

# Graduation Transition Requirements

All Grade 12 students are required to complete the following three items:

## 1) 150 Minutes of Physical Activity – blue form

- Enroll in PE 11 or 12, Strength Training 11/12, Dance 11/12, participate in activities outside school
- Keep track of all your weekly physical activities (walking to school counts)
- Use the [www.learnnowbc.ca](http://www.learnnowbc.ca) website to log your activities
- Complete the DPA Booklet

## 2) 30 Hours of Work or Volunteer Experience – green form

You have 3 choices to verify 30 hours

- Complete a verification form
- Get letters of commendation
- Copy of pay cheque with hours of work

## 3) Complete a Transition Plan – yellow form

You have 9 options


Complete a Transition Plan for one of the following options:

- **Apprenticeship**
- **Armed Forces**
- **College** for employment preparation
- **College** for diploma or university transfer
- **Full Time Work**
- **Lattitude Global Volunteering**
- **University**
- **Upgrading**
- **Other**

All the paper work required to complete the above is available in the Career Centre and on the school website

Support is available daily from **Mr. Verhagen** or **Mrs. Prevost** in the Career Centre. Make an appointment to see **Mrs. Prevost** or **Mr. Verhagen** in the **red** binders in the Career Centre.

Once you have completed your Graduation Transitions Plan forward it to **Mr. Verhagen** or **Mrs. Prevost** for evaluation and recording.

 **Remember, your Graduation Transitions Plan is worth 4 mandatory credits - you won't graduate without it. So come on down to the Career Centre and get the ball rolling...soon!**