, to which students can turn to receive support or guidance in their efforts or to report a situation they have witnessed. To find out about resources and access a multitude of tools, [click here](#).

FOUNDATION OF THE CÉGEP DE LA GASPÉSIE ET DES ÎLES

The Foundation of the Cégep de la Gaspésie et des Îles contributes to the development of the College and higher education in Gaspésie and on the Magdalen Islands. «The Foundation's mission is to support students at Cégep de la Gaspésie et des Îles in their learning process, to accompany them towards their academic success and their greatest aspirations, by providing them with additional resources that are otherwise inaccessible.»



RESOURCES

Find more information on the services offered at the Cégep de la Gaspésie et des Îles:

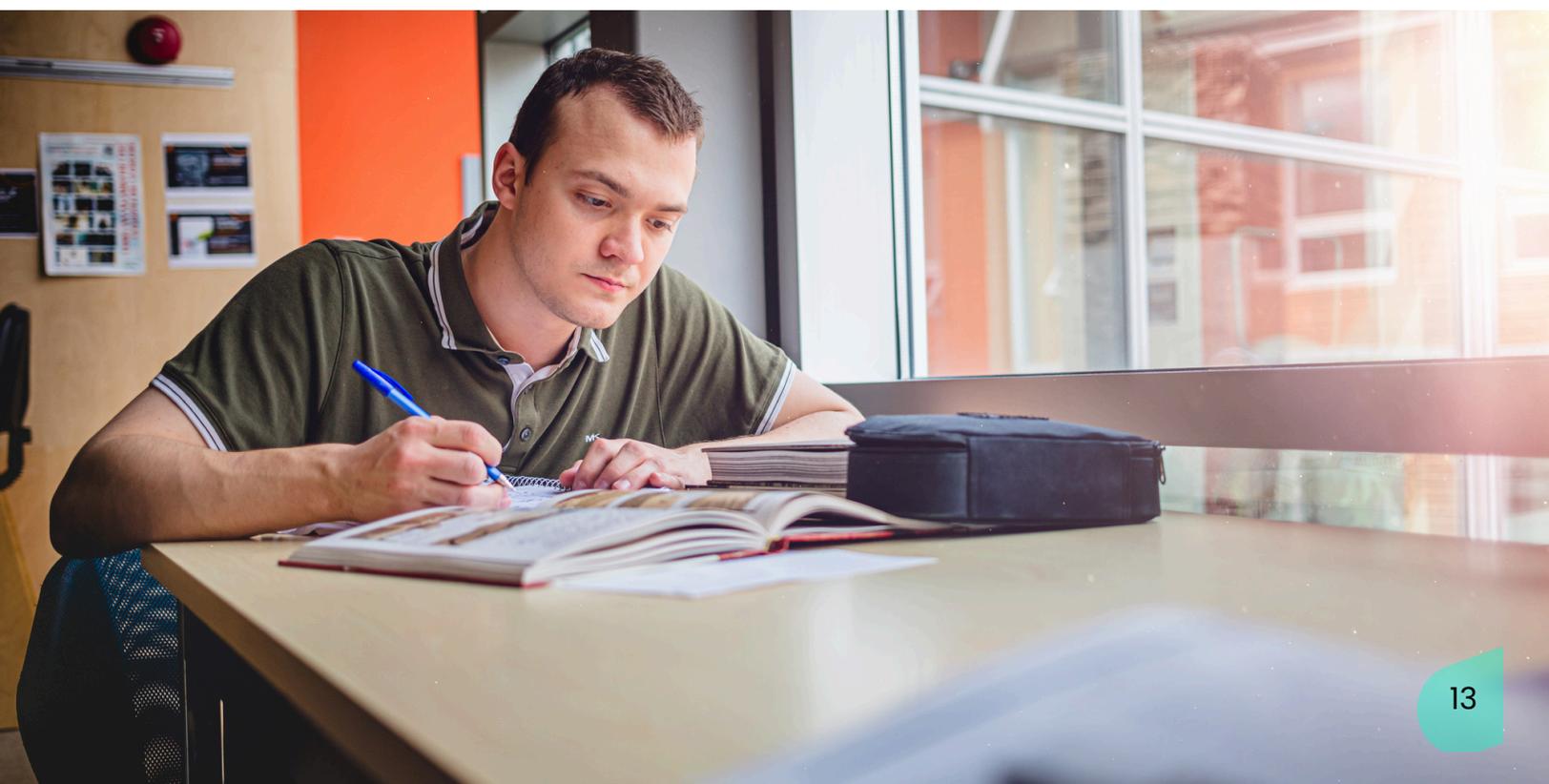
- on the [Cégep de la Gaspésie et des Îles Student Zone](#);
- in the school agenda offered at the beginning of the session.

The book *Le cégépien futé* by Lise Levasseur (2016) is another relevant tool (french only). It is also used in certain transition activities for fifth-year secondary school classes in the region.

Bernard Dionne's manual *L'essentiel pour réussir ses études* (2023) is a reference resource on the methodology expected at the college level. (French only)

The following websites offer interesting information about the transition from high school to college, or about the responsibilities of students and parents:

- [John Abbott college](#);
- [Station SME](#);
- [Alloprof](#);
- [Jeconcilie.com](#);
- [School-Work Balance Estrie](#);
- [Transitions réussies vers les études supérieures](#) (French only);
- [Complice Persévérance scolaire Gaspésie Les Îles](#) (French only);
- [Espace Parents](#) (French only);
- [Cap sur l'avenir](#): Podcasts for parents on high school orientation (French only);
- [Outil de gestion du temps au collégial](#) (French only);
- [Table éducation Outaouais](#) (French only);
- [Cégep de Rimouski](#) (French only);
- [Collège Ahuntsic](#) (French only).



MEDIOGRAPHY

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PHOTOS

- Benoit Daoust (photos on pages 1 to 14)
- Nigel Quinn (photo on page 15)

