

Grad Transitions Program

Preparing for life **after** high school

In a year-long survey...

- BC citizens identified the attributes of the *ideal* BC high school graduate.
- The results revolved around **three main** areas:
 - Intellectual development
 - Human and social development
 - Career development

Consider the following as honestly as possible:

- If you feel you already embody the statement, indicate this with “got this!”
- If you feel you are on your way to fulfilling the statement, choose the “on my way” answer
- If you feel you are not even close, please indicate “needs (a lot) of work”

To help you embody (**BE**) these attributes:

- GRADUATION TRANSITIONS PROGRAM!
- **3 Components:**
 - Personal Health
 - Community Connections
 - Career and Life

Personal Health

- It is expected that you will demonstrate the **KNOWLEDGE**, **ATTRIBUTES** and **POSTIVE** habits need to be healthy individuals.
 - **ENGAGING** from Grade 10 to Grade 12 in **150 minutes** of physical activity (moderate to vigorous)
 - Developing a **long-term personal** healthy living plan appropriate to your lifestyle that describes:
 - Sound (good) **nutritional** habits
 - **Regular** exercise
 - **Emotional** health management (stress busting!)
 - Positive health **choices**

Community Connections

- It is **expected** that students will:
 - Demonstrate the skills required to work **effectively** and **safely** with others and to succeed as **individual** and **collaborative** workers, by
 - Participating in at least **30 hours** of work experience and/or community service
 - Describing the duties performed, the **connections** drawn between the **experience** and employability/life skills (i.e. how this will help me in life) and the **benefit** to the community AND to the student.

Career and Life:

- It is expected that students will:
- Demonstrate the **confidence** and **competency** needed to be self-directed individuals by,
 - Developing a **COMPREHENSIVE** plan that indicates they are prepared to **successfully** transition from secondary school
 - Presenting **selected** components of their transition plan to member of the school and/or community.
(GR. 12)

Think! Consider how you could meet these requirements...

- How would you like to meet the requirements of each PLO (prescribed learning outcome)? Think about it and fill out the provided sheet.

Explore Grad Transitions at GFSS

- Go to the GFSS website.
- Follow the grad transitions link the left column.
- Explore the pdf package.
- Pick out the assignment you are most looking forward to and the assignment you are least looking forward to.