



ERNESCLIFF COLLEGE

**ONE
UP**

ernescliff high school program

FORMATION | FRIENDSHIP | FUN

SEMINARS

1-UP is divided into two seminars, one for grades 9 and 10, and one for grades 11 and 12. Participants meet at Ernescliff every Saturday from September to April. These meetings include a monthly interactive session specially geared to each seminar, and complementary activities on off-weeks.



MENTORING

At the heart of 1-UP is one-on-one mentoring. Each participant is paired with a carefully-chosen university student or young professional, who helps him apply the program material to his everyday life and shares academic and personal advice.

COMPLIMENTARY ACTIVITIES

These activities put into practice what is learned in the seminar sessions. They include mentoring, sports, excursions, study days, movie productions, fundraisers, social service projects and engineering projects.



Big Picture Seminar

for grade 9 and 10 students

chart the
right course

This seminar lays the foundation for a successful high school career and responsible adulthood. Seminar sessions provide insight into:

- Study skills and goal-setting
- How to make lasting friendships
- How to lead a fulfilling life

Filling The Gaps Seminar

for grade 11 and 12 students

broaden
horizons

This seminar builds on the Big Picture Seminar and prepares participants for a rewarding life after high school. Seminar sessions will cover:

- Career exploration and selection
- How to navigate contemporary ideologies
- How to succeed in university

September to April
Saturdays 11 AM - 4 PM
Ernescliff College | 156 St. George Street

For more information and how to apply:
oneup.ernescliff.ca
oneup@ernescliff.ca

Big Picture Seminar

For students entering grade 9



The Big Picture Seminar in Québec City helps students entering Grade 9 to acquire a broad vision of the importance of their education. The program touches on subjects such as studies, extracurricular activities, career and university planning, character formation, and leadership. This is combined with sports, white water rafting, and other recreational activities.

Volunteering Workshop

For students entering grade 10



Participants of this activity will travel to Québec City to help at L'Arche community. L'Arche was founded by Jean Vanier and is dedicated to helping people with intellectual developmental disabilities. Participants will care for the people living at L'Arche and assist in various tasks as needed in the community.

Service Project

For students entering grade 11 and up



The young men who attend help with infrastructure projects in villages — such as building septic tanks, community halls and chapels. They also interact with the local youth and community.



For more information about the summer camps and service projects:
oneup.ernescliff.ca