# Learning Outcomes for Graduation Transition Program

| Outcomes | Ideas |
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| **Personal Health** | |
| Engage in at least 80 hours of regular physical activity in addition to PE 10 | ▪ Take PE 11, 12 or Personal Fitness<br>▪ Participate in a school sport<br>▪ Participate in a community sport<br>▪ Be an active member of a gym or fitness club |
| Develop a healthy living plan appropriate to their lifestyle that describes:<br>• sound nutritional habits<br>• regular exercise routines<br>• emotional health management<br>• positive health decisions | ▪ Complete assignment in Transitions class<br>▪ Some Planning 10 work may meet this outcome<br>▪ Own research and project |
| **Community Connections** | |
| Participate in at least 30 hours of work experience and/or community service | ▪ Have a part time job during the school year or the summer<br>▪ Participate in a volunteer activity through a school event eg. Key Club, Interact Club, Leadership<br>▪ Participate in a volunteer activity with a group outside the school |
| Describe the duties performed, and show how the experience connects with their developing employability and life skills | ▪ Complete assignment in Transitions class<br>▪ Reflection using Conference Board of Canada Employability Skills as reference<br>▪ Some Planning 10 work may meet this outcome |
| Describe the community event or activity and task(s) performed and the benefit to the community and to the student | ▪ Complete assignment in Transitions class<br>▪ Reflection<br>▪ Some Planning 10 work may meet this outcome |
| **Career and Life** | |
| Develop a comprehensive plan that indicates they are prepared to successfully transition form secondary school | ▪ Complete assignment in Transitions class<br>▪ Some Planning 10 work may meet this outcome |
| Complete transition activities that support their career, life and learning goals | ▪ Complete assignment in Transitions class<br>▪ Some Planning 10 work may meet this outcome |
| Identify and communicate skills that can be transferred to life after school | ▪ Complete assignment in Transitions class<br>▪ Reflection<br>▪ Some Planning 10 work may meet this outcome |
| Identify and communicate costs and funding sources associated with education, career and life options after graduation | ▪ Complete assignment in Transitions class<br>▪ Some Planning 10 work may meet this outcome<br>▪ Complete a search of post-secondary institutions |
| Present their transition plan to members of the school and/or community | ▪ Meet with teacher in Transitions class |

Graduation Transitions Standards (Transitions) class will take place during the first few weeks of students' Study Period.