

GRAD TRANSITIONS

INSTRUCTOR: Lorraine Herbst
EMAIL: lherbst@sd43.bc.ca
PHONE: 604-945-4211

HOURS: Monday – Thursday 10:00am–2:00pm
Monday – Thursday 5:00pm–9:00pm
The Learning Centre is closed all statutory and school holidays.

INTRODUCTION

Graduation Transitions (GT) is a 4-credit requirement that all students in British Columbia who wish to graduate with a Dogwood Diploma must successfully complete. The goal of GT and the required components as outlined in the B.C. Ministry of Education June 2008 Program Guide for Graduation Transitions are listed below. More information about this course is available on the Ministry of Education website at www.bced.gov.bc.ca/grad-transitions/welcome.htm.

GOAL

Graduation 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:

- take ownership of their own health and learning
- examine and demonstrate connections between their learning and their future
- create a plan for their growth and development as skilled, healthy, knowledgeable, participating citizens
- exhibit attributes of a BC graduate

COMPONENTS

Graduation Transitions is an opportunity for students to reflect on their knowledge and abilities and plan for life after graduation by collecting evidence of their achievements in the following required areas:

Personal Health

Daily physical activity and a commitment to fitness and physical and emotional well-being are key to healthy living. In this component of Graduation Transitions, students develop the knowledge, attitudes, and positive habits needed to be healthy individuals, responsible for their own physical and emotional well-being.

Community Connections

Life after graduation includes the world of work and community responsibilities. As part of Graduation Transitions, students gain employability skills through participation in work experience and/or volunteer community service.

Career and Life

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 ongoing process throughout the graduation program years and requires that students demonstrate the confidence and competency needed to be self-directed individuals and that they complete a transition plan.

PRESCRIBED LEARNING OUTCOMES

Personal Health:

- demonstrate the knowledge, attitudes, and positive habits needed to be healthy individuals, responsible for their own physical and emotional well-being by
 - engaging in 80 hours of moderate to vigorous physical activity
 - developing a long-term personal healthy living plan appropriate to their lifestyle that describes:
 - sound nutritional habits
 - regular exercise routines
 - emotional health management (e.g., ways to manage stress)
 - positive health choices

Community Connections:

- 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 between the experience and employability/life skills, and the benefit to the community and to the student

Career and Life:

- 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, which includes
 - completion of transition activities that are relevant to and support their career, life, and learning goals
 - identification and communication of achievements that reflect the development of the attributes of a BC graduate
 - identification and communication of costs and funding sources associated with education, career, and life options after graduation
 - presenting selected components of their transition plan to members of the school and/or community

TO GET STARTED: Come in and meet with the instructor to pick up all the course materials.