

# Riverside Grad Transitions Booklet

**Student Name:** Click or tap here to enter text.

Grad Transitions Document Checklist: Check boxes when complete

## Healthy Living Section

Daily Physical Activity Plan (I have given my RAP teacher my plan)  
Healthy Living Plan

## Community Connections

Work/Volunteer Experience Documentation (30 Hours)

Pick 1 of the following to show documentation:

- Attached document in this package  
 Gave documentation to my counsellor in person

Employability Skills Reflection

Employability Skills Checklist

## Graduation Interview

## Career, Life & Financial Plan

Career, Life & Financial Plan (Template)  
Resume (Resume must be attached to this package)

**Due Date: November 9<sup>th</sup>**

## Healthy Living - Daily Physical Activity

Part of your healthy living requirement is to demonstrate and document physical activity. You are required to do 150 minutes per week. This is a reminder that you should have given your Physical Activity Plan to your RAP teacher at the start of the semester. Remember to keep up with your Physical Activity Plan to meet your required minutes. If you did **NOT** hand this in, please talk to your RAP teacher or see your counsellor.

# Healthy Living - Plan

In the text boxes below answer the questions provided. Please provide enough detail so that each text box contains about 175 – 200 words.

## Setting a Personal Goal for Healthy Eating & Physical Activity

- Describe your current eating habits and physical activities:
  - *Refer to the major food groups to describe what you normally eat and drink – include coffee, junk food, water and pop.*
  - *Describe the regular and irregular activities in which you participate – include walking to school, playing on a sports team, skiing or hiking on weekends.*

My eating habits have always been relatively healthy. I have committed to a strict vegetarian lifestyle 11 years ago, this is something that I continue to be passionate about. Meat is a major source of irons and proteins, in order to remain healthy I get my proteins from greens, beans, tofu, cheeses, and eggs. I do avoid most packaged meals and I focus on fresh foods. I am also Gluten free due to a wheat allergy that leaves negative effects on my skin. I will have an egg and toast for breakfast. For lunch I will eat a vegetable sandwich, I will always have some type of fruit weather it be an apple or a plum, and Dinner is always home made. I enjoy the occasional coffee about once a week, lots of water every day and tea at night. I make sure I keep well hydrated as I participate in over 300 minutes of dance a week, 5 classes including ballets, contemporary and tap, as well as 400 minutes of in school musical theatre a week where we dance sing and act every day. I am planning to continue dance after graduation.

- Analyze your current situation and set two personal goals:
  - *Identify how you could improve your diet and set a goal for healthier eating. Consider integrating superfoods (those that are nutrient dense and those that have high disease-fighting qualities.)*
  - *Identify how you could improve your physical activity and set a goal for increasing activity or improving your current training regimen. If you are already participating at an optimal level, identify how you will continue to maintain your current fitness levels after leaving high school*

In terms of healthy living goals, I consider myself to already be ideal, however my goal is to maintain this healthy eating habit past graduation, staying motivated to eating healthy and not giving into unhealthy convenience foods as life will bring stressors that will try to make me cave. Also to make sure my intake of foods and water does not drop as my daily schedule will become busier. One of my goals is to do weekly meal preps, so at the beginning of the week i can make (ex. A soup) that i can rely on for quick meals. Amongst my busy schedule, I am planning on continuing the practice of my dance. Keeping up with my ballet training and maybe adult tap, will not only keep me moving but will help keep me centred with my mental health. I would like to get out on hikes in the morning about once a week to get some regenerating fresh air and to get a good start to my week. Keeping a healthy body is a very important thing for me, developing normalities and good habits will be very beneficial throughout the entirety of my life.

## Setting a Personal Goal for Emotional Health

- Describe how you normally react to stressors in your life.
  - *You do not need to describe specific personal situations that give you stress – share what you can. Perhaps you don't sleep well when you have a lot of work to do, or you can't eat before a competition. Maybe you get migraines when your boss gives you a lot of pressure.*

When i get stressed, I feel anxious and out of control, I will seclude myself for a little bit to give my busy mind a break from the outside world and anything that may be stressing me. I will read or watch a movie to take me away to another world, often I will draw or paint to express my current mind state hoping to relieve pressure. I avoid sleeping the stress away because the stress will appear even stronger once my eyes open. I often get headaches that occur from my stress, normally a hot bath, dim lights and a scented candle will take the stress and the head pain away. When I am stressed i often have a very difficult time sleeping and I do get some sleep it is not restful. My dreams will be stressful, letting me wake up tired and sore. When stresses are eating at my life i tent to get sad for a considerable time, this is something that is getting better as i grow more mature but is something that still is tasking.

- Set a personal goal for handling stress and maintaining good personal relationships.
  - *What is a strategy that has worked in the past? Do you know how to access help if you are feeling overwhelmed?*

My goal that I have set for my future encounters with stresses is learning how to give up control and just let things be. As an individual I like to know, and be in control, the more I feel the need to control every aspect of a situation the more out of control I will end up feeling. If I can let go, and learn to enjoy what is in front of me at each moment I guarantee that my stress levels will go down hugely, and I will then be able to manage my time more efficiently. In the past, In times of stress, I have successfully been able to breath it off, taking deep breaths focussing on my 5 senses. All the help i need in the most extreme cases are within me, i just need to step back and realize that the moment of stress now will be gone in an instant. When i am stressed, i know who to talk to, often close friends or trusted adults.

## Community Connections -Work/Volunteer Experience

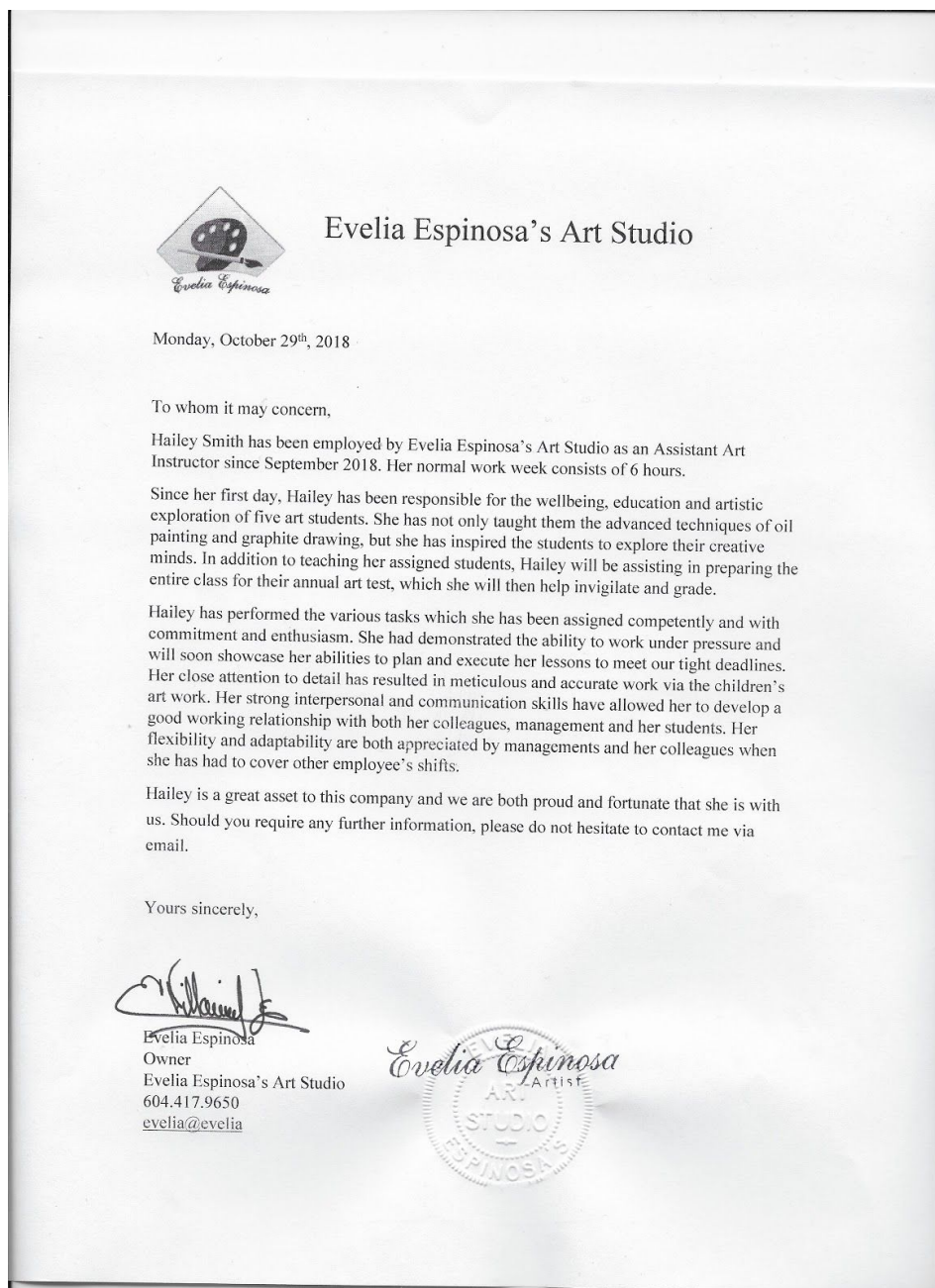
As part of the Graduation Transitions program you are required to work or volunteer for at least 30 hours. You will need to provide documentation of this. You can do this by one of the following ways:

- Fill out the Work Experience/Volunteer form that is on the GT website
- Show a paystub that shows you have worked 30 hours
- Show multiple paystubs that add up to 30 hours

- Show a letter from the employer/supervisor documenting the work/volunteer experience including the time you spent doing this experience

This documentation can be scanned (or take a picture with your phone) and pasted into the next page or you can show your counsellor in person.

## Community Connections Work/Volunteer Experience – Documentation



*To insert a picture of your documentation, click on the button in the middle of the square*

## Employability Skills Reflection

Describe what work/volunteer experience you did and how you benefited from this experience. Type a response in the box below with a minimum of 200 – 300 words.

Beginning in September 2018 I began my job working as an art Instructor at Evelia Espinosa art studio. This job has proven to be very rewarding in the time that i have been employed. My role as an art teacher is to help children ages 4-16 develop a strong set of skills and understandings on colour theory, art supplies, drawing and oil painting. I work 2-3 days a week each day is a set of 3- 4 classes, and hour long each. For the first half hour of class the children all sit down at a studio desk where their drawings are set up and get to work. My job in this half hour is to help the children make appropriate drawing utensils choices as well as correct mistakes, teach and enforce the correct techniques for what the child is working on. The last half hour of class is for oil painting, the kids will sit at an easel and it is my job to assist which colours to use and what should be painted next as well as the correct techniques. The end of class comes around and the kids are taught the correct way to clean their palettes. Here is my jobs to clean up palettes, replace paintings to prepare for the next class and replace paper towels for cleaning brushes. This job has benefited me in so many ways, I am developing social skills with kids, parents and coworkers. I am developing strong teaching skills and my own personal art skills. I am growing to be more independent and reliable and I appreciate where this job is taking me. I have had a few jobs in the past, but out of all, working with Evelia Espinosa has been the best opportunity i have had thus far.

## Employability Skills Checklist

The following are identified as critical employability skills. Check off the ones that you feel strong in. The remaining skills are ones that you could consider developing through work/volunteer experience as well as education to help develop your employability skills.

= Yes

### Communication Skills

- Verbal communication skills
- Electronic communication skills (E-mail, texting etc.)
- Reading
- Comprehension (Understanding what you read)
- Grammar/Punctuation
- Writing
- Presentation/Public Speaking Skills

### Computer Skills (Knowledge in the following)

- How to use a computer or troubleshoot if issues come up
- Word Processing Programs (Ex. Microsoft Word)
- Spreadsheet Programs (Ex. Microsoft Excel)
- Presentation Programs (Ex. Power Point)
- Programming (Ex. HTML)
- E-Mail
- Searching for reliable information on the internet
- How to setup Audiovisual (AV) equipment (Ex. Projector)

### Leadership & Management Skills

- Good at managing a project
- Demonstrated leadership in school on a sports team or a club
- Taken leadership courses in the school or community

### Organizational Skills

- Good at organizing required work
- Can have multiple assignments on the go and manage time accordingly
- Projects and work run smoothly
- Work area is organized

### Critical Thinking/Problem Skills

- Able to solve a number of problems by finding out solutions on your own
- Weigh out factors to determine optimal solution when working through problems
- Develop your own problem solving ability

### Attitude/Self-Motivational Skills

- Friendly/Welcoming
- Have a can-do attitude to work
- Positive outlook towards work
- Energetic

## Which areas are the most relevant to your future plans?

Although all areas are important i feel that the areas that will benefit me most in my future are, "Critical Thinking/Problem Solving" and "organization Skills" Regardless of where and what i end up doing, these skills will provide me with a solid foundation to work off of, and help with stressful situations making them more manageable.

## Which skills do you need to develop the most?

My communications and computer skills are the things that I need to improve on most. My communications skills mostly need to be developed around public speaking and my writing/ grammar. As for computer skills. I have a basic understanding of programs and would be able to work with a program and figure it out if need be, however I am not tech savvy and would not be able to find out if something was wrong.

## Graduation Interview

Towards the end of the semester you will have a graduation interview with your RAP teacher. Stay tuned for details about this in RAP as well as your English class. The GT Interview questions are on the Grade 12 Central link, you can read through these to help prepare yourself.

## Career, Life & Financial Plan

Reflect on the six topics below. Write information about the topics in the text boxes provided. Each box should contain about 300 words.

### 1. **Career Goals:**

- Short Term (*until the end of the school year*)
- Long term (*what do you hope to accomplish in the next 5 years?*),
- What career options are you considering? Talk about other options

In the next few months, till graduation my goals are to keep working at the art studio, dancing and creating new art works. I want to stay productive with what I do, bettering myself and my future in the time of the present. If I work hard now, keep optimistic i know that by the time of graduation i will be ready, well rounded and in high spirits. I will work on building and maintaining healthy relationships with friends and family, because there is no one better to share love and support with. Before graduation I want to find myself a second job to support my life after I leave high school. In the next 5 years I hope to have moved out from home, and be settled in a nice quaint apartment somewhere convenient to my schooling situation, or outside of the city. I want to have completed my post secondary education, studying art and digital design getting ready to start a career. I see myself with a stable job in the meantime, and looking at how I can further develop my art and design into a career. I want to find a job in a design studio or movie set doing set design. I have always been interested in using my art to benefit the wellbeing of people so i would love to go into something like community planning. Arts have always been my passion, however I believe that it is not something one should do under pressure. In the case that art becomes more of a hobby then a career I want to go into social justices. Working with kids, or the homeless, I want to make life better for people, I want to make a real difference. Jobs that i could get into could be, social work, care worker, social advocate, counsellor, even youth worker.

## 2. Post-Secondary Pathway: (respond in detail to one of the two):

- Education Goals:
  - Post-secondary options (at least two),
  - Where will you go for training/education?
  - How long will it take?
  - What do you need to get ready for this training/education?
  - Are there any prerequisites?

Schools I would like to go to are Emily Carr University of Art and Design and Vancouver Island University. Both of these schools have so much to offer in terms of my interests and skills. Emily Carr is my dream school for becoming a designer however I want to attend Vancouver Island University because it has a broader range of courses I can take and career outcomes for after graduation. I want to get my degree in the arts or in the fine arts, However, I have not chosen what one I wish to go for. Both of these programs will take 2-4 years depending on how many classes I choose to take a semester. I want to work when I am in university so in order to be financially stable I am not in too much of a rush to get my degree. I am currently taking a transferable accredited course from Emily Carr, I need to complete this before I graduate so I can obtain those credits. Before I can commit to one of these schools for these programs, I need to find my true interest. In the following year if I don't commit to a school I will attend Douglas or Langara College to take some classes and spark some interests. For the programs that I have looked into there are no required prerequisites, just required high school graduation.

## 3. Experience:

- What have you done that relates to your chosen field?
- Why have your activities been important to you?
- What have you learned? (*Extra-curricular activities, Part-time jobs, Summer employment, Volunteer work, Community involvement*)

I have experience with a great amount in the art field, not only have I been passionate about art since I was a child, I have been taking classes for years, Teaching art classes and participating in programs. My love and my life is in my art works and I am passionate about taking my skills further. I have been taking in school art classes since grade 9, making it the focus of my studies in high school. As much as I loved spending class time drawing and painting I didn't feel like I was getting pushed creativity and was looking to expand my skills in a different way. This year I am taking a class from Emily Carr that is developing techniques in art and design. This class is opening my eyes to the simple things in art that I have never thought to include in my works before. This has been a super important part of my life as I am starting to figure out where my art lies, not only with my techniques but my interests and styles. I am learning how to expand the ideas and feelings in my head onto the paper in a creative way, a way that not only makes me think but makes the viewers intrigued. Because I want to pursue art in my future I had been looking for a job that would benefit me in my future and also help me develop personal art skills. I was hired in August and started teaching in September 2018 at a small studio in Port Moody. This job has helped me become strong in my communication skills as I instruct children and communicate techniques and skills. Since starting this job I have grown a new appreciation for art, children and teaching. Seeing the inspiration in the children's eyes is magical and so rewarding.



#### 4. Challenges:

- What might get in the way of reaching your goals?
  - Financial barriers? Academic barriers? Personal barriers?
  - How will you overcome these obstacles?
  - Who has been your support in the past and who will you depend on in the next year or two?

I definitely think financial barriers will be the biggest thing that may get in the way. Although I will be working to support myself and my schooling, life can be expensive. Housing prices are incredibly high, and if I am planning to move to Vancouver Island there will definitely have to be a feasible living situation. I will make sure I budget and continue to be financially smart, only buy things I need or can afford. I will apply for scholarships to help out with finances regarding my education, I believe that these will make a big difference when it comes to moving away and attending school. The only personal barriers that I might come in contact with, as independent as I am and portray to be I can get lonely. I feel lonely even in a full house at home, once I move out, it will be just me and that fear of feeling alone might hold me back. To resolve those feelings in the case that I am away from home I will join clubs, make friends, surround myself with work to better myself and grow my independence. My mom has been my number one supporter since the beginning, she has been there for me when times are good and bad, she has helped me overcome any situation that has come in my way even if it was just by giving advice. My mom has always showed my love and support and therefore she is the person that I know I can always rely on and will help me grow into a fine adult. In the next two years I can depend on my parents even if I move away I know I can rely on them for support. My parents will help me get started financially with my schooling however I will have to take over a few years into my schooling. If I find myself on the island, I have family who I can count on if I ever need help or feel lonely.

**6. Financial Plan:** How do you plan to pay for “life after graduation”? Whether your plans include Post-Secondary studies, travel, or work you will need to consider how you will manage to finance the following: tuition, books & supplies, transportation, food, accommodations, travel expenses, rent, utility bills, computers, gifts, clothing, insurance, car repairs, cell phones, etc. Some suggestions for financing your expenses could include personal savings, family savings, loans from parents, scholarships & bursaries, student loans from government, education savings plans, etc.

- Provide details on how much you expect the amount of the expenses to be and explain in detail how you will finance those expenses after graduation.
  - Note: a one-line answer of “My parents are going to pay for everything” is not good enough!!

I plan to pay for life after graduation by working hard and being organized. I plan to get a job after graduation that has a high amount of hours amongst my current job. Although I currently have a savings for my future expenses this workload will help increase my savings. Going into school right after graduation is not something I am planning to do. I will be taking a gap year, or at least a gap semester to work, and take a few classes to focus down on my interests. When I decide to go to school I will be applying for scholarships and student loans. My parents will help me out with getting started with my schooling for the first few years, just till I am capable of taking care of it myself. My schooling will take about 2 years. Each year will be about \$15,000 of tuition, \$600 for books, and \$150 for said school union fees. This is alone for my schooling, as said above this will be paid by loans, scholarships and by me working hard. I am planning to move away for school to vancouver island. Living expenses are something else I will have to take into consideration. Average rent per month is \$850, and for insurance, food, and other essentials it will be an additional \$500 a month. My monthly living expenses are around \$1,360. This will be feasible if I budget my money efficiently. I will have a savings account for my big purchases and have other accounts for life. My pay checks will be divided accordingly, I will only use my savings for bigger investments such as buying a car or a house, otherwise I will pay for daily and monthly expenses using my other accounts. I really believe that budgeting responsibly and working hard are the key components to financial success after graduation.

# HAILEY SMITH

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Aspiring artist, an art student and teacher developing a creative path for future opportunities. Dedicated, responsible and reliable in any situation.

## Experience

### Evelia Espinosa Art Studio

Art teacher: (September 2018 - Current)

Teach children ages 4- 16, drawing with graphite, oil painting and colour theory.

### Vela Academy of Movement

Receptionist: (October 2017- July 2018)

Greet parents and students into the studio space.

Deals with communications, House cleaning, Payments, Registration.

Dance Teacher: (September 2017- July 2018)

Teach, Instruct, Choreograph, Inspire, Children ages 4-12

## Education

### Riverside Secondary School

(September 2015- June 2019)

Current: Grade 12

### Emily Carr University

(September 11 - December 11 2018)

Headstart to art Accredited Program

## Skills

Team worker: Easily adapts to group situations and is an asset to any team that is required.

Communication: Friendly and able to work with public and co-workers.

Problem Solving: When faced with a problem, I am quickly able to come up with a solution.

## References

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