



VIEWBOOK

CÉGEP  
Heritage  
COLLEGE

VIEWBOOK




home of the  
HERITAGE  
HURRICANES





# Welcome CÉGEP Heritage College



**CÉGEP Heritage College** is a publicly funded Anglophone CÉGEP in Western Quebec. We are proud of our holistic approach to student and staff well-being, inclusive college culture, outstanding teaching, engaging co-curricular activities, strong Varsity Athletics programming, and state-of-the-art facilities. The college engages and empowers students and staff in transforming their lives and communities through a world-class educational experience. We offer seven (7) Career programs and four (4) Pre-University programs that prepare students either for immediate entry into the labour force or for future study at university. Both types of programs lead to a Diploma of College Studies (DCS). Our innovative Centre for Continuing Education offers 1-year programs leading to Attestations of College Studies (ACS), as well as evening and weekend courses. In addition, we offer personal, professional and Continuing Education evening courses for adults.

CÉGEP Heritage College is one of 48 CÉGEPs in the province of Quebec. We are located 10 minutes from downtown Ottawa in the heart of the National Capital Region, bordering scenic Gatineau Park.



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# Our Mission

## Mission Statement

To ensure every student and staff achieve their full potential through the provision of world-class and life-enhancing education environments in all areas of college life.

## Vision Statement

Our College community is understood as an interconnected ecosystem in which each person's flourishing is dependent on our flourishing together.



## Charter of the French Language

All students are required to take a total of five French courses to receive a Diploma of College Studies (DCS). Depending on your high school French level, and whether you hold a certificate of eligibility to study in English from the Ministry of Education, these courses may be French second language courses or they may be program courses taught in French.

- Students with a certificate of eligibility to study in English who are at French level 100/101 take 5 French second language courses.
- Students with a certificate of eligibility to study in English who are at French level 102/103 take 2 French second language courses, 2 French complementary courses and 1 program specific course in French.
- Students without a certificate of eligibility to study in English take 3 French literature courses, 1 French complementary course and 1 program specific course in French.

### LAW 14 - Admission

Each Student Must Take Five French Courses

non-certificate Holder	Certificate Holder French level 100 and 101	Certificate Holder French level 102 and 103
EU1 1	FSL 1	FSL 1
EU1 2	FSL 2	FSL 2
EU1 3	FSL 3	Complementary
Complementary	FSL 4	Complementary
Program Course	FSL 5	Program course
*Student writes French Exit Exam	* Student writes English Exit Exam	* Student writes English Exit Exam

\*Program content may vary in accordance with provincial changes resulting from the French Charter.



# General Program Information

CÉGEP Heritage College offers two (2) types of programs: Pre-University and Career programs which lead to a Diploma of College Studies (DCS) awarded by the Ministry of Education. Graduates generally qualify for advanced standing status at out-of-province universities.

## Program Structure

Each program includes a General Education component and a program-specific component.

General Education courses, common to all programs, include English, Humanities or Philosophy, Physical Education, French language and French Complementary courses. Complementary courses are chosen outside the student's field of studies.

Program-specific courses include subjects that will prepare you for university studies in a particular field or to enter the job market in your chosen profession.

## Program Exit Assessment

To qualify for graduation, you must successfully complete the Program Exit Assessment activity for your particular program. This activity demonstrates that you have synthesized all the elements of your program.

## Language Exit Exam

The Ministry of Education also requires that you pass the Language Exit Exam, which evaluates college level reading, writing and critical-thinking skills, in order to receive your diploma. You are eligible to write the exam when you have passed two language courses and are in the process of completing a third. All students are expected to write the French Exit Exam (EUF), except those students that hold a certificate of eligibility to study in English, who write the English Exit Exam (EEE).



# Admission Requirements

**Admission Criteria** required in addition to a Quebec High School Diploma, or equivalent.

Code	Program	Math				Science				Other
		CST4	CST5	TS or SN 4	TS or SN 5	ST or AST 4	EST or SE 4	Chemistry 5	Physics 5	
081.06	Springboard									
180.A0	Nursing						X	X		Applicants with a Secondary 5 average of 75% or higher are prioritized. Must meet a 101 college level of English and French after evaluation.
200.B1	Science				X			X	X	
243.G0	Electronics Engineering Technology		X or X							Applicants with Math TS or SN4 will be prioritized.
300.A1	Social Science without Math profile	X								
300.A3	Social Science with Math profile				X					
322.A1	Early Childhood Education									
351.A1	Special Education Techniques									
410.G0	Business Administration									Applicants with Math TS or SN4 will be prioritized.
570.G0	Graphic and Web Design									
420.B0	Computer Science		X or X							Applicants with Math TS or SN4 will be prioritized
510.A0	Visual Arts									
700.B1	PR1 - Liberal Arts without Math profile	X								
700.B2	PR2 - Liberal Arts with Math profile				X					

## MATH

CST: Cultural, Social and Technical

TS: Technical Scientific

SN: Scientific

## SCIENCE

ST: Science and Technology

AST: Applied Science and Technology

EST: Environmental Science and Technology

SE: Science of the Environment

\* Out-of- province applicants may be required to take an additional remedial French course that must be successfully completed within the first year of studies.



# Admissions

## Application

If you plan to attend the College, you must submit an application through le Service régional d'admission du Montréal métropolitain (SRAM), a central application processing centre. Applications are accepted online only at [www.sram.omnivox.ca](http://www.sram.omnivox.ca). Your completed application must be submitted to SRAM by March 1st for the Fall semester and November 1st for the Winter semester. Applicants for the Fall semester can expect a decision in early April. Applicants refused to the first program of their choice, may apply again mid- April and again mid-May. The College considers all late applications on a space-available basis.

For questions about admissions, email the Registrar's Office at [registrar@cegep-heritage.qc.ca](mailto:registrar@cegep-heritage.qc.ca) or visit the SRAM website at [www.sram.qc.ca](http://www.sram.qc.ca). All the supporting documents (birth certificate, transcripts, diplomas, etc.) that are neither in English nor in French must be translated by a certified translator (bearing the translator's certificate number). Affidavits are not accepted. For more information, contact SRAM directly.



# Springboard

## What Is It?

Springboard study is for students who are undecided and wish to explore educational options further. It is also an option for students who want to

- Obtain prerequisites for admission to a diploma program
- Explore programs of interest
- Upgrade their academic record to improve chances of admission/readmission to a program
- Upgrade language skills
- Study at a CÉGEP while waiting to apply to a program starting in the Fall

## A Springboard Course Load Is 4-5 Courses Including

- General Education courses - English, French, Philosophy/Humanities, Physical Education and Complementaries

and/or

- Remedial Secondary V High School courses – Advanced Math, Physics and Chemistry



## Advantages of Springboard

- Lighter workload — 4-5 courses (instead of 7-8 in a diploma program)
- Time to adapt to college-level learning, work habits and life
- General Education courses taken during Springboard are credited towards diploma programs
- Lighter workload in first year of a program, with a focus on program specific courses

## Important

- Diploma programs start in the Fall only — a student admitted to Springboard in the fall will, therefore, take Springboard in the winter also
- Being in Springboard does not reduce the time it takes to complete a diploma, due to the availability and sequencing of the program specific courses.
- Admission to a diploma program is not automatic, and students have to apply and compete with other applicants
- Remedial high school courses cannot be used to obtain a high school diploma

## Eligibility

- Quebec Secondary School Diploma, or equivalent
- Student must be eligible for admission to the program to explore courses from that program (subject to availability)



# Career Programs

The 3-year Career Programs prepare you for immediate entry into the labour force or future study at university.

**Business Administration (Co-op\*)**

**8**

**Computer Science (Co-op\*)**

**10**

**Early Childhood Education (Co-op\*)**

**12**

**Electronics Engineering Technology (Co-op\*)**

**14**

**Graphic and Web Design (Co-op\*)**

**16**

**Nursing**

**18**

**Special Education Techniques (Co-op\*)**

**20**

## \* Co-op

### Co-op Work Term

A key feature of these programs is the co-op component, where qualified students have the opportunity to participate in paid summer work terms after completing their first and second year of study. Access to a professional setting provides students with practical real-life work experience, greatly improving their employability.

# BUSINESS ADMINISTRATION

YOUR FUTURE IN BUSINESS STARTS HERE.

## SPECIFIC PREREQUISITES

None

To apply to this program, select 410.  
GO Administration and Management  
Technology on the SRAM website.

## Program Highlights

The Business Administration program is designed to give students the knowledge, skills, and confidence to thrive in today's fast-paced business world. From the very first semester, students dive into interactive, hands-on courses where learning goes beyond the textbook. Through real-world case studies, simulations, team projects, and the latest business technologies, students discover how to think like a leader and problem-solve like an entrepreneur. Students gain a strong foundation across all areas of business — including accounting, finance, marketing, human resources, operations, management, and technology — so they are prepared to pursue any path that excites them. Along the way, students work with professional software like spreadsheets, marketing and data analytics tools and accounting applications used by today's top companies. Best of all, students have the chance to take their learning beyond the classroom with an internship, co-op opportunities and a community tax clinic giving them valuable workplace experience, industry connections, and a competitive edge when they graduate.

## What You Will Learn

- To confidently process and analyze accounting transactions
- To implement and monitor effective budgetary controls for sound financial management.
- To develop strong speaking and writing skills to share ideas clearly.
- To gather and make sense of important business data, and make smart business decisions based on the information uncovered.
- To prepare real-life personal tax returns.
- To analyze financial information, understand key numbers, and explore ways to fund a business.
- To manage time and tasks effectively, work well on a team, and use negotiation skills to solve problems.
- To learn how to recruit and train great team members, create a positive work environment, and handle workplace challenges.
- To develop and carry out creative marketing strategies, and use digital tools to promote businesses.
- To develop a business plan, execute projects, and learn how to improve supply chains.

## Career & Educational Paths

Whether a student's dream is to run their own business, climb the corporate ladder, or continue studies at the university level, this program gives students the essential skills, practical experience, and career-ready mindset to make it happen. Graduates of the program can apply their acquired skills to all sectors of activity and industries, including high technology, financial services, sports and entertainment, retail, hospitality, non-profit and government organizations. Graduates may be initially employed in a wide range of positions and hold titles such as accounting assistant, operations coordinator, business development associate, human resources assistant, social media specialist, payroll administrator, junior financial analyst, brand coordinator, logistics coordinator and many more.







# SAMPLE PROFILE

## 1st Semester

Introduction to Business  
Financial Accounting I  
Business Technologies: Foundations  
Personal Financial Planning  
Introduction to College English  
French\*  
Physical Activity and Health

## 2nd Semester

Financial Accounting II  
Business Communications  
HRM I: Planning, Staffing & Training  
Marketing Foundations  
Business Law  
Literary Genres  
French\*

## 3rd Semester

Financial Accounting III  
Operations Management  
Business & Market Research  
Visual Design for Business  
HRM II: Employee & Labour Relations  
Literary Themes  
French\*  
Physical Activity and Effectiveness

## 4th Semester

Finance  
Taxation  
Supply Chain Management  
Digital Marketing  
Managerial Accounting  
Humanities - Knowledge  
English - Professional Milieu

## 5th Semester

Advanced Accounting  
Project Management  
Marketing Dynamics: Customer Behaviour & Customer Service  
Organizational Behaviour  
Business Analytics & Visualizations  
Humanities - World Views  
French or French Complementary\*

## 6th Semester

Business Plan Development  
Strategic Management  
Internship  
Français des affaires  
Humanities - Values in the Workplace  
Physical Education

## Program Exit Assessment

\* Course placement depends on high school French level, and whether you hold a certificate of eligibility to study in English



# COMPUTER SCIENCE

IF YOU LIKE PROBLEM SOLVING, WORKING WITH PEOPLE, AND CONTINUALLY LEARNING NEW SKILLS AND TECHNOLOGIES, THIS CO-OP PROGRAM IS THE FIRST STEP TO A REWARDING, WELL-PAYING CAREER.

## SPECIFIC PREREQUISITES

Sec IV Technical and Scientific Math, Sec IV Science Math or Sec V Cultural Math.

To apply to this program, select 420.B0 Computer Science Technology on the SRAM website.

## Program Highlights

The three-year Computer Science program prepares students for a challenging career or further university studies in the Information Technology field. It culminates in a development project, during which students work as a team to develop an entire system, integrating the knowledge they have gained in the five main streams of the program.

Students also develop key employability skills, such as communications, interpersonal skills, business fundamentals, problem solving and professionalism.

## What You Will Learn

- Programming: object-oriented programming, data structures, user interface designs
- Web Programming: static and dynamic web sites, responsive web design, mobile and desktop web application development
- Database: data modeling and database design, SQL
- Systems: full software lifecycle using Agile, system development and maintenance, IT security
- Technical: hardware/software installation, operating systems, networks, user support
- HTML, CSS, JavaScript, ASP.NET, AJAX, PHP, Node.js, MVC, Web services
- Java, C#, Python
- Oracle, SQL Server, unstructured data
- Windows, Linux, Windows Server
- Industry trends: IoT, IT security, machine learning



## Career & Educational Paths

Computer Science students are well prepared for careers as programmers/analysts, web developers/ designers, database administrators, software developers, quality assurance professionals and user support or technical support specialists. Upon successful completion of the program, students are ready to assume positions as information systems professionals in any number of sectors, such as public safety, health care and government. Graduates of the program enjoy excellent starting salaries and a very high level of employment.







# SAMPLE PROFILE

## 1st Semester

Introduction to College English  
Knowledge  
Physical Activity and Health  
French\*  
Math for Computer Science\*  
Hardware and Operating Systems  
Programming I  
Web Programming I

## 2nd Semester

Literary Genres  
Physical Activity and Effectiveness  
French\*  
Business in the Workplace  
Networks  
Programming II  
Web Programming II

## 3rd Semester

Literary Themes  
French or French Complementary\*  
Web Programming III  
Programming III  
Database Management I  
Systems Analysis

## 4th Semester

English - Professional Milieu  
Humanities - Values in the Workplace  
French\*  
Web Programming IV  
Web Programming V  
Database Management II

## 5th Semester

Physical Activity and Autonomy  
World Views  
Advanced Topics in Computer Science I  
Web Programming VI  
Systems Maintenance  
Development Project I  
Complementary Course

## 6th Semester

French or French Complementary\*  
IT Security  
Development Project II  
Advanced Topics in Computer Science II

## Program Exit Assessment

\* Course placement depends on high school French level, and whether you hold a certificate of eligibility to study in English



# EARLY CHILDHOOD EDUCATION

## BELIEVING IN THE VALUE OF CHILDREN

EARLY CHILDHOOD EDUCATION IS THE PROFESSIONAL PRACTICE OF PROVIDING HIGH-QUALITY EDUCATIONAL AND NURTURING ENVIRONMENTS FOR YOUNG CHILDREN. EDUCATORS BELIEVE IN THE INHERENT VALUE OF EVERY CHILD AND WORK COLLABORATIVELY TO PLAN AND DELIVER WELL-DESIGNED LEARNING EXPERIENCES.



### SPECIFIC PREREQUISITES

None

To apply to this program, select 322.A1 Early Childhood Education on the SRAM website.

### Program Highlights

The Early Childhood Education (ECE) Program is a three-year dual-track diploma program. Graduates from this Program secure employment within the diverse early learning and education sectors or may choose to go onto university for further studies. The courses in this program focus on child development, best practices in early learning, a wide variety of teaching approaches and creative learning opportunities.

Early childhood students have multiple opportunities to participate in community-based fieldwork placements. These practical hands-on placements provide wonderful real-life opportunities for students to engage with children and learn alongside skilled early childhood professionals.

The ECE diploma from CÉGEP Heritage College is recognized nationwide, allowing graduates to work as educators anywhere in Canada.

### What You Will Learn

- Best practices in child development and early learning strategies
- How to plan and implement dynamic early learning opportunities
- Hands-on practical approaches to guiding and supporting young children
- Critical thinking and ethical approaches related to work with children and families



### Career & Educational Paths

Graduates of the Early Childhood Education (ECE) Program are qualified to work with children from infancy to 12 years. Graduates may pursue careers within the diverse early learning, education, and childcare sectors.

#### Employment Opportunities Include

- Licenced childcare
- Elementary schools
- Family support programs
- Support for children with special needs
- Community-based health and social support programs
- Teaching early childhood education internationally

#### ECE Dual-track Diploma Program

CÉGEP Heritage College ECE graduates enjoy the option of continuing their studies at the university level. Postgraduate areas of study may include Psychology, Child and Youth Studies, Social Work, Gender Studies, and Education. ECE graduates may receive advanced standing and/or course credits at Carleton University, University of Ottawa and Bishop's University, enabling them to complete a bachelor's degree in a shorter timeframe.





# SAMPLE PROFILE

## 1st Semester

Introduction to College English  
French\*  
Knowledge  
Physical Activity and Effectiveness  
Play-Based Learning: Theory into Practice\*  
Foundations of Child Development I  
Children's Literature

## 2nd Semester

Literary Genres  
World Views  
French\*  
Foundations of Child Development II  
Role of the Educator  
Career and Workplace Preparation  
Health and Safety

## 3rd Semester

Physical Activity and Health  
Educational Approaches in Early Learning  
Observation and Documentation and Integrative Seminar  
Fieldwork I  
Developmental Psychology in Children

## 4th Semester

English - Caring Milieu  
Humanities - Health and Childcare Values  
Physical Activity and Autonomy  
French or French Complementary\*  
Infant and Toddler Learning Environments  
STEM in Early Learning  
Preschool Learning Environments  
Developmental Psychology Throughout the Lifespan

## 5th Semester

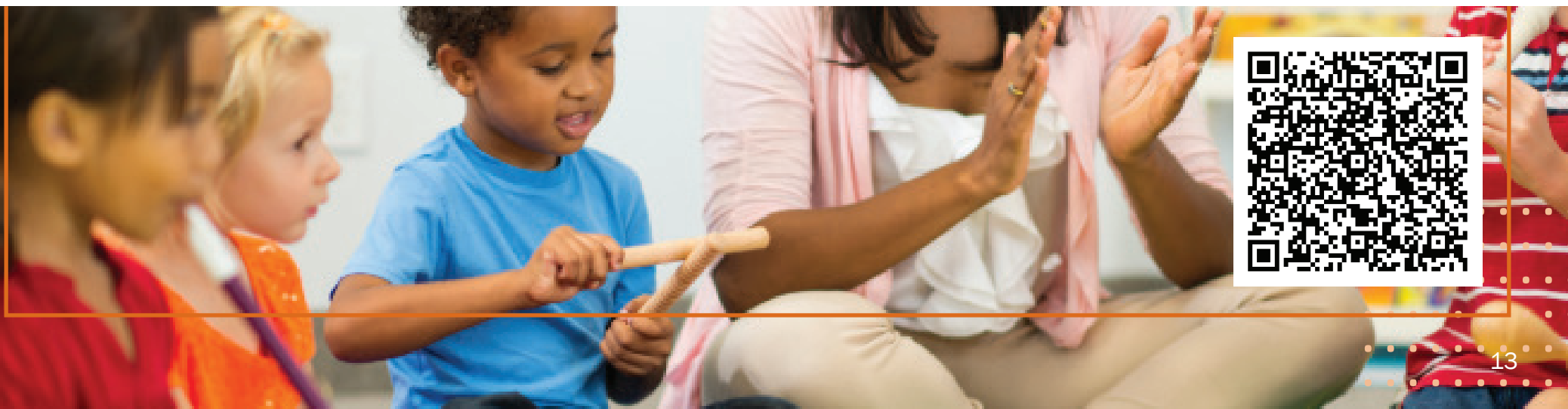
Literary Themes  
French or French Complementary\*  
Communication Skills for Educators  
Administration for Early Learning  
School-Age Early Learning Environments  
Advocacy and Social Justice in Early Childhood  
Sociology of the Family

## 6th Semester

French\*  
Fieldwork II  
Creativity  
Child Guidance  
Healthy Lifestyle Habits  
Inclusion and Exceptionalities  
Program Synthesis and Integrative Seminar

## Program Exit Assessment

\* Course placement depends on high school French level, and whether you hold a certificate of eligibility to study in English



# ELECTRONICS ENGINEERING TECHNOLOGY

IF YOU WANT TO WORK WITH GIANTS OF HIGH TECH AND CONTRIBUTE TO AN EXCITING NEW ECONOMY, THIS IS WHERE YOU SHOULD START

## SPECIFIC PREREQUISITES

Sec IV Technical and Scientific Math or Sec IV Science Math or Sec V Cultural Science and Technology Math

To apply to this program, select 243.G0 Computer Engineering Technology on the SRAM website.

## Program Highlights

In Electronics Engineering Technology, the learning approach is through hands-on experimentation. Not only will you know what various components do in an electric circuit, you'll know what happens when they fail, including the sounds and smells. You'll take home numerous kits which you will assemble, test and program including everything from simple soldering practice kits, to robots, to your very own prototype electronics device. Through problem-based learning, you will study analog and digital electronic circuits; hardware and software computer components; and computer networks, including an intro to wireless (WiFi, 5G) communications. All this will prepare you for either immediate work in the high-tech sector or further study at university.

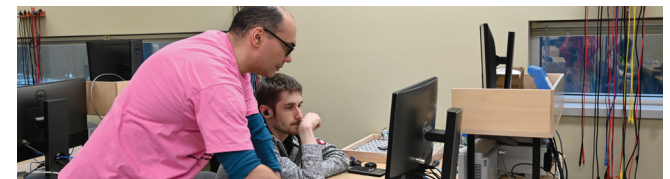
## What You Will Learn

- To read and understand technical documentation
- To program devices in C and C++ languages
- To Solder and Repair electronic circuits for modern devices
- To build and test electronic devices for the Internet of Things (IoT)
- To support and repair computers, servers, and computer networks.
- To deploy and troubleshoot networks with routers, switches, and VPNs.
- To work with industry standard software including Microsoft Servers, Linux, and virtual machine hypervisors.
- To produce professional written reports, spreadsheets and multimedia presentations
- To plan, implement, and complete electronic projects on-time and within allocated resources
- To appreciate the impact of technology on society, services, industry, economy and the environment



## Career & Educational Paths

Electronics Engineering Technology graduates can choose from a number of career fields in the National Capital Region and beyond. These days almost everything has electronics or software in it. Companies creating existing electronic devices, like cellphones, aircraft equipment and green energy devices are all located in the area. There are also many grand plans for future systems like driverless cars and 'ethical' cyber security, just around the corner. Each year, about half the graduating students choose to attend one of the many universities in the country to continue their education in the electronics and/or computer engineering fields. Either path leads to great jobs (with even greater paychecks) and an extremely bright future for all.







# SAMPLE PROFILE

## 1st Semester

French\*  
Introduction to College English  
Programming 1  
Analog 1  
Networks 1  
Digital 1  
Project 1

## 2nd Semester

Literary Genres  
French\*  
Programming 2  
Analog 2  
Networks 2  
Digital 2  
Math for Electronics

## 3rd Semester

Knowledge  
Physical Activity and Health  
French\*  
Programming 3  
Analog 3  
Networks 3  
Networks 4  
Project 2

## 4th Semester

Literary Themes  
French or French Complementary\*  
Programming 4  
Analog 4  
Networks 5  
Project 3  
Project 4\*

## 5th Semester

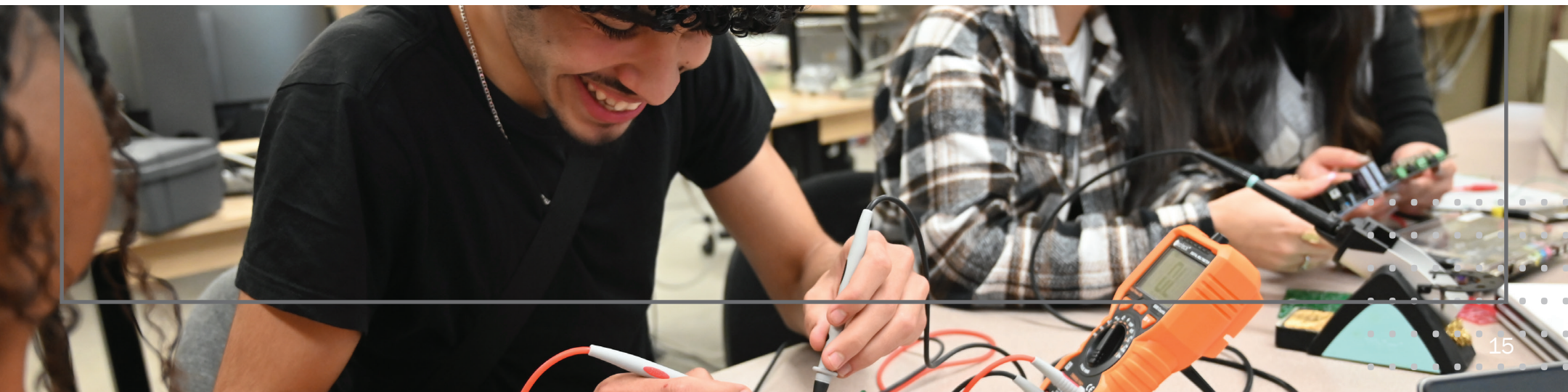
English - Professional Milieu  
Physical Activity and Effectiveness  
World Views  
Analog 5  
Programming 5  
Digital 3  
Capstone Project 1

## 6th Semester

Humanities: Values in the Workplace  
Physical Activity and Autonomy  
French or French Complementary\*  
Networks 6  
Digital 4  
Capstone Project 2  
Project 5

## Program Exit Assessment

\* Course placement depends on high school French level, and whether you hold a certificate of eligibility to study in English



# GRAPHIC AND WEB DESIGN

IMAGINE. CREATE. DESIGN. ENJOY THIS EXCITING CAREER PROGRAM AND LEARN TO CREATE, WRITE AND DESIGN FOR PRINT, WEB AND MULTIMEDIA.

## SPECIFIC PREREQUISITES

None

To apply to this program, select Graphic Design 570.G0 on the SRAM website.

## Program Highlights

The Graphic and Web Design program is a three-year career program in an ever-changing field. The program concentrates on providing students with the technical, design and communication skills to create, write, and design web content, multimedia presentations and a variety of publications using the tools currently employed in the workplace. Graduates of the program are able to manage print and electronic publication projects, interact effectively with clients, provide software support and ensure the quality of written language. The program emphasizes integrated concepts and skills and the development of independent thinking and creativity.

## What You Will Learn

- To demonstrate the ability to critically analyze the designs of others and develop an aesthetic sense
- To plan, design and produce design solutions that effectively meet and communicate the client's requirement
- To communicate effectively and professionally with a client
- To manage time and resources effectively both individually and within a team
- To develop awareness of themselves and others
- To continuously adapt design methods in response to changes in design trends, technology and practices



## Career & Educational Paths

Graduates are employed by both government and private industry. Typical jobs include

- Web Design/Publishing Assistant
- Assistant Web Developer
- Junior Web Technician Specialist
- Web Content Conversion Specialist
- Multimedia Designer
- Graphic Designer
- Freelance Designer
- Desktop Publisher

Graduates typically go into the second year of undergraduate studies at the University of Ottawa or Carleton University in areas such as communications, business, arts and social science. Other universities may also offer advanced standing.







# SAMPLE PROFILE

## 1st Semester

Physical Activity and Health  
French\*  
Introduction to College English  
Illustration I  
Digital Photo I  
Publication Design I  
Web Design I  
Introduction to Graphic Design

## 2nd Semester

Knowledge  
Literary Genres  
French\*  
Digital Photo II  
Publications Design II  
Web Design II  
Career Preparation Techniques  
Typography I

## 3rd Semester

World Views  
Physical Activity and Effectiveness  
French or French Complementary\*  
Illustration II  
Publications Design III  
Web Design III  
Design Studio I : Information Design  
Typography II

## 4th Semester

Humanities - Values in the Workplace  
Digital Marketing\*  
Design Studio II: Branding and Advertising  
Video Production I  
Publication Design IV  
Web Design IV  
Introduction to 3D

## 5th Semester

Literary Themes  
French\*  
Microbusiness  
Design Studio III: Packaging Design  
Video Production II  
Publication Design V  
Web Design V  
Motion Graphics I

## 6th Semester

English - Professional Milieu  
Physical Activity and Autonomy  
French or French Complementary\*  
Motion Graphics II  
Portfolio  
Design Studio IV: Exhibition Design

## Program Exit Assessment

\* Course placement depends on high school French level, and whether you hold a certificate of eligibility to study in English



# NURSING

PASSIONATE ABOUT IMPACTING LIVES THROUGH HEALTHCARE? OUR NURSING PROGRAM WILL HELP YOU REACH YOUR FULL POTENTIAL AND BECOME AN ESSENTIAL PART OF THE HEALTH CARE TEAM.

## SPECIFIC PREREQUISITES

Chemistry V, Sec IV General Science & Technology with Environmental Science Option or Sec IV Applied Science & Technology with Environmental Science Option

To apply to this program, select 180.A0 Nursing on the SRAM website.

## Program Highlights

### Embark on a Life-Changing Journey with Our 3-Year Nursing Program!

Our innovative program will help you to gain the skills needed to make a real impact in patient care in the hospital and other health care settings. With a blend of evidence-based learning and advanced technologies such as high-fidelity simulation and virtual reality, you'll be thoroughly prepared for a successful nursing career. Real-world experience: Apply your skills in diverse healthcare settings during clinical placements across Quebec and Ontario.



## What You Will Learn

- **Hands-On Patient Care:** Master the essential knowledge and skills to provide exceptional care for patients and their families across various healthcare settings.
- **Deep Understanding of Health Needs:** Integrate insights from nursing and related courses to tackle the complex health challenges your future patients will face.
- **Essential Nursing Skills:** Build a diverse set of skills, including psychomotor techniques, effective psychosocial strategies, and compassionate therapeutic communication.
- **Assessment and Care Planning:** Learn to assess patients with confidence, analyze their information, and formulate personalized care plans tailored to their unique needs.
- **Emergency Preparedness:** Equip yourself with the skills to handle emergency situations swiftly and effectively, ensuring the best outcomes for your patients.
- **Impact of Social Factors:** Discover how social, economic, historical, and political factors shape nursing practice and the healthcare system, giving you a comprehensive view of the field.
- **Legal and Ethical Standards:** Gain a solid understanding of the legal rights and responsibilities of both patients and nurses, including the ethical standards set by the OIIQ and the Canadian Nurses Association (CNA).



## Career & Educational Paths

As a graduate of our Nursing Program, you'll be prepared to take the licensing exam required by the Order of Nurses of Quebec (OIIQ).

**Flexible Career Paths:** With your diploma and provincial licensing, you're ready to start working as a Registered Nurse (RN) in Quebec or continue your studies at the university level.

**Accelerated Degree Options:** Students have the option to a Bachelor of Nursing Degree in two years with our DEC-BAC agreements with McGill University and the University of Quebec Outaouais (UQO)

**National Opportunities:** Our program also opens doors to nursing career opportunities across Canada, offering you a broad range of professional experiences.

**Language Proficiency:** To be registered in the province of Quebec, Nursing Program graduates must demonstrate proficiency in the French language.

Join our Nursing Program and take the first step towards a rewarding career in healthcare with exceptional educational pathways and nationwide mobility and make a meaningful difference everyday!





# SAMPLE PROFILE

## 1st Semester

Introduction to College English  
Physical Activity and Health  
French\*  
The Human Body I  
Introduction to Nursing (Theory/Lab/Clinical)  
The Helping Relationship  
Sociology of the Family and Health

## 2nd Semester

French\*  
Physical Activity and Effectiveness  
Literary Genres  
The Human Body II  
Perioperative Nursing (Theory/Lab/Clinical)  
Pharmacology for Nurses  
Developmental Psychology

## 3rd Semester

English - Caring Milieu  
Knowledge  
French or French Complementary\*  
The Human Body III  
Maternal-Newborn Nursing  
Pediatric Nursing

## 4th Semester

French or French Complementary\*  
Physical Activity and Autonomy  
Humanities - Health and Childcare Values  
The Human Body IV

## 5th Semester

Literary Themes  
World Views  
French\*  
Psychiatric/Mental Health Nursing  
Geriatric Nursing

## 6th Semester

Nursing Integration  
Nursing Preceptorship  
Issues in Professional Nursing\*

## Program Exit Assessment

\* Course placement depends on high school French level, and whether you hold a certificate of eligibility to study in English



# SPECIAL EDUCATION TECHNIQUES

IF YOU WANT TO IMPACT LIVES, CREATE SOCIAL CHANGE AND SUPPORT THOSE IN NEED, THIS PROGRAM WILL GIVE YOU THE NECESSARY TOOLS TO WORK IN THIS EXCITING FIELD

## SPECIFIC PREREQUISITES

None

To apply to this program, select 351.A1 Special Education Techniques on the SRAM website.

## Program Highlights

An experiential learning approach to Special Care counselling at Cégep Heritage College will offer students opportunities to apply the theory and methods they learn in the classroom to a hands-on problem-based learning, practical workshops, fieldwork experience, and co-op work in the field of study.



## What You Will Learn

- The art of observation and information gathering skills in order to develop proper intervention plans
- To establish a professional and therapeutic relationship with clients
- Different techniques and strategies to work in a variety of settings with clients who have physical, mental, emotional and/or behavioral needs
- To work effectively as part of a health care team
- To enable clients to have a better quality of life



## Career & Educational Paths

- Graduates can work in a variety of settings, such as
  - Educational institutions (preschool to higher education)
  - Short and long-term care facilities
  - Hospitals, rehabilitation centers
  - CLSCs
  - Residences for the elderly
  - Shelters
  - Private Practice
  - Group homes, and other social services facilities
- Graduates can also pursue higher education studies in university in Social Work, Psychology or similar fields







# SAMPLE PROFILE

## 1st Semester

Physical Activity & Health  
French\*  
Introduction to College English  
Knowledge  
Role of the Special Care Counsellor  
Fieldwork Skills  
Child & Adolescent Development  
Communication & Teamwork

## 2nd Semester

World Views  
Literary Genres  
French\*  
Adult Development  
Observation & Documentation  
Therapeutic Programming  
Prevention & Well-Being  
Mental Health I

## 3rd Semester

Literary Themes  
French or French Complementary\*  
Physical Activity and Effectiveness  
Fieldwork I  
Mental Health II  
Neurodevelopmental Disorders I: ADHD, Specific  
LD & Motor Disorders  
Neurodevelopmental Disorders II: Autism  
Spectrum Disorder  
Aging and Loss of Autonomy

## 4th Semester

English - Caring Milieu  
French\*  
Fieldwork II  
Intervention: Youth & Adjustment  
Neurodevelopmental Disorders III:  
Communication Disorders  
Intellectual, Developmental & Genetic Disorders

## 5th Semester

Caregiving Professional Ethics  
Physical Education and Autonomy  
French or French Complementary\*  
Mental Health III  
Advanced Intervention Planning  
Intervention: Violence and Social Exclusion\*  
Intervention: Social Integration  
Physical and Neurological Disorders

## 6th Semester

Internship  
Special Education Techniques Integration

## Program Exit Assessment

\* Course placement depends on high school French level, and whether you hold a certificate of eligibility to study in English









SCIENCE

# Pre-University Programs

The 2-year Pre-University Programs prepare you for further university studies.

Liberal Arts

24

Science

26

Social Science

28

Visual Arts

30





# LIBERAL ARTS

IF YOU'RE A CREATIVE AND CRITICAL THINKER WHO LOVES TO READ AND WRITE, AND WANTS TO LEARN ABOUT AND CONTRIBUTE TO THE IDEAS THAT SHAPE OUR WORLD, THIS PROGRAM IS FOR YOU.

## SPECIFIC PREREQUISITES

Liberal Arts with Math:  
Sec V Technical and Scientific Math or  
Secondary V Science Math

To apply to Liberal Arts, select 700.B0 with  
mathematics or without mathematics on the SRAM  
website.

## Program Highlights

The Liberal Arts Program is for people driven by curiosity, who want to learn about literature, philosophy, art, media, culture, social issues, politics, and history. A Liberal Arts education creates grounded and responsible global citizens, ready to participate in the world around them with thoughtful care and purpose. Students gain a deep understanding of human history and the connections between the events, ideas, arts, and stories that influence social and political institutions, and our culture. As a graduate of our program you'll be a strong critical thinker, an excellent communicator, a literary creative, and a citizen of the world, prepared for a wide range of university and career paths.

## What You Will Learn

- A deep and well-rounded understanding of history, philosophy, literature, and the arts
- Appreciation for the context of, and important connections between arts, politics, historical events, belief systems, and social realities
- Critical and creative thinking, thoughtful argumentation, skillful analysis
- Exceptional writing and communication skills
- Time management skills, work ethic, and autonomy



## Career & Educational Paths

Liberal Arts students are well prepared for all Bachelor of Arts degrees, most Social Science degrees, schools of Journalism, and some Fine Arts degrees. These programs include literature, ethics, communication and media, history and art history, journalism, philosophy, humanities, political science, education, theatre, religious studies, film, environment, psychology, and many more. Our recent graduates have pursued careers in law, journalism, broadcasting, politics, human resources, public administration, marketing and advertising, communications, public relations, social work, writing and editing, government, policy, the arts, publishing, research and academia, and education.



# SAMPLE PROFILE



## General Profile

### 1st Semester

Introduction to College English  
Knowledge  
Physical Activity and Health  
Introduction to Methodology  
Ancient World  
Religion: Judaism,  
Christianity and Islam

#### Select one:

History of Art I  
College Spanish I  
Language and Analysis of Film

### 2nd Semester

Literary Genres  
French \*  
World Views  
Physical Activity and Effectiveness  
Ancient Philosophy  
Epic Poetry

#### Select two:

History of Art II  
Cinema Option  
English Option  
College Spanish II

### 3rd Semester

Literary Themes  
Physical Activity and Autonomy  
Post-Classical History  
Thematic Studies in the History of  
Art  
Science: History and Methodology  
Modern Philosophy

#### Select two:

Language and Analysis of Film  
Introduction to Psychology  
Drama  
Drawing

### 4th Semester

English - Arts and Science Milieu  
French \*  
Humanities - Ethics and Human  
Rights  
Principles of Math and Logic  
Integrative Course

#### Select one:

Sculpture  
Cinema Option  
English Option  
The Human Body (Biology)

### Program Exit Assessment

## With Math Profile

### 1st Semester

Introduction to College English  
Knowledge  
Physical Activity and Health  
Introduction to Methodology  
Ancient World  
Religion: Judaism,  
Christianity and Islam  
Differential Calculus

### 2nd Semester

Literary Genres  
World Views  
French \*  
Physical Activity and Effectiveness  
Ancient Philosophy  
Epic Poetry  
Integral Calculus

### 3rd Semester

Literary Themes  
Science: History and  
Methodology  
Physical Activity and Autonomy  
Post-Classical History  
Thematic Studies in the History of  
Art  
Modern Philosophy

#### Select one:

Linear Algebra  
Introduction to Psychology  
Drama  
Drawing

### 4th Semester

English - Arts and Science Milieu  
French \*  
Humanities - Ethics and Human  
Rights  
Principles of Math  
and Logic  
Integrative Course

#### Select two:

The Human Body (Biology)  
Sculpture  
Cinema Option  
English Option

### Program Exit Assessment

\* Course placement depends on high school French level, and whether you hold a certificate of eligibility to study in English

# SCIENCE

IF YOU ARE INTRIGUED BY SCIENTIFIC RESEARCH AND DISCOVERIES, THIS PROGRAM WILL LEAVE NO STONE UNTURNED.

## SPECIFIC PREREQUISITES

Sec V Chemistry, Sec V Physics, Sec V Technical and Scientific Math or Sec V Science Math

To apply to the Science program, select 200.B1 Science on the SRAM website.

## Program Highlights

- The Science Program provides you with the scientific foundations needed to pursue university studies. At the end of your studies, you will synthesize your knowledge and competencies in an Integration Project course, which will culminate in a multi-disciplinary project.
- In **Biology**, you will explore cellular and molecular structure and function, and discover how diverse life forms evolve in a changing environment.
- In **Chemistry**, you will acquire knowledge about the main concepts underlying the structures of atoms and molecules, chemical reactions in solutions, chemical equilibrium and the reactive nature of organic compounds.
- In **Computer Science**, you will be introduced to programming concepts (variables, data structures, conditionals, loops, and functions) which are applied to solve scientific problems using an algorithmic approach.
- In **Mathematics**, you will study functions and statistics to reveal the connections between two quantities and vectors and matrices to analyze multi-dimensional systems, thereby enhancing your understanding of scientific models.
- In **Physics**, you will learn the fundamental interactions of matter and energy. You will also learn how to apply the basics of these to model and solve problems.

## What You Will Learn

- The work ethic, time management skills, and independent learning required to take on a university workload
- To understand the underlying scientific principles they are exposed to through the various disciplines of study and synthesize new information into the bigger picture
- To apply the scientific method to investigate natural phenomena and appreciate the importance of experimental design
- To communicate in a language appropriate to the sciences and mathematics, thus enabling them to carry out research and produce reports at the university level
- To draw upon their previous culmination of knowledge and understanding to critically analyze new material as it is presented to them



## Career & Educational Paths

The Science program is designed for students who plan to pursue university studies or a career in the following fields:

### Pure and Applied Science

Agriculture, Architecture, Biology, Chemistry, Computer Science, Engineering, Forestry, Geology, Mathematics and Physics.

### Health Science

Dentistry, Dietetics, Medicine, Nursing, Nutrition, Optometry, Pharmacy, Physical Education, Physiotherapy and Veterinary Medicine.

For information on more than 100 careers in Science, visit the Science program web site.





# SAMPLE PROFILE



## 1st Semester

Introduction to College English  
French\*  
Physical Activity and Effectiveness  
Cellular Biology  
Differential Calculus  
General Chemistry  
Mechanics

## 2nd Semester

Literary Genres  
French\*  
Concepts of Humanity  
Physical Activity and Health  
Integral Calculus  
Chemistry of Solutions  
Probability and Statistics\*  
Electricity and Magnetism

## 3rd Semester

Literary Themes  
Philosophy and Rationality  
Physical Activity and Autonomy  
French or French Complementary\*  
Ecology and Evolution  
Linear Algebra and Vector Geometry  
Waves and Modern Physics  
Programming in Science

## 4th Semester

English - Arts and Science Milieu  
Philosophy- Science and Moral Issues  
French or French Complementary\*  
French\*  
Integration Project

### Select two:

Human Anatomy and Physiology  
Advanced Calculus  
Organic Chemistry  
Sensors and Signals

## Program Exit Assessment

\* Course placement depends on high school French level, and whether you hold a certificate of eligibility to study in English

# SOCIAL SCIENCE

IF YOU HAVE A DEEP CURIOSITY ABOUT HUMANITY, HERE IS AN EXCITING OPPORTUNITY TO LEARN MORE ABOUT HUMAN BEHAVIOUR, SOCIAL RELATIONSHIPS AND INSTITUTIONS.

## SPECIFIC PREREQUISITES

Social Science with Math:  
Sec V Technical and Scientific Math or Sec V  
Science Math

To apply to Social Science general profile, select  
300.M0 or Social Science with the math profile,  
select 300.M1 on the SRAM website

## Program Highlights

The Social Science program offers students a diverse, broad-based background through the study of the following disciplines:

- Administration (Commerce)
- Anthropology
- Biology
- Economics
- Geography
- History
- Mathematics
- Political Science
- Psychology
- Sociology

## What You Will Learn

- To distinguish between the various disciplines in the social sciences, allowing students to understand complex human realities
- To explain theories, laws, models and schools of thought in relation to the human phenomenon
- To situate various issues related to citizenship in a context of globalization
- To demonstrate the qualities associated with a scientific mind and critical thinking, as well as the skills required to apply the qualitative and quantitative methods used in the field of social science

## Career & Educational Paths

Graduates of the Social Science program, with their developed research, writing, and analytical skills, are well prepared to pursue university studies in a wide range of fields: Journalism, Social Work, Environmental Studies, Law, Education, Neuroscience, Child Studies, Commerce, Sports Studies, Psychology, Politics and International Studies, Public Policy, Anthropology, Sociology, History, and all other Degrees in the Social Sciences.





# SAMPLE PROFILE



## Social Science General Profile

### 1st Semester

Physical Activity and Health

French \*

Introduction to College English

Becoming a Social Scientist \*

Introduction to Psychology

#### Select one:

This was Us: The World since the 15th Century

Introduction to Sociology

#### Select one:

The Human Experience: An Introduction to Anthropology

Introduction to Political Science

People, Places, and Environments:

Introduction to Geography

### 2nd Semester

Physical Activity and Effectiveness

Philosophy and Rationality

Literary Genres

French \*

Quantitative Methods in the Social Sciences

Mental Health and Wellness

#### Select one:

This was Us: The World since the 15th Century

Introduction to Sociology

#### Select one:

The Human Experience: An Introduction to Anthropology

Introduction to Political Science

People, Places, and Environments:

Introduction to Geography

Introduction to Business and Public Administration

### 3rd Semester

Literary Themes

Concepts of Humanity

French or French Complementary \*

French \*

Qualitative Methods in the Social Sciences

Introduction to Macroeconomics

#### Select one:

Contested Freedoms and Inequalities.

Cultures of the World

Modern Political Ideologies

#### Select one:

Sociological Imagination

Water, Land and Communities

What's going on? Examining Contemporary Events

### 4th Semester

Physical Activity and Autonomy

French or French Complementary \*

Theories of Social Justice

Social Milieu

Integration of Knowledge in the Social Sciences

#### Select one:

Selected Topics in Psychology

The Anthropology of Diversity and Inequality

International Politics

#### Select two:

At the Crossroads: History as Change

Social Issues

Introduction to Microeconomics

The Human Body (Biology)

### Program Exit Assessment

## Social Science With Math

### 1st Semester

Physical Activity and Health

French \*

Introduction to College English

Becoming a Social Scientist \*

Introduction to Psychology

Differential Calculus

#### Select one:

The Human Experience: An Introduction to Anthropology

Introduction to Political Science

People, Places, and Environments:

Introduction to Geography

Introduction to Sociology

### 2nd Semester

Physical Activity and Effectiveness

Philosophy and Rationality

Literary Genres

French \*

Quantitative Methods in the Social Sciences

This was Us: The World since the 15th Century

#### Select two:

The Human Experience: An Introduction to Anthropology

Introduction to Political Science

People, Places, and Environments:

Introduction to Geography

Introduction to Business and Public Administration

Introduction to Sociology

Integral Calculus

### 3rd Semester

Literary Themes

Concepts of Humanity

French or French Complementary \*

French \*

Qualitative Methods in the Social Sciences

Introduction to Macroeconomics

#### Select one:

Contested Freedoms and Inequalities.

Cultures of the World

Modern Political Ideologies

#### Select one:

Sociological Imagination

Water, Land and Communities

What's going on? Examining Contemporary Events

Linear Algebra

### 4th Semester

Physical Activity and Autonomy

French or French Complementary \*

Theories of Social Justice

Social Milieu

Integration of Knowledge in the Social Sciences

#### Select one:

Selected Topics in Psychology

The Anthropology of Diversity and Inequality

International Politics

#### Select one:

At the Crossroads: History as Change

Social Issues

Introduction to Microeconomics

The Human Body (Biology) \* Option only if taken less than 3 Math courses

### Program Exit Assessment

\* Course placement depends on high school French level, and whether you hold a certificate of eligibility to study in English

# VISUAL ARTS

IF YOU ARE IMAGINATIVE AND HARD WORKING, THIS PROGRAM IS SPECIFICALLY DESIGNED TO LET YOU ACHIEVE YOUR ARTISTIC GOALS.

## SPECIFIC PREREQUISITES

None

To apply to this program, select 510.A0 Fine Arts on the SRAM website.

## Program Highlights

With a Visual Arts diploma and their own art portfolio, graduates have many opportunities to pursue their studies in a variety of fields. For example, students may choose to pursue any fine arts related studies such as Animation, Graphic Design, Fashion Design, Photography, Illustration, Cartooning, Museum Studies, Set and Costume Design, Interior Design, Industrial Design, Architectural Technician, Art Education, and Art Therapy. Graduates will also be qualified to pursue most Bachelor of Arts programs at the university level such as History, Art History, Political Science, Psychology, English, or Geography.



## What You Will Learn

- To demonstrate the work ethic, time and project management skills and independent learning skills required to continue studying within their chosen field
- To synthesize the underlying principles, elements and techniques of visual arts
- To constructively evaluate their own work and the works of others using language appropriate to the visual arts
- To interpret and analyze the major movements and development of visual arts throughout history
- To create independent works of art that show knowledge of all of the above



## Career & Educational Paths

- With a Visual Arts diploma and their own art portfolio, graduates have many opportunities to pursue their studies in a variety of fields. For example, students may choose to pursue any fine arts related studies such as Animation, Graphic Design, Fashion Design, Photography, Illustration, Cartooning, Museum Studies, Set and Costume Design, Interior Design, Industrial Design, Architectural Technician, Art Education, and Art Therapy. Graduates will also be qualified to pursue most Bachelor of Arts programs at the university level such as History, Art History, Political Science, Psychology, English, or Geography.





# SAMPLE PROFILE



## 1st Semester

Introduction to College English  
Philosophy and Rationality  
French\*  
Colour Theory  
Drawing I  
Sculpture I  
Painting I  
History of Art I

## 2nd Semester

Literary Genres  
Concepts of Humanity  
Physical Activity and Health  
French\*  
Sculpture II  
Drawing II  
Photography I  
History of Art II

## 3rd Semester

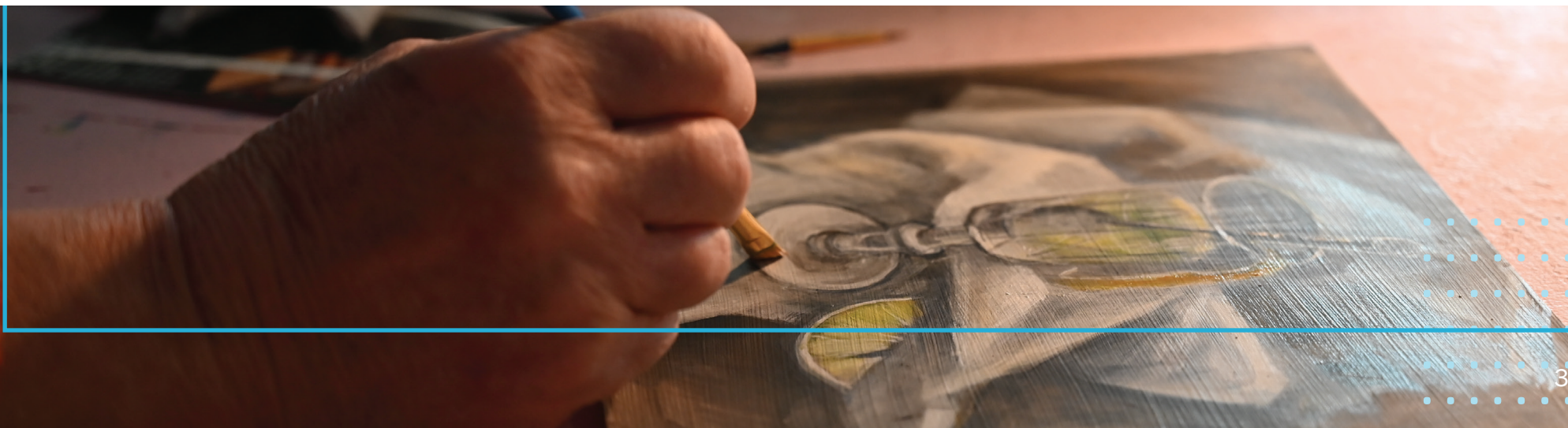
Literary Themes  
French or French Complementary\*  
French\*  
Physical Activity and Effectiveness  
Philosophy - Culture and Values  
Painting II  
Photography II  
Studio I  
Drawing III

## 4th Semester

English - Arts and Science Milieu  
French or French Complementary\*  
Physical Activity and Autonomy  
Painting III  
Studio II  
Sculpture III  
Printmaking  
Quebec Art



\* Course placement depends on high school French level, and whether you hold a certificate of eligibility to study in English





# Student Services



The Student Services team will support you in every aspect of your journey, helping you to get the most out of your Heritage experience. With a student-first approach, we provide the resources you need to succeed.

- Indigenous Student Support and Gathering Center
- Academic Advising
- Mental Health Support and Wellness
- AccessAbility Services
- Support for Alliance Sports Études students
- SVOSS (Sexual Violence One Stop Service)
- Transportation Support
- Financial Aid
- Food Security Initiatives



# Student Life



## Student Association

The Heritage College Student Association offers many opportunities to get involved and shape your CEGEP experience. It supports a wide range of clubs that reflect diverse interests and communities.

## Extracurricular Activities:

- Intercollegiate Sports
- Intramural Sports
- Drama Production
- Student-led Clubs
- RIASK events
- Culinary Team
- Photography Team
- Dance Team
- Sociocultural Events





## What is RAC?

Recognition of Acquired Competencies (RAC) makes it possible to receive academic credits for skills and knowledge gained through training, life or workplace experience.

At the CÉGEP level, RAC is open to people who have not had the opportunity to complete a college education.

For more information, contact [racinfo@cegep-heritage.qc.ca](mailto:racinfo@cegep-heritage.qc.ca).

## What is Student 4 a day?

Come experience us first hand by spending a day at Heritage and choosing a program of your choice.

Contact us at [studentservices@cegep-heritage.qc.ca](mailto:studentservices@cegep-heritage.qc.ca)

# Prospective Students



## International Students

If you are not a Canadian citizen or do not have permanent resident status in Canada, you can still be considered for admission if your educational background is equivalent to the Quebec High School Diploma, including the general and specific requirements for admission to the program of your choice.

In Canada, students on a student visa are required to show proof that they are covered by a private health and hospital insurance plan before they are permitted to register.

For a complete step-by-step application guide and additional information on Cégep Heritage College, the National Capital region and Canada, visit the International Applicants section of our website at [www.cegep-heritage.qc.ca](http://www.cegep-heritage.qc.ca) or contact [registrar@cegep-heritage.qc.ca](mailto:registrar@cegep-heritage.qc.ca).



Students who qualify as Quebec Residents are eligible for tuition free studies. Registration fees still apply. If you are born in Canada, you may need to provide additional documentation to determine your Quebec residency.

# Fees and Other Related Expenses

	PROGRAMS	REGISTRATION FEES	FULL TIME TUITION	TOTAL FEES	BOOKS AND SUPPLIES *
QUEBEC RESIDENTS	GRAPHIC AND WEB DESIGN	\$273.00	\$0	\$273.00	\$500 - \$800
	COMPUTER SCIENCE	\$273.00		\$273.00	
	ALL OTHER DCS PROGRAMS	\$ 233.00		\$233.00	
OTHER CANADIAN CITIZENS	GRAPHIC AND WEB DESIGN	\$273.00	\$1 870.00	\$2 143.00	\$500 - \$800
	COMPUTER SCIENCE	\$273.00		\$2 143.00	
	ALL OTHER DCS PROGRAMS	\$ 233.00		\$2 103.00	
INTERNATIONAL STUDENTS	NURSING	\$ 233.00	\$11 398.00	\$11 631.00	\$500 - \$800
	ELECTRONICS	\$ 233.00	\$9 519.00	\$9 752.00	
	GRAPHIC AND WEB DESIGN	\$273.00	\$7 354.00	\$7 627.00	
	COMPUTER SCIENCE	\$273.00	\$7 354.00	\$7 627.00	
	ALL OTHER DCS PROGRAMS	\$ 233.00	\$7 354.00	\$7 587.00	

\* Please note that these are estimates only based on actual costs for the 2025-2026 academic year. Costs may fluctuate based on the academic program, number of courses taken and more. All costs shown are in Canadian Dollars.

For more details pertaining to our collection of student fees please refer to C  GEP Heritage College Bylaw #2.



# Sports



## HOME OF THE HURRICANES

Cégep Heritage College is proud of the success of its various sports teams. Recreation plays a large part in student life. We provide our students with as many opportunities to be active as possible, such as

- Women's Intercollegiate Hockey
- Men's and Women's Intercollegiate Basketball
- Dance
- Men's and Women's Intercollegiate Volleyball
- Women's Intercollegiate Flag Football
- Ultimate (Frisbee)

### Intramural, Health & Wellness Activities

From pickleball and floor hockey to yoga, we tailor our intramurals, drop-ins, and wellness activities each semester based on students' interests. Be sure to visit us and let us know which activities you'd like us to organize!

### Fitness Center

Cégep Heritage College offers a modern fitness facility free for all students.





# Physical Education

## Our Physical Education Department

offers a wide variety of courses which include

- Physical Activity and Health
- Badminton
- Team Sports
- Outdoor Pursuits
- Yoga
- Introduction to Strength and Resistance Training
- Mind Body Fitness
- Snow Sports
- Multi sports
- Outdoor Adventure and Meditation Retreat
- Hiking
- Canoe Camping
- Fitness and Strength Training
- Active living
- Cycling
- Snowshoeing
- Outdoor Paddling Sports

## Alliance Sport-Études

Cégep Heritage College is proud to be a part of the Alliance Sport-Études program. The program helps elite Quebec athletes achieve academic success in their college and university studies.



**ALLIANCE**  
SPORT-ÉTUDES  
ENSEIGNEMENT SUPÉRIEUR





# ACS PROGRAMS

ACS programs offer adult learners the opportunity to learn with other adults. Our intensive programs prepare students to reenter the job market, upgrade their skills or train for a new career. Graduates earn an Attestation of College Studies (AEC, attestation d'études collégiales).

## Bilingual Office Administration

Interested in becoming an Administrative or Executive Assistant? This program will prepare you for both the private and public sectors. Students develop the administrative and technical skills necessary to work in supervisory roles in a bilingual office environment.

OFFERED ONLINE



## Microsoft Network and Security Administrator

If you are interested in troubleshooting and finding creative solutions for IT and networking issues, this program will give you the skills required to manage, maintain, and secure network users and resources.



## Early Childhood Education

Become a qualified Early Childhood Educator or Assistant. This program will formally prepare you to begin your career in a daycare, home child-care centre or after-school program. With three years of experience obtained before or after graduating from this 1110-hour program, you will be recognized in Quebec as one of the required two-out-of-three qualified professionals in the setting.

OFFERED ONLINE







# CONTINUING EDUCATION SERVICES

## Language Training

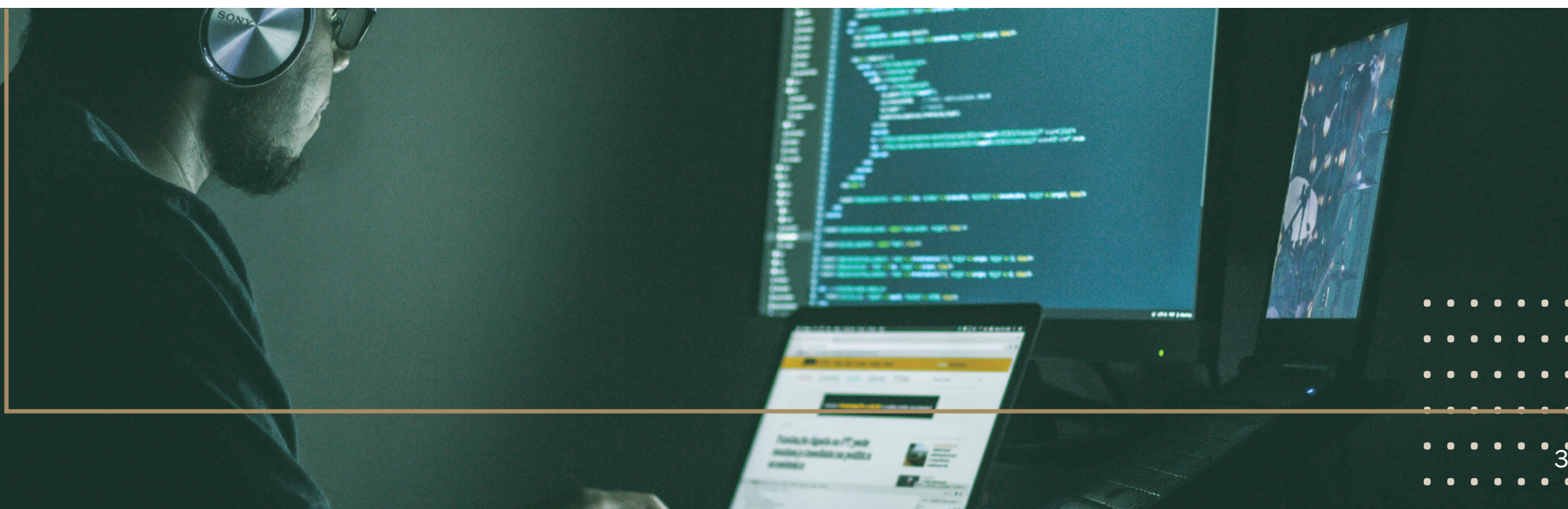
We can help you learn and practice speaking English and French. Our language courses will help you master conversation, reading, and writing skills in English and in French. Our language courses are designed for adults. Quebec residents may be eligible for a subsidy – contact us to find out more at [conted@cegep-heritage.qc.ca](mailto:conted@cegep-heritage.qc.ca).

## Workshops

Online or in person, our workshops cover a wide range of personal interests and professional development. These courses reflect a slice of the many fields of experience of our professors and local experts – check out what's on offer at [www.cegep-heritage.qc.ca/conted](http://www.cegep-heritage.qc.ca/conted)

## Business Services

For businesses, we deliver customized training solutions that address your specific business challenges and increase your workforce productivity. You select the day, time, location, training delivery method and language of instruction. For more information, contact us at [conted@cegep-heritage.qc.ca](mailto:conted@cegep-heritage.qc.ca).















(819) 778-2270 | [www.cegep-heritage.qc.ca](http://www.cegep-heritage.qc.ca)  
325, boul. de la Cité-des-Jeunes, Gatineau, QC J8Y 6T3



Cégep Heritage College



[cegepheritagecollege](#)  
[cegepheritagestudentlife](#)

