

Graduation Transitions for Grade 10, 11 and 12 Students

Mr. Borthistle runs the Grad Transitions Program.

It is a 3 year program that culminates at the end of the student's grade 12 year. In order to graduate grade 12 students must successfully complete the Grad Transitions Program by the end of their grade 12 year.

Grade 10 Requirements:

Essentially grade 10's meet all the requirements for Grad Transitions by completing Planning 10 and PE 10.

Grade 11 Requirements:

Grade 11's must maintain a Daily Physical Activity Log which shows that they have completed 150 minutes of physical activity per week. This requirement can be met by ...

- Taking PE 11 and/or
- Taking part in a school or community sport and/or
- Actively participating in a local gym or some other activity that can be verified by a parent or some supervisor.

Grade 12 Requirements:

1. **Personal Health:** Grade 12's must maintain a Daily Physical Activity Log which shows that they have completed 150 minutes of physical activity per week. This requirement can be met by ...

- Taking PE 12 and/or
- Taking part in a school or community sport and/or
- Actively participating in a local gym or some other activity that can be verified by a parent or some supervisor.

2. **Community Connections** - participate in at least 30 hours of work experience and/or community service and describe what was learned. (Work experience and the religion department's Service Project allows students to meet this requirement.

3. **Career and Life** - complete a transition plan and present significant accomplishments. **Details of this requirement are given on the back of this form.**

Grade 12 students will also be expected to complete an "exit interview" with Mr. Borthistle in late April.



Grad Transitions Career and Life Requirements

1. Career Assignment (1-2 pages).

- Go to jobfutures.ca and take the 'Know Yourself' quiz.
- Look through the list of occupations that interest you and select one.
- Use the tabs under 'More Information' to find the answers to the following questions and write one paragraph for each letter.
 - a. Click on the At Work tab and 1) List 3 duties they perform, 2) describe where they work, and 3) list a related occupation and briefly describe the difference from your chosen occupation.
 - b. Click on the Education, Training and Experience tab and 1) describe useful experience, skills, and what you need, 2) click on the Educational Programs link and write about the average annual income, and 3) click on the Program of Study tab below and describe what you'll be studying and any pertinent program facts.
 - c. Click on the Work Prospects tab and write about the current conditions, the outlook for the future, and preparing for job competition.
 - d. Click on the Important Facts tab and write about 3 or more points from this page.
 - e. Finally, after having completed this assignment, are you still interested in this career and why or why not?

2. Read the article 'Attributes of a BC Graduate' and write which characteristics you possess. Then, in a paragraph or two, describe how you reflect these attributes.

3. Complete the Money Matters *Budget* at educationplanner.bc.ca. Click on the For Students tab at the top and select the Money Matters link. Read through the links on the left side of the page, paying particular attention to Cost of Living, and then select Preparing a Budget. Print this page and complete the budget.

4. Update your resume.

5. Attend an exit interview and be prepared to discuss these assignments as well as your daily physical activity and community connections reflections.

Any questions please see Mr. Borthistle in room 214.