

***GRADUATION TRANSITION PLAN
2008-2009***

IT'S ABOUT YOU!



Rockridge Ravens Secondary

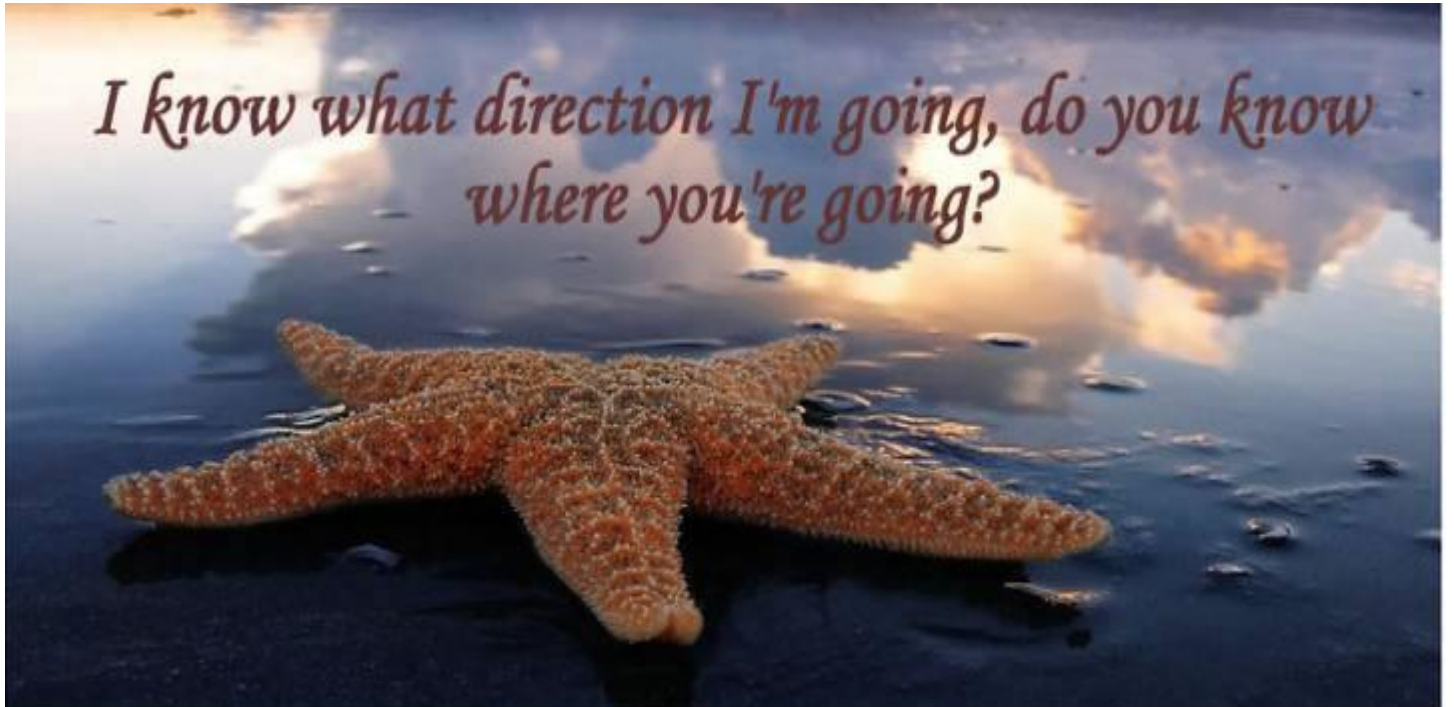
West Vancouver, B.C.

There is a good reason they call graduation ceremonies "commencement exercises."

Graduation is not the end; it's the beginning. ~Orrin Hatch.

Now, your journey will be your responsibility to plan, arrange, and organize to determine your future.

Although you will still have family, teachers, friends, and others to support you, the journey and destination are in your hands. It is up to you and only you! The **Graduation Transition Plan** will be an important step that will assist you in the beginnings of your next journey.



Graduation is only a concept.

In real life every day you graduate.

Graduation is a process that goes on until the last day of your life.

If you can grasp that, you'll make a difference. ~Arie Pencovici



Timelines

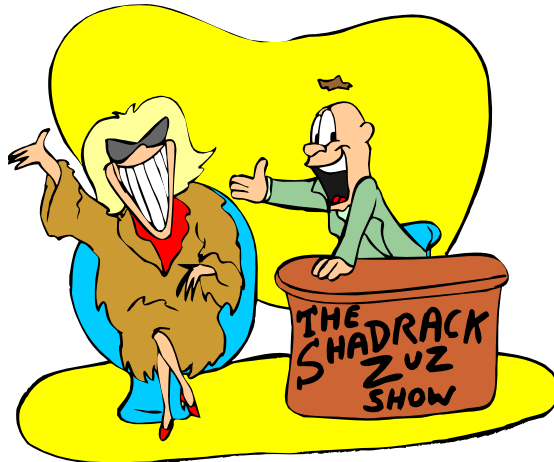
Grade 11

- **Start logging your 150 minutes per week of physical activity time.**
If you are taking a physical education 11 or 12 class this year you do not need to complete other activities. All students will need to provide evidence of where, when, and who supervised your physical activity.
- Check post secondary entrance/specific program requirements (make any course changes if needed by end of September)
- Plan to do your **30 hours of work/volunteer experience** (credit may also be given if you are registered in Work Experience 12 A)
- Start your transition plan
- Start checking for scholarships and bursaries that have early deadlines
- You are encouraged to start work on your **Healthy Living Plan**

Grade 12

- **See YOUR ADVISOR** on a regular basis for G.T.P. support
- **Check the admission criteria for post secondary institutions** that are of interest to you (make any course changes if needed by end of September)
- **See one of the school counsellors for a credit check** to make sure that you will have the correct number of credits to graduate
- If you have not done so you must **complete your work/volunteer experience** (by early December at the latest)
- Check for scholarships and bursaries that have early deadlines
- Check the School District 45 Scholarships and Bursaries
- **Start applying to post secondary institutions in Nov. and Dec.**
- **Complete your Transition Plan** (preferably before the Christmas Break)
- **Volunteer in the School to be considered for Scholarships**
- **Bring your Graduation Transition Plan to YOUR counsellor**

***There is a mandatory exit interview for all grade 12 students. This interview must be conducted between you and your advisor. Upon completion of your Grad Transition Plan please book an appointment with your counsellor to schedule your Exit Interview.**



Most students will have started various parts of **Graduation Transition Plan** during their Planning 10 course.

To complete your **Graduation Transition Plan** you must have successfully completed each of the following **four components**:

- 30 hours of school/work/community service
- 150 minutes per week of physical activity
- Graduation Transition Plan
- Graduation Exit Interview

Now Begin Your Journey!



1. Personal Health



You must complete the two required areas of the Personal Health component:

1. 150 minutes per week of moderate to vigorous physical activity in addition to P.E. 10.
2. Students will “develop the knowledge, attitudes, and habits needed to be healthy individuals by maintaining a personal health plan”.

1. You will complete 150 minutes per week of physical activity (not including PE10) sometime between the start of Grade 11 and the end of Grade 12.

A) If you are enrolled in a Grade 11 or 12 PE, or Strength and Conditioning class, and satisfactorily completed the course, then you will have completed the 80 hour requirement. B) If you play sports or participate in other physical activities outside of school, this will also satisfy the P.A. requirement. C) Below you will find a Physical Activity Log; (print another one out if you need to) and keep it updated as you accumulate hours.

D) You must have these hours verified by someone in a supervisory position. (*attach receipts of paid activities; such as a dance class, letters from coaches, etc.*)

2. As you make the transition from high school it is important to recognize that good health is a vital component to a happy, successful and balanced life. Making thoughtful and well-informed decisions today will benefit you for a lifetime. Thus, **you will develop a Healthy Living Plan** which will allow you to make good decisions and will hopefully foster good decisions in the future. The following will guide you through this process.



ROCKRIDGE SECONDARY SCHOOL
 5350 Headland Drive, West Vancouver, B.C. V7W 3H2
 Telephone: (604) 981-1300 Fax: (604) 981-1301

PERSONAL HEALTH PLAN

- Build on Nutrition Plans & Physical Activities Identified during PLANNING 10 -

Name: _____



A. NUTRITION PLAN

- Use the interactive *"My Food Guide"* to build a personalized healthy nutrition plan.
 1. Go to *"My Food Guide"* – http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/myguide-monguide/index_e.html
 2. Complete the **Plan** → **PRINT** your results
 3. Reflect on your Results & note any areas that could be improved
- What strategy will you use to eat 'nutritiously' in the years ahead?



B. EXERCISE:

Do you still enjoy the Physical Activities you identified in Planning 10?

- In the years ahead, how do you plan to stay fit?
 - What activities will you engage in? (list at least 5 choices)
 - What are the advantages / disadvantages and cost of each?

ACTIVITY	Advantages	Disadvantages	Costs	Verification

C. STRESS MANAGEMENT

How do you manage stress in your life?

- Refer back to the stress management techniques discussed in Planning 10
- List at least 3 ways you manage stress - Why do these work for you?

-
-
-

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Engage in (min.) 150 minutes per week of Moderate to Intense Physical Activity
(Grade 11-12)

Name: _____

Identify evidence

Describe the physical activities that you participated in.

- _____
- _____
- _____

Physical Activity Log ...

Demonstrate that the physical activity documentation is clearly authentic... Verified by an instructor, supervisor, manager, director ...

Describe the impact of physical activity on personal health and/or lifestyle choices.

2. Community Connections



"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." Margaret Mead

During your grade 10 to 12 year you must complete a minimum of 30 hours of (community) volunteer or work experience.

During this time you will learn new employability skills and refine those skills you already possess. You are required to provide evidence that you have successfully completed the required 30 hours of work/volunteer experience as well as identifying new skills that you have acquired. Examine and complete the following to complete your Volunteer/Work Experience Form activity. Also, when you are in grade 12 you have **two Service awards** available to you **1)** Gold Medal Award for school service (must fulfill 30 hours of school service) and, **2)** Award for Outstanding School Service [(must fulfill 100 hours of school and community service) community service can include service clubs such as : Amnesty International, Umoyo Project, Interact, Kanata].

Graduation Transition Plan



Your transition plan is an **exploration** and **documentation** of your plans beyond your life as a secondary school student. Consider the following questions:

What are you planning to do?

- o Work/employment, skills upgrading, post-secondary education, training etc...

Where will you pursue your plan?

- o Are you staying in West Vancouver?
Moving to another community?

Why have you decided on that particular route?

- o What interests, aptitudes, skills led you to this decision?

How will you fulfill your plan?

- o You will document finances, supports, preparation

Assessment

You will be graded on how you answer the following questions based on this key.

Marking Key:

- 1 = Not Yet within Expectations
- 2 = Meets Expectations
- 3 = Exceeds Expectations

Building your Transition Plan

To create your transition plan you will be using information from prior learning activities which you completed in:

- o Planning 10
- o Course planning workshops
- o Post Secondary Career Exploration
- o Coursework and Community Experiences

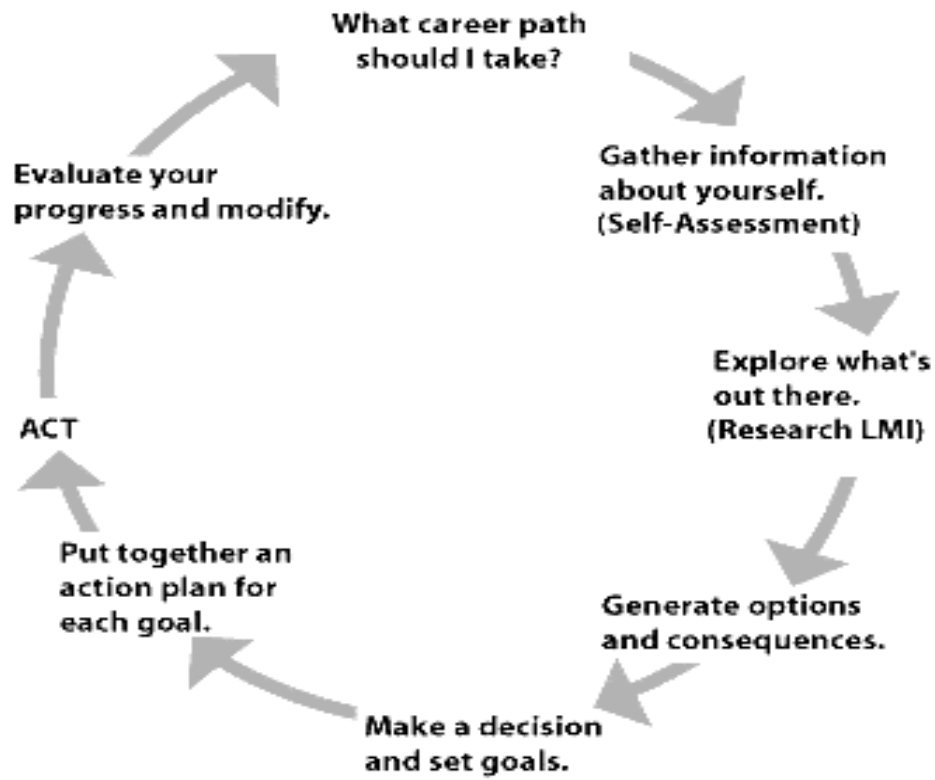
Some of these activities may include:

- o Self-inventories
- o Career sector research
- o Research of post-secondary education and training
- o Participation in a career program (WEx, SSA)

Before you present your transition plan you need to obtain feedback from your portfolio mentor or counsellor.

Adapted from SD#28

CAREER EXPLORATION AT A GLANCE



YWCA One Stop Career Shop

Goal Setting

Brainstorm your ideas for:

<p>Short Term Goals Less than 2 years</p> <p>Consider</p> <ul style="list-style-type: none"> ○ Workforce ○ Post-secondary education or training ○ Skills upgrading ○ Travel ○ Other 	<p>Long Term Goals More than 2 years</p> <p>Consider</p> <ul style="list-style-type: none"> ○ Eventual career choices ○ Financial goals ○ Key life experiences ○ Other
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NOTES

NOTES

Short Term Goals

List your goals and suggest a timeline.

Goal:

Date: _____

Goal:

Date: _____

Goal:

Date: _____

Long Term Goals

List your goals and suggest a timeline.

Goal:

Date: _____

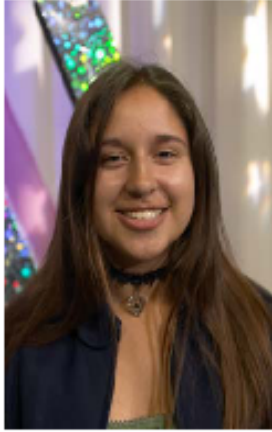
Goal:

Date: _____

Goal:

Date: _____

Adapted from SD#28



Personality

Explain how your long term goals fit you.

Skills

A. List two skills you have that support your goals:

i. _____

ii. _____

B. Where did you acquire these skills?

C. How do these skills support your goals?

Revisit the *Employability Skills 2000* chart.



Interests

A. Select **one** of your long term goals and explain why you want to reach this goal.

B. List areas of interest (i.e., sports, hobbies, activities, clubs...)

C. Describe an area of interest about which you are passionate and explain why.



Adapted from SD#28

Aptitudes

- A. Complete the personality assessment located at www.careerdirectonline.org/personalityID
- B. Scan your Personality I.D. report. Do you think the results of this assessment are accurate? Why or why not?



Values

- A. How do/will you contribute to society? Today and in the future? (locally, nationally, globally)



What do you believe in? Design a personal philosophy statement that describes your beliefs.

Adapted from SD#28



Education, Training & Experience

1. What education, training, and/or experience is required to achieve your long-term goals?

2. What institutions or facilities provide this training? (These may be on the jobsite or at an institution).

Name of Facility: _____ Location: _____

Name of Facility: _____ Location: _____

3. Select one institution/facility at which you plan to train/study. For this institution describe:

A. Name of the program _____

B. Application deadline _____

C. Cost of the program _____

D. Duration of the program _____

E. Entrance requirements (courses, skills, experiences):

-
-
-
-



You can find much of this information at www.educationplanner.bc.ca

Adapted from SD#28

School, Work, and Community Experiences



1. List courses you have taken during grades 10, 11, and 12 that have helped prepare you to reach your goals.

2. Choose two of the above courses.
 - a. Describe the skills, knowledge, and/or attitudes that were developed in these courses and how they have been helpful.



3. What other positive experiences have you had from your secondary school experience? (extra curricular, intramural, clubs, projects, friends etc...)

4. Discuss what work, volunteer or community experiences have helped you, or will help you achieve your goals.

Adapted from SD#28

Challenges and Resources

1. List potential challenges you may face in the achievement of your goals.

i. _____

ii. _____

iii. _____

2. How might you overcome these challenges?

i. _____

ii. _____

iii. _____



3. List examples of resources that you can use in pursuing your goals. (i.e., family, teachers, employers, websites, community members, personal education plan, etc)

i. _____

ii. _____

iii. _____

iv. _____

v. _____

4. Design a budget for your first 12 months following high school.

- (Make sure that you are using information that is relevant to your location. The cost of living can vary greatly from city to city.)
- Use one of the sample Budget Planning worksheets as a guide.
- Websites that may help you in your budget planning include:
 - <http://www.educationplanner.bc.ca/moneymatters.cfm?page=42>
 - <http://registrar.uvic.ca/safa/annual-costs.html>
 - <http://registrar.uvic.ca/safa/BudgetingInCyberspace.html>
 - <http://canlearn.ca/cqi-bin/gateway/canlearn/en/student.asp>

Adapted from SD#28

Sample Budget – Post-Secondary Costs

INCOME		EXPENSES	
Cash/Savings	\$ _____	Tuition	\$ _____
Part-time Earnings	\$ _____	Books and Supplies	\$ _____
Student Loan	\$ _____	Rent	\$ ____ x ____ mos = \$ _____
Awards/Passports/Scholarship	\$ _____	Telephone	\$ ____ x ____ mos = \$ _____
Income Assistance	\$ _____	Food	\$ ____ x ____ mos = \$ _____
Funding from Parents	\$ _____	Transportation	\$ ____ x ____ mos = \$ _____
Other Income	\$ _____	Medical and Dental	\$ ____ x ____ mos = \$ _____
		Entertainment	\$ ____ x ____ mos = \$ _____
		Other	\$ ____ x ____ mos = \$ _____
Total Income	\$ _____	Total Expenses	\$ _____



Adapted from SD#28

Sample Budget – Living On Your Own
 Complete the following monthly budget for life after graduation.

INCOME		EXPENSES	
Employment Earnings	\$ _____	Rent	\$ _____
Income Assistance	\$ _____	Hydro	\$ _____
Other income	\$ _____	Heat	\$ _____
		Telephone	\$ _____
		Cable	\$ _____
		Food	\$ _____
		Clothing	\$ _____
		Personal Hygiene	\$ _____
		Bus Pass	\$ _____
		Car Insurance	\$ _____
		Gas	\$ _____
		Car Repairs	\$ _____
		Medical and Dental	\$ _____
		Entertainment	\$ _____
		Other	\$ _____
Total Income	\$ _____	Total Expenses	\$ _____

Are your expenses more than your income? If yes explain how you will cover them.



Adapted from SD#28

RESOURCES



<http://www.educationplanner.bc.ca/index.cfm> : Education Planner

<http://bcawardsonline.sd61.bc.ca/> : Scholarships

<http://www.conferenceboard.ca/education/skills/> : Employability Skills

<http://www.achievebc.ca/> : Jobs and Opportunities in BC

<http://www.statravel.co.uk> : Lonely Planet GAP year guide

<http://www.katimavik.org/section/index/id/1> : Katimavik

<http://www.govolunteer.ca/cgi-bin/page.cgi?id=16> : Go Volunteer

<http://www.classafloat.com/> : Class Afloat

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