



# **Graduation Transitions 12 CSS Guidebook**

\*Updated September 2018

At Chilliwack Secondary School, all graduating students are required to complete the Graduation Transitions 12(GT). It is the final course of the Graduation Program. ***Students must complete all three of the following GT 12 components:***

- Personal Health component
- Community Connections component
- Career and Life component (my Blueprint and a presentation)

GT requirements will be met through the completion of your my Blueprint portfolio. Students need to be complete all parts of GT and email Mrs. Bernard before **January 18, 2019.**

## Overview

### ***Personal Health:***

Students must participate in at least 10 hours per month of vigorous physical activity in grades 10, 11 and 12. The **Physical Activity Log Sheet** included in this package must be used to record and track your physical activity. All course offered by CSS PE Department can be used towards the required 150 minutes per week. Other possibilities include participating on school or community teams, walking, running, hiking, swimming, weight training, etc.

### ***Community Connections:***

Students must participate in at least 30 hours of work experience and/or community service. The **Work Experience/Community Service Log Sheet** below must be used to record and track your hours. The 30 hours can be a combination of paid work experience, unpaid work experience or volunteer experience. Additionally, a work experience placement arranged through the CSS Career Advisor, Ms. Soltys, can be used to acquire the necessary hours.

### ***Career and Life:***

Students must create and present their **transition plan** for life after secondary school. A transition plan will describe what you plan to do once you leave CSS, what activities you have participated in this year to help get you there as well as a detailed financial plan for your first year after secondary school. You will be responsible for presenting your transition plan to a school staff member or community member.

## Getting Started

Use the following steps to complete your My Blueprint portfolio portion of GT.

### ☐ CREATE ACCOUNT

1. Visit [www.myBlueprint.ca](http://www.myBlueprint.ca)
2. Enter your **chilliwacksecondary** in the User box, click **Create Account**
3. Select your grade, click **Continue**
4. Fill out the sign-up form

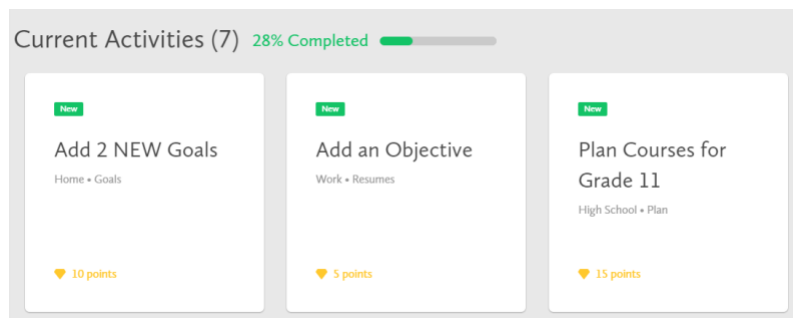
#### **Troubleshooting Tips:**

**Have an account?** Enter your email/password in the Existing User box

**Forgot your password?** Click on "Forgot your password?"

### ☐ COMPLETE 100% ACTIVITY PROGRESS AND EARN POINTS!

- In the **Activities** tab of your **Home** section, view your **Current Activities** and their requirements
- Click on any box to get started and complete an activity to earn points in order to **enter prize draws**
- Once you complete every activity, your progress tracker will reach 100%
- Each September the tracker will reset and you will have new activities to complete



### ☐ Build Your Portfolio

- From the **Home** screen click on **My Portfolio**
- Click **Add portfolio**
- Click **Add** and **select** the time of file you are adding to your portfolio.
- You will need to add
  - DPA (Daily Physical Activity) verification sheet
  - Work Experience/Community Service verification sheet
  - Interview verification sheet
- Once you have completed all of myblueprint and uploaded your verification sheets Please email Mrs. Bernard to have it marked.

**Remember your myBlueprint portfolio is your transition plan.**

**Blow are possible logs sheet. For WEX you could use a image of your pay stub.**

Existing User

Your E-Mail Address

Your Password

Login Forgot your password?

New User

Enter Activation Key

Create Account ?

Account Settings

Recent Activity

My Files

**My Links**

Logout

## Physical Activity Log Sheet

Name: \_\_\_\_\_

*\*This sheet can be printed out multiple times if you run out of room*

Date	Description of Activity	Hours Earned	Adult Signature Verifying Activity	Phone Number of Adult Who Verified Activity

## Work Experience/ Community Service Log Sheet

Name: \_\_\_\_\_

*\*This sheet can be printed out multiple times if you run out of room*

Date	Description of Experience	Hours Earned	Adult Signature Verifying Activity	Phone Number of Adult Who Verified Activity

## GT Completions Checklist

- 1. All sections of your myBlueprint portfolio.
- 2. Document Physical activity. (Uploaded to your myBlueprint portfolio)
- 3. Document Workexperience/Community Service. (Uploaded to your myBlueprint portfolio)
- 4. Presentation of your Transition Plan. (Your my Blueprint portfolio)
- 5. Email Mrs. Bernard ([sharon\\_bernard@sd33.bc.ca](mailto:sharon_bernard@sd33.bc.ca)) to have your GT marked **before January 18, 2019.**

Once you have completed all of steps 1-3, you must present your Transition Plan to an adult school staff member or member of the community. Some suggestions are to present to a Teacher, Counsellor, Career Counsellor or Vice-Principal. Your presentation can take the form of an interview where you explain your plan and then answer questions about it. You should aim to have your presentation last about 10 minutes. Feel free to use your completed my Blueprint account in your presentation. **When your presentation is complete, have the school staff member or community member who you presented to, fill in the information below.**

Date	Name of Adult School/Community Member	Adult Signature Verifying Activity	Phone Number of Adult Who Verified Activity