

MARK R. ISFELD SECONDARY GRAD TRANSITIONS – PART 3

Name _____ TA _____ Due Date March 9, 2012

ACCOMPLISHMENTS

1. Read the Attributes of the B.C. Graduate (Reverse side).
2. List a minimum of three items that illustrate your accomplishments, skills, and/or awards. For each of your three achievements, outline the importance of that achievement to your future.
3. Include a copy of an updated resume.
4. Include a cover letter or bursary application letter.
5. Include a Letter of Reference (template/sample attached).
6. Complete the DPA (Daily Physical Activity) log.

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Attributes of a BC Graduate

During a year-long, province-wide consultation, thousands of BC citizens identified the following characteristics for the ideal BC graduate:

In their intellectual development, graduates should achieve:

- Competency in reading, writing, mathematics, social studies and science, including the ability to use these skills in problem-solving and decision-making
- The ability to use and understand information technologies
- The ability to communicate effectively with a range of audiences; this includes the ability to access, synthesize and present information; it also includes
 - Knowledge of both a first and second language
 - An understanding and appreciation of artistic and aesthetic expression
- The ability to think critically and solve problems, using information to develop opinions and make sound judgments and decisions
- An understanding of the importance of a lifelong commitment to continuous learning

In their human and social development, graduates should achieve:

- The knowledge and skills required to be socially responsible citizens who act in caring and principled ways, respecting the diversity of all people and the rights of others to hold different ideas and beliefs
- The knowledge and understanding they need to participate in democracy as Canadian and global citizens, acting in accordance with the laws, rights and responsibilities of a democracy
- The attitudes, knowledge and positive habits they need to be healthy individuals, responsible for their physical and emotional well-being
- The attitudes and competencies they need to be community contributors who take the initiative to improve their own and others' quality of life

In their career development, graduates should achieve:

- The confidence and competencies they need to be self-directed individuals who display initiative, set priorities, establish goals, and take responsibility for pursuing those goals in an ever-changing society
- Knowledge and understanding of the range of career choices available to them, the prospects for success in those careers, and the actions required to pursue specific career paths
- Experience in planning for, and working towards, career and life goals
- The skills required to work effectively and safely with others, and to succeed both as individual and collaborative workers

The Graduation Program is designed to support every graduate to acquire these attributes. See www.bced.gov.bc.ca/graduation for details and policies.

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My Achievements

Complete your own list of achievements (see examples)

Intellectual Development: (eg Report Cards, Awards, CD/DVD of theatre, dance, music performance)

Human and Social Development: (School or community clubs/sports certificates and/or photos, Project, or photos of Multicultural events, Leadership in school/community, eg Student Council)

Career Development: (ie. Work experience or Secondary School Apprenticeship evidence, Employment evaluations, Specialty certificates: eg WHMIS, Worksafe, Food Safe, Super host, First Aid)

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Reference Letter Template

Fill out this template as a guide for your reference. This will help them write the appropriate info.

Date Requested: _____ Date Needed: _____

Name: _____

Address: _____

Phone #: _____ Email: _____

Purpose of Reference Letter (Scholarship/Bursary/Employment/Other: _____

Name of Award or Position applied for: _____

Name of individual applied to : _____

Personal Qualities:

Academic Standing:

School Involvement (teams, clubs, etc.):

Community Involvement:

Leadership Qualities:

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Sample Reference Letter

Courtenay Soccer League
1000 Lerwick Lane, Courtenay, BC V9N 1Z1
Phone: (250) 334-1000 Fax: (250) 334-1001

Feb 20, 2009

To Whom It May Concern

Re: Joe Smith

I have known Joe Smith for almost two years, including one season on the school soccer team. He has always been respectful, and a team player.

He was always on time for the games and practices, and willing to take constructive criticism. We often engaged in discussions after practice about various sports teams and I was impressed with not only his knowledge of the teams but the dynamics of the players. He was always respectful of my opinion even when it differed from his. I can always count on a friendly greeting whenever or wherever I meet him.

I believe that he will find a place for himself in the community as he is responsible and productive. When Joe puts his mind to a meaningful matter, he can accomplish almost anything. Please do not hesitate to contact me for further information and/or clarification.

Cordially,
(your reference signs the letter)

S. Brown
Courtenay Soccer League Coach

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Daily Physical Activity

Activity Log

The World Health Organization recommends that young people get at least 60 minutes of moderate to vigorous intensity, physical activity, every day to ensure healthy development. This can provide young people with important physical, mental and social health benefits. Therefore, as a requirement for graduation, all students are required to maintain an Activity Log which demonstrates their individual pursuit of this goal. Students in grades 8 through 12 are required to document a minimum of 150 minutes of moderate to vigorous intensity, physical activity each week. Students may choose to meet their daily physical activity requirements at school, at home, and/or in the community.

Please ensure that you complete this Activity Log as it will become an essential part of your Graduation Transition portfolio.

Activities at School

Classes	Approximate hour/week	School Teams	Approximate hour/week
Physical Education		Volleyball	
Cardio & Rhythm		Field Hockey	
Active Lifestyles		Ski & Snowboard	
Fitness		Basketball	
Fitness Knowledge		Soccer	
Other: _____		Football	
Other: _____		X-Country Running	
		Track & Field	
		Other: _____	

Activities at Home and in the Community

Description of the Activity	Approximate hour/week

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During this past year indicate the degree to which you have met the minimum standard for Daily Physical Activity (DPA):

I have not yet met the minimum
DPA expectations
(less than 150 minutes/week)

I have met the minimum DPA
expectations
(150 minutes/week)

I have exceeded the minimum DPA
expectations
(greater than 150 minutes/week)

Reflections

Describe the impact of physical activity on your personal health.

Indicate how the activities you participated in aligns with your personal fitness goals.

What factors may have limited the amount of DPA you were able to participate in this past year?
