

SHINE ON WITH YOUR CAREER



Activity Book for Young People
CAREERS IN HEALTH AND WELLNESS



FIRST NATIONS OF QUEBEC
AND LABRADOR HEALTH
AND SOCIAL SERVICES
COMMISSION



This activity book is intended for students in grade 6 and cycle one of secondary school. Its purpose is to introduce them to different health and wellness careers available to them.

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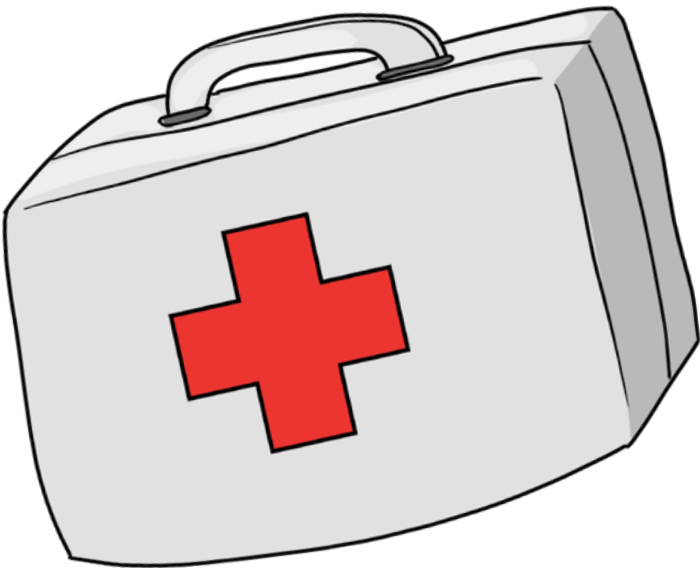
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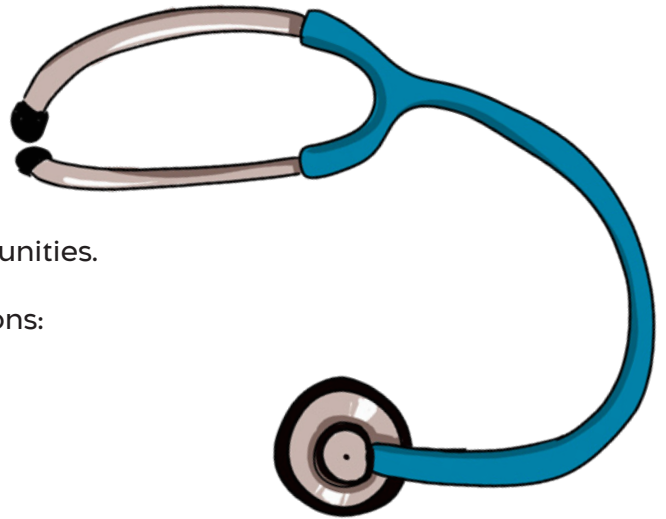
HEALTH AND WELLNESS OCCUPATIONS

The health field includes more than fifty occupations aimed at keeping the human body in good health.

Wellness-related occupations encompass a wide range of career options aimed at supporting families and communities.

Here are some examples of health and wellness occupations:

- **Patient attendant, pharmacy technical assistant**
- **Coroner's attendant**
- **Paramedic**
- **Community health representative**
- **Medicine:** doctor, surgeon, medical researcher, pediatrician, forensic pathologist, medical specialist, psychiatrist
- **Nursing:** public health nurse, nurse practitioner, perioperative nurse
- **Dentistry:** dentist, dental hygienist, dental surgeon, orthodontist
- **Pharmacy:** pharmacist, pharmacy technician
- **Support work:** mental health counsellor, psychologist, outreach worker, social worker
- **Rehabilitation:** physiotherapist, occupational therapist, orthotist, prosthetist



ARE YOU FAMILIAR WITH THESE HEALTH AND WELLNESS OCCUPATIONS?

IN THE TABLE BELOW, ADD A CHECK MARK IF YOU'RE FAMILIAR WITH THAT OCCUPATION

I'm familiar with this occupation

Occupation	What is it?	Yes
HEALTH AND WELLNESS		
Nutritionist	Nutritionists are nutrition specialists who help people adopt a healthy diet according to their needs. Their role includes planning and implementing nutrition plans for populations.	☐
Health director	Health directors plan, organize, manage and supervise healthcare departments in various settings, such as hospitals, health centres or long-term care centres.	☐
Naturopath	Naturopaths diagnose, treat and prevent various diseases using natural methods.	☐
Personal support worker	Personal support workers help people experiencing a loss of autonomy (e.g., older adults) to perform their daily tasks and activities at home and outside the home (e.g., running errands).	☐
Public health inspector	Public health inspectors are responsible for enforcing occupational health and safety regulations to prevent accidents and diseases. Their job also includes raising awareness among people working in potentially hazardous environments to prevent accidents (e.g., in factories).	☐
Environmental health officer	Environmental health officers provide advice and conduct health inspections in First Nations communities to support them in managing public health hazards related to the environment.	☐
Dentist	Dentists are health professionals whose role is to prevent, diagnose and treat tooth and gum problems. Dentists take care of their patients' dental health through examinations, preventive care and surgical procedures.	☐
Midwife	Midwives are health professionals trained to provide a comprehensive spectrum of support and care during pregnancy, labour and delivery. They also provide support to parents and newborns.	☐
Dental assistant	Dental assistants disinfect and prepare the room and dental instruments needed for various treatments or examinations. Their role is to assist the dentist or dental hygienist, and to educate clients about dental hygiene.	☐

IN THE TABLE BELOW, ADD A CHECK MARK IF YOU'RE FAMILIAR WITH THAT OCCUPATION

I'm familiar with this occupation

Occupation	What is it?	Yes
HEALTH AND WELLNESS (CONTINUED)		
Medical secretary	Medical secretaries are specially trained to understand medical terminology and procedures.	☐
Medical archivist	Medical archivists primarily create and manage medical records.	☐
Optician	Opticians fit clients with glasses or contact lenses based on the prescriptions of ophthalmologists or optometrists. Their job also includes helping clients choose the appropriate frame, ordering glasses and contact lenses, and making adjustments.	☐
Optometrist	Optometrists examine patients' eyes to diagnose vision problems or eye diseases.	☐
Paramedic Emergency medical technician (EMT)	Paramedics are often the first to arrive at the scene of an accident. They must quickly assess the patient's needs and provide emergency medical care before transporting them to hospital.	☐
Pharmacist	Pharmacists store medications and prepare prescriptions. They can also prescribe certain medications and renew prescriptions.	☐
Doctor	Doctors diagnose, treat and prevent health problems. They help patients stay healthy thanks to their in-depth knowledge of medicine and the human body.	☐
Nurse	Nurses assess patients' health status, transmit health information, and provide care.	☐
Veterinarian	Veterinarians diagnose and treat sick or injured animals and help prevent disease through vaccination.	☐
Specialized educator	Specialized educators help people of all ages overcome a variety of problems (e.g., physical, intellectual or neurological disabilities, addiction disorders, learning difficulties, language delays).	☐
Audiologist	Audiologists diagnose and treat hearing disorders or other disorders that prevent people from communicating effectively.	☐
Chiropractor	Chiropractors diagnose and treat patients, and they prevent the onset of musculoskeletal disorders and their effects on general health.	☐
Physiotherapist	Physiotherapists work with people with physical disabilities to restore optimal physical functioning. They assess patients and make recommendations	☐
Kinesiologist	Kinesiologists use movement for prevention, treatment, and performance purposes. They design safe physical activity programs tailored to their clients' needs.	☐

IN THE TABLE BELOW, ADD A CHECK MARK IF YOU'RE FAMILIAR WITH THAT OCCUPATION

I'm familiar
with this
occupation

Occupation	What is it?	Yes
MEDICAL TECHNOLOGY		
Medical laboratory technician	Medical laboratory technicians independently carry out experiments and tests to help with the diagnosis and treatment of diseases.	☐
Medical radiation technologist	Medical radiation technologists use sophisticated medical imaging techniques to detect abnormalities in the human body.	☐
SUPPORT WORK		
Social worker	Social workers work with individuals, couples, families, groups and communities to help them solve or prevent a wide range of problems (e.g., violence, suicide, delinquency).	☐
Psychologist	Psychologists study their patients' thought processes and behaviours to treat their psychological and behavioural disorders.	☐
Outreach worker	Outreach workers work with young people or adults in difficulty. They go to various locations (e.g., parks, schools, bars) to make themselves available to people who may need help.	☐



Game WORD SEARCH

Find the health and wellness words hidden in the grid below. Look carefully! Words can be written horizontally, vertically or backwards. Good luck!

I	L	T	T	H	I	E	E	E	I	T	S	E	V	F	Q	I	L	Z	O	T
E	R	E	R	I	A	N	I	R	E	T	S	T	M	G	G	O	P	A	Y	T
N	A	I	R	A	N	I	R	E	T	E	V	I	R	Z	E	N	W	O	M	Y
E	R	O	I	N	S	R	A	N	O	O	S	U	G	A	I	L	S	W	O	L
D	Y	X	Y	U	Q	D	O	T	R	D	T	Y	U	O	D	I	A	I	E	H
S	R	R	O	T	C	A	R	P	O	R	I	H	C	N	L	O	D	I	G	U
E	T	S	I	R	T	E	M	O	T	P	O	I	E	D	S	O	S	S	P	A
P	H	Y	S	I	O	T	H	E	R	A	P	I	S	T	A	F	I	O	O	A
T	C	B	A	T	U	G	X	M	Z	E	C	K	V	H	A	L	G	D	N	L
S	E	T	S	I	C	A	M	R	A	H	P	R	O	E	P	P	O	Y	A	E
I	A	I	C	O	S	R	U	E	L	L	I	A	V	R	R	S	I	G	T	R
G	N	E	E	N	E	I	Y	T	P	V	C	S	O	A	S	Y	O	E	U	D
O	A	U	D	I	O	L	O	G	I	S	T	E	F	P	M	C	N	I	R	O
L	E	G	P	S	O	B	U	Z	O	O	B	E	L	I	E	H	H	S	O	C
O	A	E	F	T	E	H	E	T	J	W	E	H	D	S	T	O	O	A	P	T
I	J	L	C	T	D	D	L	F	V	G	F	W	R	T	S	L	P	C	A	O
S	C	T	S	E	R	E	S	R	U	N	I	N	I	E	I	O	Q	I	T	R
E	G	C	J	Q	I	J	N	P	U	F	G	G	E	N	T	G	E	T	H	N
N	M	O	C	H	D	S	M	U	E	X	V	N	C	N	N	I	R	P	E	G
I	L	S	D	E	E	L	R	M	S	R	E	T	O	A	E	S	H	O	M	H
K	M	Y	T	X	Q	A	E	H	U	P	M	R	N	R	D	T	O	C	L	M

WORDS TO FIND

Audiologist
Chiropractor
Dentist
Doctor

Midwife
Nurse
Nutritionist
Optometrist

Occupational therapist
Pharmacist
Psychologist
Radiologist

Kinesiologist
Veterinarian
Naturopath
Physiotherapist

SPOTLIGHT ON SOCIAL WORK AND NURSING

SOCIAL WORK: PROMOTING WELLNESS AT THE HEART OF OUR COMMUNITIES

Are you open-minded and a good listener? Do you like giving advice to people and helping them solve various problems? Social work may be for you!

Social workers assess the nature and severity of the problems of the people they work with, identify their needs, and propose courses of action, services or activities.

DID YOU KNOW?

Depending on your career goals, to work in this field you can either complete a college diploma (DEC) in social work at CEGEP or a bachelor's degree in social work at university.

NURSING: A WORLD OF POSSIBILITIES

Nurses provide a whole range of care based on the needs of the person or group of people they are treating. They work with people at all stages of life, from newborns to the elderly.

In addition to caring for people, nurses contribute to research on health promotion and disease prevention, and organize educational programs and healthcare consultations.

DID YOU KNOW?

The nursing profession is incredibly diverse and flexible. Nurses can work not only in medical clinics and hospitals, but also in research laboratories, government offices and private companies.

VOCATIONAL SCHOOL, CEGEP OR UNIVERSITY?

If you're interested in nursing, you have several options. Depending on how many years of school you want to do, you can study to become a nursing assistant, nurse, nurse clinician, or specialized nurse practitioner.

If you have any questions or need advice on how to get into nursing, talk to your guidance counsellor.



Game TRUE OR FALSE?

Read the statements below and circle the answer you think is right.

1	There is a special program for First Nations and Inuit students who want to become doctors.	True	or	false
2	Health and wellness occupations require many years of schooling.	True	or	false
3	Students with disabilities have no career prospects in the fields of health and wellness.	True	or	false
4	A career in health and wellness will allow you to make a difference in your community.	True	or	false
5	There are more than 50 accredited health occupations.	True	or	false
6	If I haven't completed all the secondary school courses required for admission to a health or wellness program, I should choose a different program.	True	or	false
7	Math is the only subject I need to get into a health-related field.	True	or	false
8	Anyone can work in the field of health or wellness.	True	or	false



DID YOU KNOW?

Here are some fun scientific facts. The field of science encompasses a wide variety of educational backgrounds and occupations.

Enjoy!

- Did you know that the human body contains 206 bones in adulthood, but 270 at birth? Some bones fuse together as we grow.
- From birth to adulthood, our eyes always stay the same size, unlike our nose and ears, which never stop growing.
- Lobsters have blue blood.
- Sharks don't get cancer.
- Crocodiles swallow stones so they can dive deeper.
- There are more trees on Earth than stars in our galaxy.
- Hydrogen combustion produces water.
- The temperature of lightning is about 27,700°C, five times hotter than the sun!
- A cloud can weigh more than a million pounds.
- Marine animals use Earth's magnetic field to orient themselves.
- No matter its size or thickness, a piece of paper cannot be folded more than 7 times.
- You can figure out the temperature outside by counting the number of times a cricket chirps in 14 seconds, then adding 8 and multiplying the result by 5/9!
- J is the only letter that doesn't appear in the periodic table of elements!
- The human body is made up of 90% oxygen, carbon, hydrogen and nitrogen.
- Diamond is the hardest material known to man.



If you're interested in this type of scientific information, you should consider a career in science.

Have you thought about the Science DEC at Kiuna College? It's an educational institution in Odanak created by and for First Nations and Inuit.



Game

WORD SCRAMBLE AND MATCHING

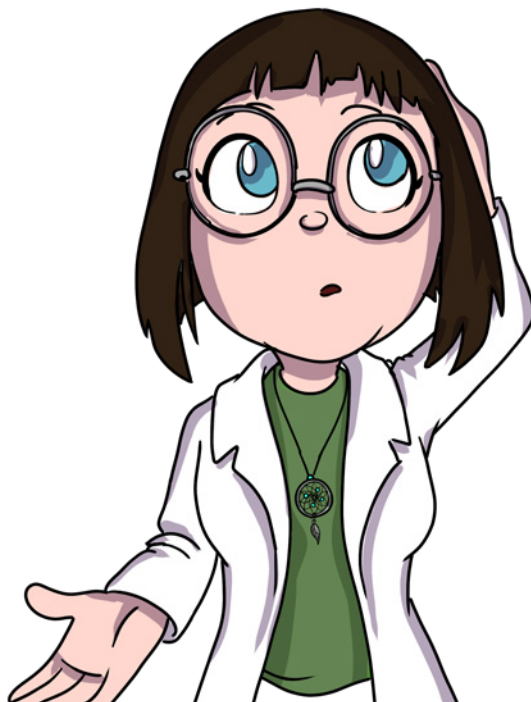
Rearrange the letters in the right order to form the name of an occupation.
Next, match each occupation to its definition in the right column.

Good luck!

WORD SCRAMBLE	WORD	DEFINITION
1. aevrteirinna	1. _____	• Helps your mouth and teeth stay healthy.
2. sittned	2. _____	• Person who administers vaccines.
3. rdtoco	3. _____	• Drives an ambulance or performs emergency resuscitation.
4. elhtha ekrwro	4. _____	• Disseminates health information to communities.
5. eunsr	5. _____	• An apple a day keeps them away!
6. aripdmcae	6. _____	• Treats sick or injured animals.
7. rtmopeotsit	7. _____	• Person to see when you need glasses.

WORDS

Optometrist
Nurse
Veterinarian
Dentist
Health worker
Paramedic
Doctor



MULTIPLE PATHS, ENDLESS POSSIBILITIES

Many different paths lead to a career in health and wellness. While you can always get a job as a filing clerk or assistant, most jobs in these fields require at least one year of post-secondary education.

MAKE AN EASY CAREER CHOICE

You're probably wondering how much schooling or training you'll need to reach your career objectives, or which jobs will be available to you based on the years of schooling or training you're willing to do. Some occupations require a certificate issued after one year of training, while others can require up to 12 years of post-secondary education.

PROFESSIONAL ACCREDITATION

Many health and wellness occupations are governed by professional standards. Most of the time, your study program will include an internship period. Some occupations also require you to pass a professional exam to obtain your permit.

The table below provides an overview of the studies required for different occupations in these fields.

HEALTH AND WELLNESS		
Dentist	University	7 years of post-secondary education
Dental assistant	Diploma of vocational studies (Attestation of College Studies [ACS])	1 year of post-secondary education
Dental hygienist	CEGEP or college (technical)	3 years of post-secondary education
Denturist	CEGEP or college (technical)	3 years of post-secondary education
Medical secretary Medical archivist	Diploma of vocational studies (AEC)	1 to 3 years of post-secondary education
Nurse practitioner	University	7 years of post-secondary education
Optician	CEGEP or college (technical)	3 years of post-secondary education
Optometrist	University	7 to 8 years of post-secondary education
Paramedic Emergency medical technician	CEGEP or college (technical)	3 years of post-secondary education
Pharmacist	University	5 years of post-secondary education
General practitioner/ Family doctor	University	8 to 12 years of post-secondary education

HEALTH AND WELLNESS (CONTINUED)

Medical specialist	University	8 to 16 years of post-secondary education
Nursing assistant	Diploma of vocational studies (AEC)	2 years of post-secondary education
Nurse	CEGEP or college (technical) University	3 to 5 years of post-secondary education
Veterinarian	University	7 to 8 years of post-secondary education
Nutritionist	University	5 to 8 years of post-secondary education
Health director	University	3 to 12 years of post-secondary education
Midwife	University	6 years of post-secondary education
Naturopath	University	5 to 7 years of post-secondary education
Personal support worker	Diploma of vocational studies (AEC)	1 year of post-secondary education
Acupuncturist	CEGEP or college (technical)	3 years of post-secondary education
Audiologist Speech-language pathologist	University	6 to 8 years of post-secondary education
Chiropractor	University	7 to 8 years of post-secondary education
Kinesiologist	University	5 to 7 years of post-secondary education
Massage therapist	Diploma of vocational studies (AEC)	2 years of post-secondary education
Occupational therapist	University	7 to 8 years of post-secondary education
Physiotherapist	University	4 to 5 years of post-secondary education
Podiatrist Podologist	University	7 to 8 years of post-secondary education
Respiratory therapist	CEGEP or college (technical)	3 years of post-secondary education

MEDICAL TECHNOLOGIES		
Biotechnologist	CEGEP or college (technical)	3 years of post-secondary education
Cardiology technician	CEGEP or college (technical)	3 years of post-secondary education
Medical laboratory technician	CEGEP or college (technical)	3 years of post-secondary education
Medical radiation technologist	CEGEP or college (technical)	3 years of post-secondary education
Ultrasound technologist	CEGEP or college (technical)	3 years of post-secondary education
SUPPORT WORK		
Social worker	University	2 to 6 years of post-secondary education
Therapist (couple and family)	University	7 years of post-secondary education
Psychoeducator	University	7 years of post-secondary education
Psychiatrist	University	10 to 12 years of post-secondary education
Psychologist	University	9 years of post-secondary education

You can do it!
**THERE ARE A TON
 OF RESOURCES TO HELP YOU
 REACH YOUR GOALS**

FREQUENTLY ASKED QUESTIONS

I'm a secondary school student. Why should I choose a career in health or wellness?

- Jobs in these fields provide a stimulating and interesting work environment.
- These are booming fields that offer competitive wages.
- Jobs in these fields are very rewarding.
- You'll make a difference in people's lives.
- You'll get the opportunity to help others and your community.

Whom should I see to get more information?

- Your school guidance counsellor, post-secondary education counsellor, or community education centre.
- A community health representative, nurse, dentist, doctor, paramedic, psychologist, social worker, or any other person in a health profession.
- Your teacher.
- Your parents or family.

What are the prerequisites?

- **Have a high school diploma or vocational studies diploma and have passed the following courses:**
 - Secondary 5 Language of Instruction
 - Secondary 5 Second Language
 - Secondary 4 Mathematics
- **Depending on the program you choose, the courses required for admission may differ. Other courses that may be required include:**
 - Secondary 5 Mathematics – Technical and Scientific option or Science option
 - Secondary 5 Chemistry
 - Secondary 5 Physics

What happens if I graduate from high school, but I haven't completed all the prerequisites for the program I'm interested in?

- Most CEGEPs and colleges offer preparatory programs allowing you to take the courses you need for your desired program. These preparatory programs usually take place over two semesters (one school year).

What are my choices if I want to study in a health or wellness program, but not at the university level?

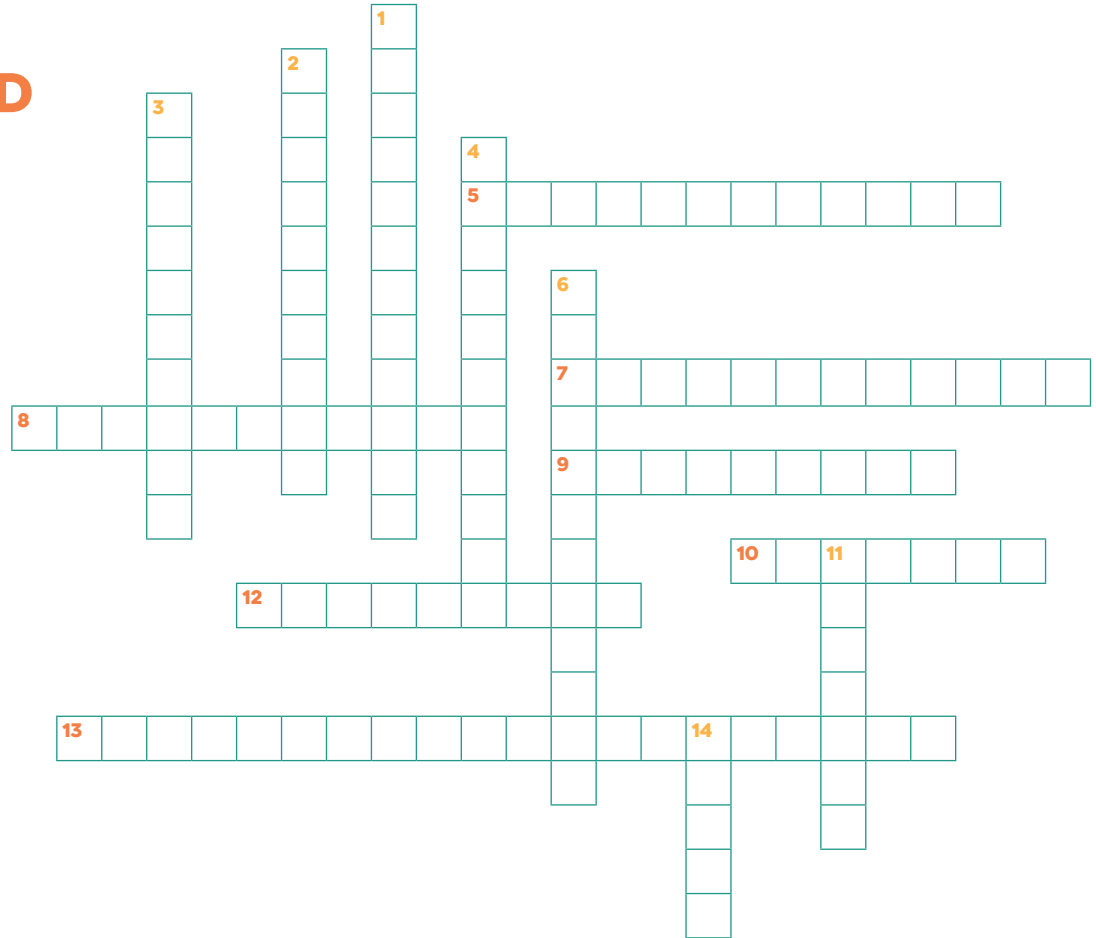
- There's something for everyone. Not all occupations in these fields require a university degree. Some require a vocational studies diploma or a college diploma. It is also possible, in some cases, to have your professional experience recognized through the recognition of acquired competencies.



Game CROSSWORD

CROSSWORDS

(page 18)



DOWN

1. Treats sick animals
2. Provides guidance to people who are experiencing difficulties
3. Provides medication according to a prescription
4. Treats vision disorders
6. Helps families who are experiencing difficulties
11. Provides dental care
14. Provides primary health care (e.g., vaccine administration)

ACROSS

5. Treats mental disorders
7. Treats and prevents musculoskeletal disorders
8. Treats hearing disorders
9. Assists the professional in their work
10. Helps women during childbirth
12. How knowledge and know-how are acquired
13. Helps researchers in medical research laboratories

Game

GUESS WHO?

Read each paragraph below and choose the correct answer.

1. My job is to transmit health information and provide medical care to sick or injured people. I am also responsible for monitoring the condition of the people I care for, giving them their medication, and providing them with the care prescribed by their doctor. I can practise my profession in a clinic, hospital, school, or public health department. Who am I?
 - a) Nurse practitioner
 - b) Laboratory technician
 - c) Audiologist
 - d) Prime Minister
2. My job is to examine the mouths of the people who see me and to treat their teeth, gum, tongue, lip and jaw problems. Although I generally practise my profession in a clinic, I can also work in a hospital, in a public service or even in the army. Who am I?
 - a) Medical imaging technologist
 - b) Dentist
 - c) Psychologist
 - d) Tooth fairy
3. My job is to promote health through nutrition. I develop nutrition plans to help people regain or maintain their health. I can practise my profession in a clinic, hospital, research laboratory, public service, private practice or in the food industry. Who am I?
 - a) Nutritionist
 - b) Vegetarian
 - c) Therapist
 - d) Nursing assistant
4. As a member of the emergency medical team, I provide first aid and emergency medical care until patients get to the hospital. My job is to transport them by ambulance or plane. Who am I?
 - a) Veterinarian
 - b) Paramedic/EMT
 - c) Pilot
 - d) Midwife
5. My profession is to identify and eliminate the risks associated with hazardous substances such as chemicals, radioactive materials and bacteria. I can practise my profession in different contexts, including public services. Who am I?
 - a) Audiologist
 - b) Health educator
 - c) Environmental health officer
 - d) Lifeguard
6. My job is to manage medical records in healthcare facilities. I develop and manage health information systems, while ensuring that they meet current medical, legal and ethical standards. I can practise my profession in hospitals, outpatient clinics, insurance companies, government agencies, or the private sector. Who am I?
 - a) Medical archivist
 - b) Pharmacist
 - c) Social worker
 - d) Janitor

PUZZLE ANSWERS

TRUE OR FALSE?

(page 10)

1. True

The Quebec First Nations and Inuit Faculties of Medicine Program supports First Nations and Inuit people who want to study medicine through a guidance structure that facilitates their admission and integration throughout their university career.

2. False

You don't need a university degree to have a career in health. Some careers can be accessed with a college diploma or vocational school diploma.

3. False

There are many health and wellness occupations that are accessible to students with disabilities. In fact, there is virtually no limit to what you can do. Check with student services that the school you plan to attend is easily accessible to people with disabilities.

4. True

Health and wellness occupations make a genuine difference in the lives of people and your community.

5. True

Specifically, there are 54 medical specializations in addition to all the other health occupations.

6. False

Across Canada, many CEGEPs and vocational institutions offer preparatory programs that allow students to complete the courses they need to access post-secondary health programs.

7. False

Although math is an important subject when studying in the health field, physics, chemistry and science are equally important subjects.

8. True

Health and wellness occupations are accessible to everyone. There are multiple options, depending on the number of years you want to study. Educational institutions also offer a range of academic support and counselling services to help guide you through your studies.

WORD SCRAMBLE AND MATCHING

(page 12)

1. Veterinarian:

Treats sick and injured animals.

2. Dentist:

Helps your teeth and mouth stay healthy.

3. Doctor:

An apple a day keeps them away!

4. Health worker:

Disseminates health information to communities.

5. Nurse:

Person who administers vaccines.

6. Paramedic:

Drives an ambulance or performs emergency resuscitation.

7. Optometrist:

Person you go to when you need glasses.

CROSSWORDS

(page 18)

DOWN

1. Veterinarian
2. Counsellor
3. Pharmacist
4. Optometrist
6. Social worker
11. Dentist
14. Nurse

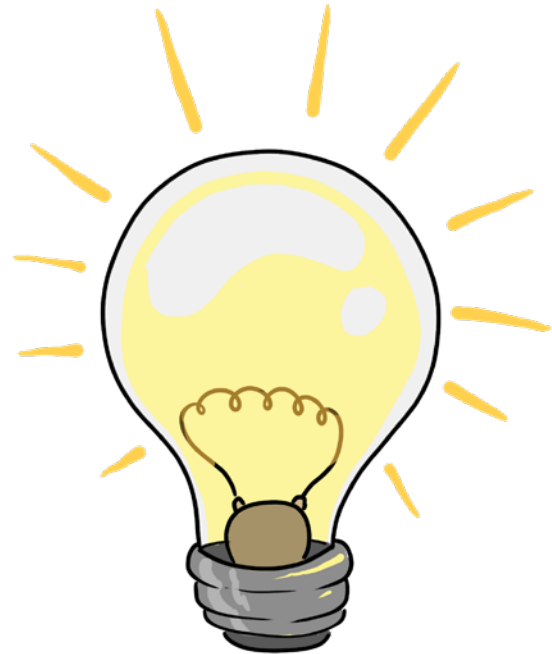
ACROSS

5. Psychologist
7. Chiropractor
8. Audiologist
9. Assistant
10. Midwife
12. Education
13. Laboratory technician

GUESS WHO?

(page 19)

1. a) Nurse
2. b) Dentist
3. a) Nutritionist
4. b) Paramedic
5. c) Environmental health officer
6. a) Medical archivist



RESOURCES

FOR MORE INFORMATION

Avenir en santé au Québec:

avenirensante.gouv.qc.ca/en/carrieres

Wage data:

jobbank.gc.ca/wagereport/location/qc

Travailler en santé:

Avez-vous déjà pensé à ces 7 métiers? (French only)

admission.umontreal.ca/futur-etudiant/article/travailler-en-sante-avez-vous-deja-pense-a-ces-7-metiers

FOR MORE INFORMATION ON SCHOOLING

Explanation of the different diplomas:

schoolfinder.com/Discover/Article/25/6518/Canadas-Education-System-Explained

Kiuna College:

kiuna-college.com/eng/

List of nursing schools in Canada:

casn.ca/education/education-home/

Scholarships in Canada:

scholarshipscanada.com/Index.aspx

Association of Faculties of Medicine of Canada:

afmc.ca/

Quebec First Nations and Inuit Faculties of Medicine Program:

ibecomeadoctor.com

Indigenous Physicians Association of Canada:

ipacamic.ca/

FOR MORE INFORMATION ON SCIENCE

Science journal for kids and teens:

sciencejournalforkids.org/

RESOURCES TO EXPLORE YOUR INTERESTS AND DIFFERENT PROGRAMS

New Pathways Foundation's Become initiative:

nouveauxsentiers.com/en/become/

Université de Montréal's Find Your Path career quiz:

admission.umontreal.ca/cursus/index.php?l=en

Explore career possibilities and your personality:

jobbank.gc.ca/career-planning/quizzes



MISSION

**To accompany Quebec First Nations
in achieving their health, wellness, culture
and self-determination goals.**



VISION

**First Nations individuals, families
and communities are healthy, have equitable access
to quality care and services, and are self-determining
and culturally empowered.**



**FIRST NATIONS OF QUEBEC
AND LABRADOR HEALTH
AND SOCIAL SERVICES
COMMISSION**

cssspnql.com/en