

Graduation Transitions – Progress Report (SAMPLE)

Students:

*This **SAMPLE of a PROGRESS REPORT** will be used to track the completion of your Grad Transitions requirement. **All 13 components** (check boxes) **below** must be completed by the end of your Grade 12 year in order to earn the 4 Grad Transitions credits **REQUIRED FOR GRADUATION**.*

PERSONAL HEALTH	REQUIREMENT MET
1. 150 MINUTES per week of moderate to vigorous physical activity in each of: Grade 10 _____ Grade 11 _____ Grade 12 _____	(Teacher Initials Only) <input type="checkbox"/> _____
2. Long-term Personal Healthy Living Plan that describes: <ul style="list-style-type: none"> a) Sound Nutritional Habits b) Regular Exercise Routines c) Emotional Health Management d) Positive Health Choices 	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
COMMUNITY CONNECTIONS	REQUIREMENT MET
1. Participate in 30 Hours of work experience and/or community service	(Teacher Initials Only) <input type="checkbox"/> _____
2. Reflect on Work/Community Experience: <ul style="list-style-type: none"> a) Describe the Duties Performed b) Describe the Employability/Life Skills Connections c) Describe the Benefits to the Community and to Self 	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
CAREER AND LIFE (Grade 12 Preferable)	REQUIREMENT MET
1. Develop a Comprehensive Transition Plan that: <ul style="list-style-type: none"> a) Supports career, life and learning goals b) Reflects on the development of the attributes of a BC graduate c) Identifies and communicates the costs/funding sources associated with education, career, and life options after graduation 	(Teacher Initials Only) <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
2. Present selected components of the Transition Plan to school and/or community members.	<input type="checkbox"/> _____

Authorizing Name: _____

Signature: _____

Position: _____

Date: _____