

GRADUATION TRANSITION PLAN

2009-2010



Student: _____

Counsellor: _____

Interview Date: _____

Requirements Met: _____ Not Met: _____



Graduation Transitions – Course Overview

- Graduation Transitions is a British Columbia *graduation requirement*.
- All grade 12's must complete all 3 parts of the course requirements
- Graduation Transitions is evaluated on a *pass/fail* basis
- Completion of the course results in students receiving 4 credits

Course Requirements

- **Daily Physical Activity (DPA):**
 - Students must document evidence that shows they are physically active for a minimum of 150 minutes per week during both grades 11 AND 12
 - Students enrolled in PE 11 and 12 automatically meet this requirement and no documentation is necessary.
 - Students not enrolled in PE must document their weekly physical activity hours at: <https://www.learnnowbc.ca>
- **Work Experience/Community Involvement (WEX):**
 - Students must demonstrate that they have completed 30 hours of either paid OR volunteer work sometime throughout grades 10-12
- **Graduation Transition Plan:**
 - Students must begin to formulate their transition plans from secondary school to other endeavours (post secondary, work/career, travel, other)
 - Students must arrange to have an *exit interview* with their counsellor to discuss and review their transition plan/s (see below)

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Questions ?? Visit: <http://www2.sd45.bc.ca/schools/rockridge/>

OR Ask your counsellor

Requirement #1 - Daily Physical Activity (DPA)

Grade 11 and 12 students must have documented evidence that they are physically active for a minimum of 150 hours per week.

Indicate how you have done this for **grade 11**:

- _____ I took P.E. class in grade 11
- _____ Paperwork was submitted to Ms. Owen at the end of grade 11
- _____ I recorded my hours at: www.learnnowbc.ca
- _____ I have not yet done anything to show my DPA in grade 11

Indicate how you are doing this for **grade 12**:

- _____ I am taking P.E. class in grade 12

OR

- _____ I am doing my DPA outside of school and am recording my hours at: www.learnnowbc.ca

List what you are doing outside of school (teams, gym, yoga, etc.):

OR

- _____ I have not yet started this and/or I don't know what to do to show my DPA in grade 12



Requirement #2 – Work/Volunteer Experience (WEX)

Grade 12 students must demonstrate that they have completed 30 hours of either paid OR volunteer work sometime throughout grades 10-12

_____ I have already completed (or will have) at least 30 hours of paid work and will provide pay stub information that verifies such
List previous place/s of employment or your current place of employment you will use to meet this requirement

OR

_____ I have previously and/or am presently enrolled in a work experience class (12A or 12B) and therefore will have met the requirements for this section.

OR

_____ I have (or will have) completed 30 hours of volunteer work and will provide a letter or e-mail that verifies such
List place/s where this work has (or will) be completed:



Requirement #3 – Graduation Transition Plan

Students must begin to formulate their transition plans from secondary school to other endeavours (post secondary, work/career, travel, other)

My tentative plans for next year are:

_____ I will be attending a post secondary institution (college or university)

List some of the institutions you may apply to study at next year:



_____ I plan on spending next year working full time

_____ I plan on spending next year travelling

_____ I plan on using next year as a GAP year – a year off before returning to studies

_____ Other (Katimavik, Study Abroad Program, Language Immersion)

_____ I really don't know what I will be doing next year

Students must arrange to have an exit interview with their counsellor to discuss and review their transition plan/s (see below). The exit interviews are mandatory and it is **your responsibility to schedule a time to meet with your counsellor.**

I would like my exit interview in term #1 _____ or term #2 _____

Please come to your exit interview prepared:

- All documentation for your DPA and WEX must be shown to your counsellor
- Review the interview questions and be prepared to discuss your future plans .

