

# SULLIVAN HEIGHTS SECONDARY



## Grad Transitions (GT) Checklist and Requirements

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### INTRODUCTION

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Grad Transitions 12 is a mandatory course requirement that students must complete in order to graduate.

The Grad Transitions self-directed course is worth four (4) credits towards graduation. Students must complete the requirements listed for each component in order to receive the four (4) credits. Upon successful completion of the program, a Requirement Met (RM) mark will appear on the final report card.

Grad Transitions is intended to prepare students for a successful transition to life after secondary school. In order to meet this goal, Graduation Transitions encourages students to:

1. Take ownership of their own health and learning
2. Examine and demonstrate connections between their learning and their future
3. Create a plan for their growth and development as skilled, healthy, knowledgeable, participating citizens
4. Exhibit attributes of the BC Graduate

All Grade 12's will be using **myBlueprint** ([www.myBlueprint.ca](http://www.myBlueprint.ca)) to fulfill their Grad Transition requirements and will specifically be used to:

1. Perform career explorations
2. Plan for post secondary
3. Produce a digital portfolio

Grad Transitions consists of four (4) components:

1. Who Am I
2. Personal Health
3. Community Connections
4. Career & Life Transition Planning

**If you have questions or concerns about your GTP or MyBlueprint  
See Mrs. Pacheco or Ms. Rogerson in the Career Centre**

## WHO AM I

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Your digital Portfolio must include:

1. Your Name
2. Your current photo
3. Something unique/interesting about your family (ie. background, traditions etc.)
4. What achievements you have made over the past 3 years. (include grades, awards, certificates)
5. A reflection on your personal growth
6. A reflection on how your time at Sullivan Heights Secondary has shaped who you are

## PERSONAL HEALTH

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Your digital Portfolio must include:

1. Daily physical activity and a commitment to fitness and physical and emotional well-being are key to healthy living. In this component of Grad Transitions, students develop the knowledge, attitudes and habits needed to be healthy individuals by maintaining a personal plan and participating in a least 150 minutes per week of moderate to vigorous physical activity in both Grades 11 and 12.

## ACTIVITY

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Your digital Portfolio must include:

1. A chart or calculation showing how you obtained the minimum required 100 hours of physical activity in both your Grade 11 and 12 years. (attach an excel/word file to your Portfolio)
2. An example in the area of health and wellness in which you excel
3. An example in the area of health and wellness in which you need to improve
4. How you plan to incorporate physical activity and wellness into your post-graduation life
5. How you manage stress (techniques, strategies etc.)

Areas of health and wellness would include:

- Nutritional Habits
- Positive Health Decisions
- Stress Management
- Adequate Rest/Sleep
- Spirituality (Values, Morals, Beliefs)
- Time Management
- Regular Exercise
- Emotional Health Management
- Support Network
- Sports/Team Involvement

## COMMUNITY CONNECTIONS

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Life after graduation includes the world of work and community involvement. As part of Graduation Transitions, students gain employability skills through participation in at least 30 hours of work experience and/or community service in grades 10 – 12.

Your digital Portfolio must include:

1. Verification of your 30 hours of volunteer/work experience (letter of confirmation, pay stub)
2. Details of your current job or volunteer experience. Include a description of the tasks/duties you performed, on-site pictures etc.)
3. Three personal or teamwork skills you used in your work/volunteer experience that you now feel confident in. Using specific examples, explain:
  - How you learned these skills
  - How improving these skills helped your job performance
4. Two key areas where you need improvement in your job skills. Explain:
  - Why you identified these as areas for improvement
  - Why these are important skills to have

## CAREER AND LIFE

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Graduation Transitions requires students to explore personal and career goals during their secondary school years and create a plan for life after graduation. Transition planning is an on-going process throughout the graduation program years, requiring the completion of a plan, culminating in a final grade 12 presentation.

Your digital Portfolio must include:

1. Three specific goals (personal, educational, career), that you wish to achieve over the next five years and how you plan to accomplish them
2. A financial plan for your first year after high school
3. A resume
4. A career choice, including:
  - How and why you made this career decision
  - Type of work you would be expected to do
  - The need, if any, for this work in the community
  - Typical salary for this career
5. What your plans are after high school
  - Details of your post-secondary plans (include a copy of your application or the school link)
  - Details of what employment you might pursue
  - Details of what travel plans you might have
6. A brief overview of a back-up career plan
7. Evidence of Academic/Elective course work (a minimum of 2 samples)