

# ***What is Graduation Transitions?***

**Graduation Transitions is a mandatory course for all BC Grade 12 students on the 2004 Graduation Program.**

# What does it consist of?

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- **Personal Health**

- demonstrate the knowledge, attitudes and positive habits needed to be healthy individuals

- **Community Connections**

- demonstrate the skills required to work effectively and safely with others

- **Career and Life**

- demonstrate the confidence and competency needed to be self-directed individuals

# Personal Health

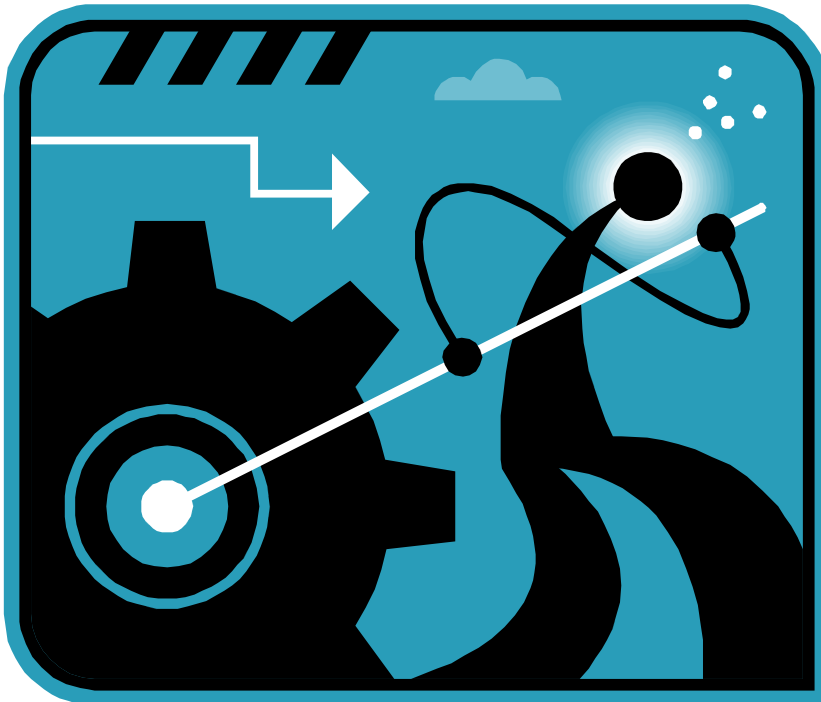
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- In order for this section of Graduation Transitions to be considered complete you must...
  - ▶ document 150 minutes per week of physical activity from Grade 10-12
  - ▶ indicate how your physical activity aligns with your personal fitness goals, reflecting lifestyle and physical limitations.
- How do you do that?
  - ▶ Simply pick up and fill out the *Brooks Secondary Physical Activity* form (it's also in the Graduation Transitions Handbook).



# Community Connections

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- In order for this section of Graduation Transitions to be considered complete you must...
  - ▶ document 30 hours of work and/or volunteer experience
  - ▶ describe the duties performed, the connections between the experience and employability/life skills, and the benefit to the community
- How do you do that?
  - ▶ Simply pick up and fill out the *Brooks Secondary Work Experience* form (it's also in the Graduation Transitions Handbook).

## Career and Life

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- In this section of the Graduation Transitions, you are required to put together a **Transition Plan** and participate in an **Exit Interview**.
- Once both pieces have been complete, you will have met the requirements for Career and Life.

# Transition Plan

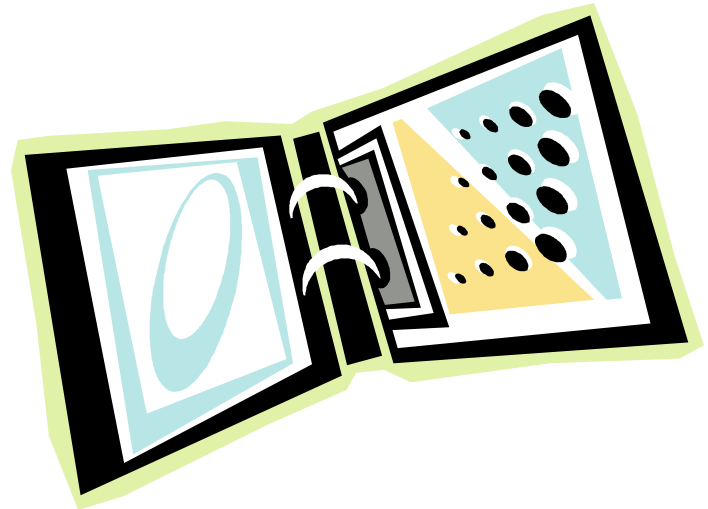
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- What goes into the Transition Plan?
  - ▶ current resume
  - ▶ current cover letter
  - ▶ evidence of career and school research (at a minimum...the Graduation Transitions Handbook must be filled in)
  - ▶ financial plan/budget
  - ▶ completed application form (work or school related)

# What should the Transition Plan look like?

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- It's up to you on how you want to bring together the pieces of your Transition Plan, but here are a few ideas:
  - ▶ binder
  - ▶ PowerPoint
  - ▶ webpage
- Make sure it looks professional, and don't be afraid to be creative.



# Who do I show my Transition Plan to?

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- Get feedback on your Transition Plan from family, friends, teachers, etc. Incorporate their comments into your work.
- You must bring your Transition Plan to your Exit Interview. The interviewer may want to ask you specific questions about it.



# Exit Interview

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- The Exit Interview is a brief discussion of your Transition Plan and future goals and plans with a staff/community member.
- The interviewer will also go over your physical activity and work/volunteer experience documents with you.
- The Exit Interview will take approximately 15-20 minutes.
- Exit Interview sign up procedures will be announced throughout the school year.

# **Celebrating You and Looking Forward to the Future**

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- Graduation Transitions is meant to be a celebration of your achievements in high school and a way to ready yourself for life beyond Brooks Secondary.
- We look forward to seeing your completed Graduation Transitions.