



"Creating Citizens for the World"

Alberni District Secondary School

School District #70, Port Alberni

<http://adss.sd70.bc.ca/adss>

GRADUATION TRANSITIONS

Components of Graduation Transitions:

Personal Health: Demonstrate a commitment to fitness, personal life management and physical and emotional well-being.

Community Connections: Gain employability skills through meaningful work experience or community service.

Transition Planning: Explore personal and career goals--create a plan for life after graduation.

Exit Interview: Discuss your transition plan.



Name: _____

Student #: _____

DUE

Semester 1 – December

Semester 2 – April



Graduation Transitions 12

Alberni District Secondary School

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Checklist for graduating students

A. Personal Health

- 1) 90 hours physical activity in addition to PE 10. The activity should be vigorous and signed off by a parent/guardian/coach

If you have completed PE 11, 12, golf or hockey, your hours will be recorded by your teacher.
Other students must hand in paperwork to Mr. Chase

- 2) Personal fitness reflection

Note: Use the official ADSS Physical Activity forms, which are available in the Counseling Centre and online.

B. Community Connections

- 1) 30 hours of work and/or volunteer experience
- 2) employability skills reflection

Visit the Career Center if you need help

Note: Use the official Alberni District Secondary Work Experience forms available in the Career Centre.

C. Career and Life

- 1) current resume
- 2) current cover letter
- 3) Graduation Transition Plan

- use the Microsoft Word resume builder

- for job applications, samples in career center

D. Present your Plan

Exit Interview on _____?

Please see your counselor for more info.

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Graduation Transition Plan



1. Describe 1 of your ADSS experiences during the past three years that you are most proud of:

2. Describe your top 3 strengths. In what areas would you like to learn more about or improve on? Use the education planner web sites or the Planning 10 textbook to help identify your strengths.

3. What have you learned about yourself, based on your experiences and strengths?

4. What advice would you give to a Grade 10 student?

5. What short term goals do you have for next year?

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.

7. Complete the Post secondary budget or B or C (your choice)

(A) Post Secondary

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

(B) Employment (per month)

Income	\$	Expenses	
Employment Earnings	\$	Housing (Rent)	
Income Assistance	\$	Utilities (Electricity, Heat)	
Other Income	\$	Telephone/Internet/Cable	
	\$	Transportation -Bus -Car (gas, repairs, insurance)	
	\$	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 and from Destination	
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, is there 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.

13. Complete this section if you intend to go on to post secondary education.

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

Name of Institute or facility: _____

Location: _____

A. Name the program: _____

B. What are the requirements for entrance? _____

C. What is the length of the program? _____

D. When is/was the deadline for application? _____

E. Is there a wait list? How long is it? _____

F. What type of living accommodation do you plan to have?

Residence: ___ Sharing a house: ___ Other: _____

Apartment: ___ Living with a relative: ___

G. What factors influenced your decision on this post-secondary institution?

STUDENT SIGNATURE: _____

DATE: _____

Transition Plan - Exit Interview

“TO DO” CHECKLIST

- COMPLETE TRANSITION PLAN
- PRESENT TO A PLANNING 10 STUDENT AND AN ADULT SUPERVISOR
- 5-10 MINUTE PRESENTATION
- SPEAK ABOUT FUTURE PLANS
- WHEN COMPLETE YOU WILL – “RM” - RECEIVE “REQUIREMENT MET” (NO LETTER GRADE)
- WILL BE ELIGIBLE TO GRAD AND PARTICIPATE IN GRAD CEREMONY

Plan what you will say about your future plans 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 ...

WHEN WILL YOU PRESENT?

SEMESTER 1 - ENG 12 OR COMM 12 WILL PRESENT IN DECEMBER.

SEMESTER 2 - WILL BE AT THE END OF APRIL.

-----PLEASE BRING YOUR PAPERWORK WITH YOU-----