

School District #70

NAME:

**Alberni District Secondary School**

# GRADUATION TRANSITIONS



## COURSE BOOKLET 2019

# CLASS OF 2019

## **This is an important page! READ COMPLETELY!**

The Grad Transition process consists of the 4 things listed below. You must complete all things to be eligible to Graduate!

1. Complete 90 hours of physical fitness, either by taking PE 11 or 12, or by participating in a supervised, documented ***moderate to vigorous*** exercise program outside of school. Forms available in the Career Centre.
2. Complete 30 hours of **work or volunteer** (or a combination of both) experience, signed off by a supervisor. Forms are available in the Career Centre to document your hours.
3. Complete this booklet thoughtfully and neatly and hand in all pages (or email as indicated) on or before the due date.
4. Participate in our Exit Interview Celebration Day which takes place on Tuesday, April 16<sup>th</sup>. You must have your Grad Transition Booklet completed, (with the forms emailed) and handed in with your resume in order to book an exit interview appointment. Appointments are booked with Mrs. Wynans in the Career Centre beginning after Spring Break.

**Grad Transition Booklet Due Date: Wednesday, March 6, 2019**

*Please hand in to the Career Centre*

**Exit Interviews take place on Tuesday, April 16, 2019**

*Book your appointment in the Career Centre after Spring Break*

Your transition plan is an **exploration** and **documentation** of your plans beyond your life as a secondary school student. Consider the following questions:



**What** are you planning to do?

- work/employment, skills upgrading, post-secondary education, training, etc...

**Where** will you pursue your plan?

- Are you staying in Port Alberni? Moving to another community?

**Why** have you decided on that particular route?

- What interests, aptitudes, skills led you to this decision?

**How** will you fulfill your plan?

- Finances, support, preparation, and success!

**Goal Setting - Brainstorm your ideas for...**

<b>Short Term Goals</b> <i>Less than 2 years</i>	<b>Long Term Goals</b> <i>More than 2 years</i>
<ul style="list-style-type: none"> <li>• Workforce</li> <li>• Post-secondary education or training</li> <li>• Skills upgrading</li> <li>• Travel</li> <li>• Moving out</li> </ul>	<ul style="list-style-type: none"> <li>• Eventual career choices</li> <li>• Financial goals</li> <li>• Key life experiences</li> <li>• Community involvement (volunteering)</li> </ul>
<p align="center"><b>List your goals and suggest a date to reach that goal</b></p>	<p align="center"><b>List your goals and suggest a date to reach that goal</b></p>
<p><b>Goal #1:</b></p>	<p><b>Goal #1:</b></p>
<p>Date:</p>	<p>Date:</p>
<p><b>Goal #2:</b></p>	<p><b>Goal #2:</b></p>
<p>Date:</p>	<p>Date:</p>
<p><b>Goal #3:</b></p>	<p><b>Goal #3:</b></p>
<p>Date:</p>	<p>Date:</p>

Select one of your long term goals and explain what motivates you to reach this goal.

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**\*\*What do you plan to do after Grad? Select an Option (A or B) and fill out the form \*\***

**OPTION A: POST-SECONDARY EDUCATION, TRAINING  
AND EXPERIENCE**

*Fill this out if you intend to enter a Post-Secondary Institution following Graduation*



Select one of the above Institutions and list the details below:

**\*\*NOTE\*\*** you can find much of this information at [www.educationplanner.bc.ca](http://www.educationplanner.bc.ca)

1. What education, training, and/or experience is required to achieve your long-term goals?

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2. What Universities, Colleges or Training Facilities provide this training?

Name of institution:	Location:
Name of institution:	Location:
Name of institution:	Location:

Name of the program:	
Application deadline:	
Cost of the program:	
Duration of the program:	
Entrance requirements (specific high school courses):	

3. What credential(s) will you attain from this institution, program or training experience?

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4. Why is this program at this institution most appropriate to your interests, lifestyle, and preferences?

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**OPTION B: WORK**

*Fill this out if you intend to work instead of attending a post-secondary institution following Graduation*

- 1. List courses you have taken during grades 10, 11 and 12 that have helped prepare you to reach your work goals.

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- 2. What kind of job/career are you planning to pursue?

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- 3. How long do you plan to remain in this job/career?

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- 4. What opportunities are there for advancement, promotion, etc. in this job/career?

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- 5. What is the expected hourly or yearly income for this type of job/career?

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## REFLECTING ON YOUR HIGH SCHOOL EXPERIENCE

1. Describe one of your ADSS experiences during the past three years that you are proudest of and explain why.

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2a. Describe your top three strengths (i.e. what are you really good at).

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

2b. In what areas would you like to personally improve?

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3. What advice would you give to a Grade 8 or 9 student starting out for them to be successful at ADSS?

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## HEADING INTO THE FUTURE

One of the most challenging aspects of becoming an adult is managing your finances. Whether you are going to post-secondary school, or taking a year off to work, it is important to think about **Building a Budget**. This is the act of determining your income and expenses so that you can decide how much money you are going to spend on one item, how much on another, and so on—before you actually spend the money. Creating a budget is a realistic financial plan, which you put together based on your income, expenses, and goals. Whether you choose to work or go to school, creating a budget will help you understand how much it costs to live in the world outside of high school.

### PART A: INCOME

What types of income do you expect to have after you graduate? Take a look at the list below and enter the amount of money you feel you may receive in income in the next year. If you don't know, ask your parents or an adult to help you.



**\*\*Be Realistic!!** If you are paid between \$10 and \$20 per hour for a part-time or full-time job, you will be making less than \$40,000 per year. It is difficult to get a job that will pay you much more than minimum wage (\$12.65 per hour) unless you have some post-secondary skills and qualifications.

**You are to fill out all parts of this budget plan.**

AFTER GRADUATION INCOME	YOUR INCOME
Projected income from jobs: This will depend on whether or not you work full time or part time. (example: 40 hrs. per week at \$12/hr., minus deductions for EI, CPP, taxes = \$1500 per month) Multiply your expected monthly income by 12 months and enter that amount at right.	
From parents/guardian/family - monthly income while at college. Multiply the monthly amount by 8 months for the time while you are attending post-secondary school to give you the amount to enter at right.	
From parents/guardian/family—money for your tuition	
From student loans: Estimate what type of money you want to borrow from the bank or receive from Canada Student Loans.	
From Scholarships: Scholarships range from \$100 to \$5000 depending on your eligibility	
From Financial Aid: Other financial aid is available from specific membership in groups	
<b>(A) YOUR TOTAL ANNUAL INCOME:</b> <b>BOX A</b>	<b>\$</b>

## **PART B: MONTHLY LIVING EXPENSES**

Below is a sample of estimated costs for **monthly** living expenses. In one column you will see amounts for living in a larger city such as Vancouver or Victoria. Expenses can be less if you plan to live in a smaller city. Select which amount best applies to you and enter that amount in the column at right. If a line is not relevant to you (i.e. you won't have a land line phone, or you won't be shopping a lot), leave the space blank or put \$0.



<b>MONTHLY EXPENSES</b>	<b>LARGE CITY</b>	<b>SMALL CITY</b>	<b>YOUR MONTHLY BUDGET</b>
<b>HOUSING</b>			
1) Rent: at home with parents			
2) Rent: 1 bedroom apartment	\$950	\$560	
3) Rent: share 2 bedroom apt	\$625	\$350	
4) Rent: College/University Residence fees and other costs – varies	\$5000 - \$9000/year \$417 – \$750/month		
<b>TRANSPORTATION</b>			
Vehicle car insurance	\$220	\$180	
Vehicle gas (variables—type of car mileage, distances, etc.)	\$120	\$120	
Public transit	\$100	\$50	
<b>FOOD</b>			
Food/meals at home and eating out occasionally	\$400	\$300	
<b>UTILITIES</b>			
Electricity	\$40	\$40	
Heating	\$60	\$60	
TV Cable	\$50	\$50	
<b>TELEPHONE</b>			
Telephone—Home phone land line	\$40	\$40	
Cell phone (long distance, unlimited texting)	\$80	\$80	
<b>COMPUTER</b>			
Computer hardware and software	\$100	\$100	
Internet	\$40	\$40	
<b>CLOTHING</b>			
Clothing—shopping only a little	\$50	\$50	
Clothing—shopping a lot	\$175	\$175	



<b>HEALTH CARE</b>			
Medications/dental	\$40	\$40	
Glasses/lenses	\$10	\$10	
<b>INSURANCE</b>			
Insurance (medical premiums or apartment insurance)	\$60	\$60	
<b>ENTERTAINMENT</b>			
Recreational sports, gym, lessons, etc.	\$100	\$80	
Entertainment: movies, purchases	\$60	\$40	
Entertainment: night clubs/pubs	\$80	\$60	
<b>PERSONAL CARE</b>			
Personal care (haircuts, makeup)	\$40	\$30	
Laundry at laundromat	\$25	\$25	
<b>POST-SECONDARY EDUCATION</b>			
University Degree Program – varies according to school, include any specific program fees	\$8000 - \$12000/year \$667 - \$1000/month		
Local College Program – varies by program, include any specific program fees	\$5,000-\$8,000/year \$417 - \$667/month		
Books and program supplies	\$1000 - \$3000/year \$83 – \$250/month		
<b>OTHER</b>			
Banking fees	\$10	\$10	
Newspapers, books, magazines	\$40	\$25	
Religious/charity	\$5	\$5	
Gifts	\$20	\$20	
Pets	\$40	\$40	
Travel (varies depending on type of travel and hotel costs) Estimate your monthly amount to save.			
<b>TOTAL MONTHLY EXPENSES:</b>			
<b>BOX B</b>			\$



**FINAL CALCULATIONS:**

Enter your <b>Total Annual Income</b> Here from <b>BOX A</b>	\$
Enter your <b>Total Annual expenses</b> from <b>BOX B</b> <div style="display: flex; align-items: center; justify-content: center;"> <div style="margin-right: 10px;"><b>BOX B</b></div> <div style="margin-right: 10px;">X</div> <div style="border: 1px solid black; width: 60px; height: 20px; margin-right: 10px;"></div> <div style="margin-right: 10px;">12</div> </div>	- \$
Subtract your total expenses in the second box from the total income in the first box and enter in the space at right. <b>This is your NET ANNUAL BALANCE</b>	\$



**Budget Reflection:**

1. Which is higher, your Total NET Annual income, or your Total Annual Expenses?

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2. What is the difference between those two numbers? \_\_\_\_\_

3. If your total annual expenses are higher than your total annual income, what are some areas of your budget you can eliminate to decrease your monthly expenses?

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**YOUR FUTURE...?**

Now that you have completed a budget, are there any changes you need to make or anything that might prevent you from achieving your plans?



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Having completed your Graduation Transition Plan, describe how you feel about your plans. Are you excited? Are you nervous? What worries you about the future? What do you look forward to? Explain.

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## **YOU'RE ALMOST DONE!**

**Use this as a checklist to complete the final steps!**

	Staple your Resume to the front of the Booklet or email it to <a href="mailto:adsscareer@gmail.com">adsscareer@gmail.com</a> (subject line – Resume)
	Completed the Grad Transition Booklet
<b>After Grad</b>	Option A (Post-Secondary) <b>or</b> Option B (Work)
<b>Budget</b>	Part A - Income
	Part B – Monthly Living Expenses
	Yearbook write up for your Grad Photo – email to <a href="mailto:adsscareer@gmail.com">adsscareer@gmail.com</a> or write out and hand in
	“Most Likely To” nomination page – fill out the ones you want to have nominated for the yearbook page
	Grad Script to be read out as you cross the stage – email to <a href="mailto:adsscareer@gmail.com">adsscareer@gmail.com</a> or write out and hand in
	Completed the SD70 Exit Survey
	Cap & Gown Form and the \$60 package fee (cash or cheque to ADSS) – this includes 2 Ceremony tickets – <b><u>HANDED IN TO NIKKI LEVASSEUR IN THE COUNSELLING OFFICE</u></b>

**Note:**

You can find sample Resumes from this link on the Career Centre website:

[http://adsscareercentre.weebly.com/uploads/5/7/2/9/5729464/resum\\_skills.pdf](http://adsscareercentre.weebly.com/uploads/5/7/2/9/5729464/resum_skills.pdf)

I have completed this booklet to the best of my ability, with thoughtful answers and neat printing.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### **TO BE COMPLETED BY CAREER CENTRE ONLY:**

Thoughtful Answers	Neat Presentation	Handed in on Time	Realistic Budget	Resume attached or emailed	Grad Script write up emailed	Yearbook write up emailed	Photos for Slideshow

## GRAD SLIDESHOW

Each Grad is asked to contribute at least 2 photos for the Grad Slideshow that will be played during the Graduation Ceremony in June. We will be making up one slide per grad similar to the example below which will include the grad's name.

Please email the photos to [adsscarrer@gmail.com](mailto:adsscarrer@gmail.com) or bring the copy in to Mrs. Wynans in the Career Centre to be scanned.

We are asking you to choose photos of yourself:

1. under the age of 2
2. school age – high school/middle school

As well, if you have a copy of your Kindergarten class or a group photo of you on a sports team, please feel free to submit those as well.





School District 70 (Alberni)

## SD70 GRAD EXIT SURVEY

Each grad is asked to complete a few questions (anonymously) about their high school experience and future plans. The answers you provide help provide feedback to our Administrators and Counsellors.

Please go to the following link or scan the QR code below to login to this “survey monkey” survey. If you need any assistance, come to the Career Centre and we can help you login.

<https://www.surveymonkey.com/r/GRAD2019ADSS>





## **GRAD SCRIPT WRITE-UP**

*As you walk across the stage at your graduation ceremony in June 2019, your name will be called, and a short statement will be read out. This is a very important day for you and your family. So, you get to write the statement. We will edit the statement, as needed, for brevity, clarity, and content - but you get to create the message. This is something that you only get to do once in your life, so it's certainly a good idea to put some extra thought, care and attention into it. Inappropriate content will result in your submission being discarded. This, or failure to submit the form in a timely manner, will mean that admin/counselling staff will create a generic (therefore boring!) statement about you.*

Examples:

1. **During her time at ADSS, Sarah has enjoyed participating in sports, music and academics. She would like to thank her family and teachers for their constant support. In September, she will be starting the Bachelor of Science in Nursing Program at Vancouver Island University.**
2. **Connor has enjoyed his time at ADSS and would like to thank all his friends and family, especially his mom for supporting him over the years. He plans to travel for the next year before pursuing an education at a university.**
3. **Jayden plans on attending Camosun College to start his bachelor's degree in athletic therapy. He would like to thank his family, friends, teammates and his coaches Neelam Parmar, Dave Eamer and Craig Brooks for helping him along the way.**

**Email your write up to:**

**[adsscarrer@gmail.com](mailto:adsscarrer@gmail.com)**

Use the subject line – “Grad Script – FirstLast Name”

**BE SURE TO INCLUDE YOUR FIRST AND LAST NAME IN THE EMAIL**

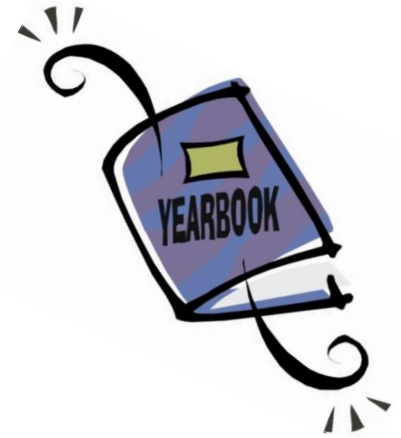
**\*\*please keep it between 30 – 50 words in length.**

# YEARBOOK WRITE-UP

## This is what will be added beside your Grad photo in the 2019 Yearbook.

How will you remember your time at ADSS? What's your Grade 12 message? Anyone to thank? Some ideas to consider are:

- Nickname
- Pet peeve
- Fondest memory
- Future ambition
- Most likely to be remembered for
- Shout outs and /or thank you



Examples:

1. Difficult roads often lead to beautiful destinations.
2. My fondest memories include being part of the Rugby team & all the trips we took; the greatest being our trip to Ireland! Shout out to my girl Jas for always being there for me! Thanks to Pohar and Roberts for always being there to mentor me!
3. My fondest high school memory is the Kamloops trip with Alberni Wrestling. I will always remember my coaches and teammates. I would like to thank everyone for this experience, and good luck class of 2019, in the future.
4. Money can't buy happiness, but it can buy truck parts. Which is basically the same thing.

**Email your write up to:**

**[adsscarrer@gmail.com](mailto:adsscarrer@gmail.com)**

Use the subject line – “Yearbook – FirstLast Name”

**BE SURE TO INCLUDE YOUR FIRST AND LAST NAME IN THE EMAIL**

**\*\*please note, your write-up must be 240 characters (roughly 48 words) or less and will be proof read by Admin!**

## **“Most Likely To” page for the Yearbook**

*Vote here for the Grade 12 student that best fits the title*

*\*\*one guy and one girl per category\*\**

<b>TITLE</b>	<b>GUY</b>	<b>GIRL</b>
Become a “Pro” Athlete		
Become a Teacher		
Cheer you up		
Cure a disease		
Become a comedian		
Best smile		
Best dressed		
Worst attendance		
Most gullible		
Biggest party animal		
Loudest person		
Happiest person		
Best laugh		
Friendliest		
Most improved		
Most addicted to social media		
Most school spirit		
More muscle than brain		
Most likely to never leave Port Alberni		
Best hair		





# GRAD 2019 CAP & GOWN ORDER FORM

Print clearly and fill in all parts of this application.

Last Name:	First Name:
Phone Number:	Email:

Select the size that best describes your height and place an "X" in one of the boxes below.  
Measure your height (with shoes on) and check off the appropriate column.

Place "X" in box to indicate your height	Add an "XL" to indicate an oversize needed	Grad Gown Size		<p>**Grads get to keep all three items – Cap, Gown &amp; Tassel</p> <p><b>CAP, TASSEL &amp; GOWN - \$60</b> (Includes 2 Ceremony Tickets)</p> <p><b>CAP &amp; TASSEL ONLY - \$40</b> (Includes 2 Ceremony Tickets)</p> <p>**This fee helps to cover the cost of the cap, gown &amp; tassel as well as the many other costs related to the Grad Ceremony, such as rental of the Alberni Valley Multiplex, sound equipment, decorations, and certificates.</p>
		5'1" - 5'2"	155 - 157cm	
		5'3" - 5'4"	160 - 163cm	
		5'5" - 5'6"	165 - 168cm	
		5'7" - 5'8"	170 - 173cm	
		5'9" - 5'10"	175 - 178cm	
		5'11" - 6'0"	180 - 183cm	
		6'1" - 6'2"	185 - 188cm	
		6'3" - 6'4"	191 - 193cm	
		6'5" - 6'6"	196 - 198cm	
		6'7" - 6'8"	201 - 203cm	

**THIS FORM AND PAYMENT MUST BE HANDED IN TO NIKKI LEVASSEUR IN THE COUNSELLING OFFICE NO LATER THAN APRIL 15, 2019.**

**PLEASE NOTE:** Gowns are designed to fit heights of 4'8"-5'4" (142cm-163cm) up to 200 pounds (90kg), heights of 5'5"-6'1" (165cm-185cm) up to 250 pounds, (113kg) and heights of 6'2"-6'8" (187cm-203cm) up to 300 pounds (136kg). If a student is heavier than these weight guidelines for a given height, please indicate by marking an "XL" next to their selected height column.

Fee Received: \_\_\_\_\_ Date: \_\_\_\_\_ Rec'd by: \_\_\_\_\_