

# Graduation Transitions Checklist for Completion

**All Assignments must be completed and all documents present in order to complete this course for graduation.**

## **Personal Health**

- Personal Health Plan
- Food Log
- 80 hours of physical activity with documentation

## **Community Connections**

- 30 hours work experience and/or community service or volunteer work
- Written Assignment for this section

## **Career and Life**

- Resume
- 3 completed applications for work, post-secondary education, training, volunteer programs, scholarships, bursaries or awards.
- Financial Plan
- Written assignment for this section

## **Presentation**

- A presentation is mandatory.
- Each student will present their transition plan and showcase significant accomplishments to the Graduation Transitions teacher in an interview format.
- Another teacher or member of the community may be present.
- Call your teacher, Mr. Olexyn, to make an appointment to do your final presentation when you have completed all the required components.

## **Format**

- This work can be typed or neatly handwritten.
- You may either print out the assignment with areas to fill out right on the assignment or you can printout the instructions for the section and type or write it in your own format.