

## **Career Preparation**

### **CAREER & HEALTH EDUCATION 8/9**

This is an unscheduled course offered through a series of topics integrated into curricular areas.

### **PLANNING 10**

This required course for graduation. It is designed to help students develop the skills they need to establish goals and make thoughtful decisions in the following areas: education planning, career development, healthy decision making, financial literacy.

### **GRADUATION TRANSITIONS 12**

This is not a course; however, it is a requirement for graduation. There are three components to completing the Graduation Transitions requirement:

1. **PERSONAL HEALTH - Daily Physical Activity (DPA) Requirement**  
All students in grades 10, 11, and 12 are expected to participate in a minimum of 150 minutes each week of moderate to vigorous physical activity. If they are NOT registered in a physical activity class (*ie PE, Dance, Weight Training, etc.*) Students need to document their hours online at [learnnowbc.ca](http://learnnowbc.ca) website. Students must complete DPA logs by the end of each term.
2. **COMMUNITY CONNECTIONS - 30 Hours: Work or Volunteer Experience**  
Students must complete and submit paperwork documenting a minimum of **30 hours of work experience and/or community volunteer experience** between grades 10 and 12.
3. **CAREER AND LIFE - Graduation Transition Plan and Interview**  
Each graduating student must complete and submit a [Graduation Transition Plan](#) assignment which requires students to research post-secondary schools, suitable careers, finances, health and wellness. In addition, each graduating student must participate in a [Graduation Transitions Interview](#) where students will reflect on their life so far and explain their future plans.

### **CAREER PREPARATION**

Grade 11 students interested in taking Work Experience 12A the following year would select a Career Preparation (CP) area of focus for grade 11, e.g. “CP Business & Applied Business”. Grade 11 students **need to select a CP focus area in addition to their 8 courses** through their online course selection.

### **WORK EXPERIENCE 12A**

This elective course involves career exploration and the review of post-secondary options relevant to the individual student’s interest. Job search skills are also covered. As a requirement of this course, all students must complete 90 hours of work experience, beginning in their grade 11 year, in addition to written assignments. Students must also be aware that work experience may extend beyond regular school hours and/or days. In some cases, students may find their own work placement with assistance from the teacher. Grade 12 student may choose to **select a Work Experience focus area as an eighth course or in addition to their eight courses** through their online course selection.