



GRADUATION TRANSITION PLAN

Name: _____ Student #: _____

E MAIL: _____

A. CAREER, LIFE, & LEARNING GOALS

Using the following timeline explain your short and long term goals. Discuss **career**, **life** and **learning** goals.

1 year after graduation	<ul style="list-style-type: none">•••
2 years after graduation	<ul style="list-style-type: none">•••
5 years after graduation	<ul style="list-style-type: none">•••
10 years after graduation	<ul style="list-style-type: none">•••

B. EMPLOYABILITY SKILLS 2000+

These are the skills you will need to enter, stay in, and progress in the world of work - whether you work on your own or as a part of a team. These skills can also be applied and used beyond the workplace in a range of daily activities.

Visit <http://www.jobsetc.gc.ca/toolbox/checklists/employability.jsp> and complete the checklist. Submit your results and from your results list 5 skills you are confident using and 5 you want to improve.

5 skills I am confident using	5 skills I want to improve
<ul style="list-style-type: none"> • • • • • 	<ul style="list-style-type: none"> • • • • •

C. POST-SECONDARY PLANS

Visit <http://public.careercruising.com/ca/en>

Username: **burnaby**

Password: **central**

Read about the career/job you have chosen to pursue. Using the table of contents tabs on the left hand of your screen, fill out the information in the table.

Occupation Description	
Potential Earnings	
Future Outlook – Good, fair, poor and a brief explanation why. (www.workfutures.bc.ca)	
Related Jobs	
Training/Schooling Required AFTER High School	
What school (if any) do you plan on attending?	

D. POST-SECONDARY INSTITUTION

Visit the school's (e.g. college, university, technical institution) web site and obtain the following information:

Application Deadline	
Admission Requirements	
Length of Program	
Tuition & Any Other Fees	

How will you fund your education costs?

E. FINANCIAL PLAN

Complete the following financial plan for your first year after graduation. Ask your parents/guardians for help in estimating these costs for one year.

INCOME		EXPENSES	
Cash/Savings	\$ _____	Tuition	\$ _____
Employment Income	\$ _____	Books & Supplies	\$ _____
Awards/Scholarships	\$ _____	Rent or Residence Fee	\$ _____
Funding from Parents	\$ _____	Cell Phone	\$ _____
Other Income	\$ _____	Transportation	\$ _____
		Food	\$ _____
		Clothing	\$ _____
		Personal Hygiene	\$ _____
		Entertainment	\$ _____
		Other	\$ _____
TOTAL INCOME	\$ _____	TOTAL EXPENSES	\$ _____

F. ALTERNATE PLAN

If completion of your original plan is not possible, what alternate plan might you choose for your future?

G: PERSONAL HEALTH: Healthy Living Plan

Develop a nutrition plan that is based on good nutrition habits (refer to the principles of Canada’s Food Guide at <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>). Create a nutritious meal plan for one day, including snacks.

	Food	Drinks
Breakfast		
Lunch		
Dinner		
Snacks		

1. Explain how good nutrition habits contribute to good health.

2. **DPA:** You are required to complete 150 minutes of physical activity each week in grades 10-12. What are your plans for including physical activity in your life once you graduate and as you grow older?

3. When you encounter stress in your life, what techniques do you use to manage it in a positive way?

4. List some of the positive health decisions you have made so far in your high school years. Also, explain what motivated you to make these decisions.