



P.I.E. Grad Transition Plan



- **The Graduation Transitions Components:**
 - ❖ **Personal Health**
 - ❖ **Community Connections**
 - ❖ **Career and Life**
- **Completion of the Graduation Transitions Requirement is mandatory for graduation. Once completed, an RM will appear on report cards and transcripts indicating that the 'requirements have been met' and 4 credits will be awarded to the student.**
- **Students will be asked to present their Career and Life portion to their teacher. This presentation will be informal and should take no more than 15 minutes.**
- **Students will be expected to speak about their future plans with regards to school, work, and career exploration (what they will do after high school).**

Checklist: (see below for more details on each aspect)

Personal Health:

- 150 min. of physical activity per school week documented
- Long-term healthy living plan created

Community Connections

- 30 hours of work and/or volunteer experience documented
- Employability skills reflection written

Career and Life

- Transition plan created
- Presentation of transition plan completed

Ways to document Personal Health requirements:

- a) Physical Activity - physical activity logs, memberships, photos, letters, or other similar evidence
- b) Long-term healthy living plan should include
 - sound nutritional habits
 - regular exercise routines
 - emotional health management (e.g., ways to manage stress)
 - positive health choices

Ways to document Community Connections:

- a) Work/Volunteer Experience - pay slip, log book, letter, form, or certificate signed by an employer, community person, or agency/organization
- b) Employability skills reflection - describe the duties performed, the connections between the experience and employability/life skills, and the benefit to the community and to yourself

How to fulfill the Career and Life Requirements:

- a) The Transition Plan is a comprehensive plan that indicates you are prepared to successfully transition from secondary school, which includes:
 - completion of transition activities that are relevant to and support your career, life, and learning goals
 - identification and communication of achievements that reflect the development of the attributes of a BC graduate (see **Appendix A**)
 - identification and communication of costs and funding sources associated with education, career, and life options after graduation
- b) Presentation (see **Appendix B** for guiding statements)
 - demonstrate and practice communication, organizational, and presentation skills in a format relevant to you
 - share your transition plan and short and long term goals in an exit interview with your teacher
 - demonstrate how you display initiative, set priorities, and establish goals through selected achievements in which you take pride
 - showcase significant accomplishments and indicate how those learning experiences have prepared you for a successful transition to life after secondary school

Useful Websites for planning career/employment options:

<http://www.educationplanner.bc.ca/>

<http://www.workfutures.bc.ca/>

Graduation Transition Plan Suggested Outline

1. Describe some of the experiences during the past three years that you are most proud of.
2. Describe your strengths. In what areas would you like to grow further?
3. What have you learned about yourself, based on your experiences and strengths?
4. Describe some of the contributions you have made to your school and/or community:
5. What short term goals do you have for next year? List at least five.
6. Where do you hope to be in five years? Describe what work place you hope to be in, or education you may be pursuing.

Complete the following budget that most closely matches your plans for next year (choose A, B or C)

(A) Post Secondary

Income		Expenses	
Cash/Savings	\$	Tuition	\$
Part-time earnings	\$	Books and Supplies	\$
Student Loan	\$	Rent	\$
Awards/Scholarships	\$	Telephone/Internet	\$
Income Assistance	\$	Food	\$
Funding from parents	\$	Transportation	\$
Other income	\$	Medical and Dental	\$
		Personal Hygiene / Clothing	\$
		Entertainment	\$
		Other	\$
Total Income	\$	Total Expenses	\$

B) Employment

Income (per month)		Expenses (per month)	
Employment Earnings	\$	Housing (Rent)	\$
Income Assistance	\$	Utilities (Electricity, Heat)	\$
Other Income	\$	Telephone/Internet/Cable	\$
		Transportation	\$
		Food	\$
		Medical and Dental	\$
		Personal Hygiene / Clothing	\$
		Entertainment	\$
		Other	\$
Total Income per month	\$	Total Expenses per month	\$

C) Travel

Income		Expenses	
Cash/Savings	\$	Accommodations	\$
Work Abroad	\$	Transportation to/from destinations	\$
Funding From Parents	\$	Transportation while on trip	\$
Other Income	\$	Passport	\$
		Food	\$
		Medical and Dental Insurance	\$
		Personal Hygiene / Clothing	\$
		Entertainment	\$
		Other	\$
Total Income	\$	Total Expenses	

8. Having completed one of the above budgets, have you become aware of anything that might prevent you from achieving your plans?

9. Name the steps you are taking to help achieve your goals.

10. Describe how your personality, strengths and past achievements match your future plans.

11. What is your educational /personal backup plan in case your initial plans don't work out?

12. Having completed your Graduation Transition Plan, describe how you feel about your plans. Are you excited? Are you nervous? What worries you about the future? What do you look forward to? Explain.

STUDENT SIGNATURE: _____

DATE: _____

Complete this section ONLY if you intend to go on to post-secondary education:

Select one institution/facility at which you plan to train/study and complete the following:

Name of Institution:					
Location:					
Name of Program you want to pursue:					
Length of Program:					
Deadline for Application:					
Date You Applied or will Apply:					
Have You Received a Response?	Yes or No				
What type of living accommodations are you expecting to have while you're there?	Residence	Sharing a house	Apartment	Living with a relative	other
What was the response? Attach letter if possible					
What made you choose this school and/or program?					

Appendix A

Attributes of a BC Graduate

During a year-long, province-wide consultation, thousands of BC citizens identified the following characteristics of the ideal BC graduate:

In their intellectual development, graduates should achieve:

- competency in reading, writing, mathematics, social studies and science, including the ability to use these skills in problem-solving and decision-making
- the ability to use and understand information technologies
- the ability to communicate effectively with a range of audiences; this includes the ability to access, synthesize and present information; it also includes
 - knowledge of both a first and second language
 - an understanding and appreciation of artistic and aesthetic expression
- the ability to think critically and solve problems, using information to develop opinions and make sound judgments and decisions
- an understanding of the importance of a lifelong commitment to continuous learning

In their human and social development, graduates should achieve:

- the knowledge and skills required to be socially responsible citizens who act in caring and principled ways, respecting the diversity of all people and the rights of others to hold different ideas and beliefs
- the knowledge and understanding they need to participate in democracy as Canadian and global citizens, acting in accordance with the laws, rights and responsibilities of a democracy
- the attitudes, knowledge and positive habits they need to be healthy individuals, responsible for their physical and emotional well-being
- the attitudes and competencies they need to be community contributors who take the initiative to improve their own and others' quality of life

In their career development, graduates should achieve:

- the confidence and competencies they need to be self-directed individuals who display initiative, set priorities, establish goals, and take responsibility for pursuing those goals in an ever-changing society
- knowledge and understanding of the range of career choices available to them, the prospects for success in those careers, and the actions required to pursue specific career paths
- experience in planning for, and working towards, career and life goals
- the skills required to work effectively and safely with others, and to succeed both as individual and collaborative workers

Appendix B

Plan what you will say at your exit interview by using the following guiding statements:

Next year I plan to ...

I will do this by ...

So far I have ...

The next step is to ...

I am good at ...

Something I need more practice in is ...

I had difficulty with ...

By doing this I learned ...