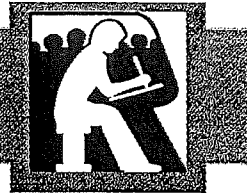


# Career and Life



## Develop a COMPREHENSIVE Transition Plan

### Progress Report - CAREER AND LIFE - Requirements #1a, 1b

Develop a Comprehensive Transition Plan that:

- 1a) Supports career, life and learning goals.
- 1b) Reflects on the development of the attributes of a BC graduate.

Completing ALL OF the expectations below will SIMULTANEOUSLY SATISFY the above two requirements found on your GT progress report:

**\*\*\*IMPORTANT: This section constitutes the BULK of your TRANSITION PLAN. COMPLETE VERY CAREFULLY!!!!!!\*\*\***

- **COLLECT EVIDENCE/MATERIAL that Demonstrates Who You Are:**
- Select a variety of materials for your transition plan that come from several sources, including school, community and home.
  - These should be relevant and meaningful to you.
  - They should demonstrate the skills you have acquired during your senior years (Gr 10-12) of high school.
  - Some of your evidence should also demonstrate the plans you are making to transition from high school (e.g. job/school applications, school program info).

### **RESOURCE IDEAS for Collecting the Above Evidence**

- a) **“What to Collect”** sheet (found two pages from here)
  - This lists ideas of the types of evidence to include in your GT Plan
  - Feel free to add others not found on this list
- b) **“Attributes of a BC Grad”** sheet (found three pages from here)
  - This lists the qualities/skills that a student is expected to have upon graduation. You are not expected to address every bullet on this “Attributes of a BC Graduate” page
  - This sheet is meant to only give you ideas of what to include as evidence. Example: For “Can use and understand information technologies”, you might include evidence that shows work on yearbook, a poster you created on the computer, work from a CADD class or something along this line.

Additional requirements for meeting 1a) and 1b) are continued on next page...

➤ **WRITING REFLECTIONS for my Evidence:**

- While FORMAL reflections are not needed (i.e. a page of details), you should explain the following for each activity/piece of evidence/picture etc. you collect:
  - a. *What did I do or participate in?*
  - b. *When did I do this?*
  - c. *Where did I do this?*
  - d. *With whom did I do this?*
  - e. *What are my thoughts about this activity? ... What did I learn? Do I value this? (Why/Why not) Is it something I will continue doing?*
- NOTE: This information can be presented in point form. Some of it might even be incorporated into a heading or label.
- **Do not write reflections for** the things labeled “assignment” in this package, your resume, or your green work/volunteer forms. (These are all identified by asterisks\*\* and are in *italics* in the Table of Contents.)

➤ **COMPLETE the “Career Cruising Assignment”**

- Complete this on-line by following the instructions found ahead.
- When completed, print it off and include this in your GT binder.
- Be prepared to respond to the results during your presentation or interview.

➤ **COMPLETE the “My Plans after High School Assignment”**

- This assignment is found ahead in this section.
- Only answer ONE OF either A, B or C as it applies to you.

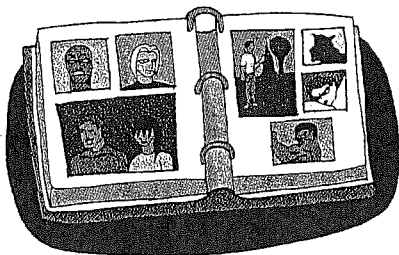
AGAIN, all of the above items indicated by a bulleted arrow must be completed in order for 1a) and 1b) under “Career and Life” to be checked as “requirement met”. Doing this will get both signed off simultaneously. One should never be signed off without the other.

# What to Collect – The Possibilities are Endless!

Use this list to assist you in collecting material for your Transition Plan. You do not have to collect all things on this list. These are ideas and you may have things not found here that apply.

**\*\*Always put a copy and not the original into your Transition Plan; keep the originals secure!**

- Pay stubs (black out your Social Insurance Number)
- Quiz/inventory results that relate to you
- Certificates



- Favourite assignments, essays, tests etc.
- Resume
- Cover letter
- Evidence of career research
- Material of interest collected from career fairs
- Financial plan material
- Health log (80 hours)
- Work/volunteer experience form(s) (30 hours)

+ ANYTHING ELSE THAT APPLIES TO YOU!!!!

- Meaningful assignments
- Report cards
- Projects (or a photo of it if its too large)
- Photos of activities you participate in
- Letters

## THINK:

“What do I like to do? What are my interests?”  
AND “How can I show others this part of me?”

- Reference letters
- Applications
- Acceptance letters
- Sports, music etc medals or awards
- Photos of you doing your favourite hobby
- Samples of your hobby (photo?)

