



Graduation Transitions Plan Cowichan Secondary School

NAME: _____

#1 Daily Physical Activity

- started in Grade 10.
- describe in your interview your physical activity: PE class, school team, community team, extracurricular physical activity (ie. dance or gymnastics) or any physical activity that you do on your own.
- discuss how your physical activity has had an impact on your personal health and lifestyle choices.
- develop a long-term personal healthy living plan appropriate to your lifestyle that describes: sound nutritional habits, regular exercise routine, emotional health management (ie. ways to manage stress) and positive health choices.

_____ Signature of coach/PE teacher

#2 Hours of Work or Volunteer Hours

- log can be started in Grade 10.
- must be a minimum of 30 hours of work experience and/or community service
- submit your hours and provide documentation of work experience and/or community service to Ms. Mann in Careers Centre (e.g., pay slip, log book, letter, form, or certificate sign by an employer, community person or agency/organization)
- hand in to Career Centre when completed.

_____ Signature of employer/supervisor

#3 Transition Plan

- Create an account on www.myblueprint.ca/sd79 (see other side of this sheet)
- We will use myblueprint to create:
 - ★ Resume
 - ★ Cover Letter
 - ★ Career Research Project
 - ★ Plans for After Graduation
 - ★ Budget
- Autobiographical Essay (this is completed in English 12)

_____ Signature of Interviewer

#4 Exit Interview - Conversation

- Who Am I? Conversation, can include:
- Scrapbook or Portfolio
 - ★ Powerpoint
 - ★ Web-based format (e.g. Prezi, Pinterest, Facebook...)
 - Where do you come from?
 - What are special memories or events in your life?
 - Who are important people in your life?
 - What have you learned during your time in school that you will take with you?
 - What are your future plans...5 years, 10 years?

(see back of this sheet for some potential interview questions)

_____ Signature of Interviewer