



Transition Guide

School District No. 73
(Kamloops/Thompson)

Evergreen Certificate British Columbia School Completion

Name:

School:

Completion Year:



Transition Guide Checklist

I - All About Me

Complete

- Exploration questions in the “All about Me” section – pages 3, 4, 5, 6 and 7
- My School Accomplishments and Successes – page 8, 9 and 10

II - Personal Health

Complete

- Physical Activity Hours Log – page 11
- Confirmation of Physical Activity – page 12
- Top Ten Activity Choices – page 13

III - Community Connections

Complete

- Work/Volunteer Experience Log – page 14
- Confirmation of Work/Volunteer Service – page 15
- Work/Volunteer Experience Reflection – page 16

IV – Career and Life

Complete

- My Future Plans/Support Network/Employment Preparation – pages 17 and 18
- Financial Plan – page 19
- Optional CEC Bursary Application – pages 20 and 21
- School Leaving Checklist (for parents) – page 22

V – Transition Presentation

Complete

- My Presentation Plan – page 23
- Transition Presentation – page 24

Appendix

- The Resume
- Job Seeker’s Discovery Book



All About Me

- These are some questions that might be helpful as you explore your interests and activities you enjoy

What do you enjoy doing in your free/spare time?

What do you usually do after school?

What do you usually do in the evening?

What do you usually do on the weekends?

Do you have pets?

Yes No

If yes, tell us about them.

Are you afraid of some things?

Yes No

If yes, what sorts of things make you fearful?

Do you ever wish you were someone else?

Yes No

If so, who?

If you could have three wishes, what would they be?

(1) _____

(2) _____

(3) _____

Do you like school? Yes No

What subject do you enjoy the most?

What subject are you most successful in?

What subject do you enjoy the least?

What subject do you struggle in?

Do you like to read? Yes No

What types of books do you like?

Do you enjoy someone reading or telling stories to you? Yes No

Do you use the school library? Yes No

Do you use the public library? Yes No

Do you have your own books at home? Yes No

Do you like comic books? Yes No

Do you like magazines? Yes No

Do you like reading the newspaper? Yes No

Do you enjoy reading on the computer or on a tablet? Yes No

What subjects do you enjoy reading about (animals, sports, people, how-to books, etc.)?

Do you enjoy watching TV? Yes No

How many hours a day do you watch TV?

What TV programs do you like?

Do you listen to the radio or listen to music on an MP3 player/ipod? Yes No

How many hours a day do you listen to music?

What type of music do you like (singers, musical groups, radio programs, etc.)?

Do you enjoy going to the theatre or watching movies at home?

How often do you watch movies?

What movies have you enjoyed?

Do you spend time on the computer? Yes No

How many hours a day do you spend on the computer?

Do you play video/computer games? Yes No

How much time do you spend playing video/computer games?

What video/computer games do you like?

Do you have any hobbies? Yes No

If so, what are they?

Do you like to make things? Yes No

If yes, what things do you make?

Do you have special tools or equipment at home for your hobbies? Yes No
If yes, what are they?

Do you collect things? Yes No
If so, what do you collect?

Do you take lessons (music, dance, gymnastics, etc.)? Yes No
If so, what kind of lessons do you take?

Do you enjoy sports? Yes No
If so, are you someone who likes to watch sports or participates?

What are your favourite sports?



Accomplishments and Successes

- You have done many great things! Record three of your own personal accomplishments. For each, include a picture and write a few comments about your success.

Name _____

Name _____



Physical Activity Log

- You need to document at least fifty hours of regular (3 to 4 hours a week) physical activity
- Evidence of this can include an activity log, memberships, photos, letters from coaches, report cards reflecting PE classes, exercise, daily fitness, superfit, sports specific activities, Special Olympics, physiotherapy, hydrotherapy, dance, walking, etc.

Date	Description of Activity	Hours/Minutes	Supporting Documents
	Total Hours		



Confirmation of Physical Activity

I would like to confirm that _____ has completed the required fifty hours of physical activity for their Transition Plan.

She/he completes this requirement as part of *(name of class/athletic team/other activity)*

Final class mark *(if applicable)* _____%

Name of teacher *(please print clearly)* _____

Performance comments (optional)

Signature _____ Date _____



Ten Top Activities

- List your top ten choices for physical activity and consider how you think you will keep fit in the future

	Activity
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

How do you think you will keep fit in the future?



Confirmation of Work or Volunteer Experience

I would like to confirm that _____ has completed _____ hours of service for their Transition Plan.

Location _____

The work experience or volunteer activity included these jobs or duties -

The work experience or volunteer activity was completed on or between the following dates

_____ and _____

Name of supervising adult (*please print clearly*) _____

Contact number of supervising adult _____

Performance comments (*optional*)

Signature _____ Date _____



Work and Volunteer Experience Reflection

- Thinking about your work and/or volunteer experience, complete these reflection and personal assessment questions

Describe your work and/or volunteer experience

Explain three skills you learned while completing this work and/or volunteer experience (*some examples – communication skills, organization skills, specific skills, teamwork skills, special responsibility, etc.*)

How do you think these new skills might help you in your future?

In your opinion, do you think work and/or volunteer experience is important for high school students? Explain your answer.



My Future Plans

My Plans after Secondary School

Think about/answer some of these questions as you create your plan for life after high school.

What are your plans or goals for after high school?

Will you take courses or go for more schooling?

What community activities will you be involved with?

Will you be involved in any hobbies or sports?

What might be some other future interests?

Where do you plan to live?

Who do you plan to live with?

How will you get around (*transportation*)?

Are you interested in travelling? Where would you like to go?

My Support Network

My support network includes the following specific people...

- Parent(s) _____
- Family _____
- Friend(s) _____
- Teacher(s) _____
- Social Worker (MCFD) _____
- CYSN _____
- CLBC _____
- CYMH _____
- Counsellor _____
- Other Community Agency Support _____

- Occupational/Physio Therapist(s) _____
- Family doctor/Dentist _____
- Others _____

Future Employment Preparation

You may also include the following in your Transition Plan:

- Current resume
- Job Seeker’s Discovery Book
- Cover letter
- Copies of completed applications for work, school, and scholarships
- Letters of reference



Financial Plan

Income		Expenses	
Employment Earnings	\$ _____	Rent	\$ _____
Income Assistance	\$ _____	Hydro	\$ _____
Other Income	\$ _____	Heat	\$ _____
	_____	Cable	\$ _____
Total Income	\$ _____	Cell Phone	\$ _____
<i>* be sure to see conditions for employment while collecting disability pension (PDD)</i>		Food	\$ _____
		Clothing	\$ _____
		Personal Hygiene	\$ _____
		Bus Pass	\$ _____
		Car Insurance	\$ _____
		Car Maintenance	\$ _____
		Gas	\$ _____
		Medical/Dental	\$ _____
		Entertainment	\$ _____
		Other	\$ _____
			\$ _____
			\$ _____
		Total Expenses	\$ _____

Total Income	\$ _____
Total Expenses	-- \$ _____
Difference	\$ _____

Are your expenses more that your income?
 If yes, how is the difference going to be covered?



Name _____

Kamloops Chapter,
Council for Exceptional Children

Attention: Counsellors, Learning Assistance and Resource Room Teachers:

Re: Grade 12 Bursary

The Kamloops Chapter for the Council for Exceptional Children (CEC) annually awards a bursary at each secondary school in SD 73 (Kamloops/Thompson), for students graduating in that school year. This bursary is designed to support exceptional learners, and has a value of \$250. *Our priority* is to give the bursary to students who have special needs or learning disabilities, to assist them in pursuing further education. *Our alternative choice* is to support a graduating student who is clearly seeking to pursue a career working with children with special needs.

We request that applications for this bursary be considered by a school-based committee, with committee's selection communicated to the CEC.

Money for these bursaries is raised through the Community Gaming grants. Due to requirements set out by the Gaming Policy Branch, a student receiving this bursary would not receive the money; instead, the CEC sends a cheque to the post-secondary institution to support payment of tuition, books, etc.

Please provide us with the name of the student selected by the committee, as well as a copy of the student's application form, prior to mid-May. Information regarding time and date of the school's Award Ceremony is also useful, as we endeavour to send a representative to the ceremony to hand out the bursary letter.

If you have any questions, please contact Faye Burles at the Henry Grube Centre (250-376-2266).

Thank you for your assistance.

Faye Burles, Past President
Kamloops Chapter, CEC



Name _____

Bursary Application
Council for Exceptional Children (CEC)

Name: _____

Home Address: _____

Postal Code: _____ Phone Number: _____

School: _____ Counsellor: _____

Write a brief description of the type of education you wish to pursue at a post-secondary institution.

Write a brief summary as to why you would qualify for this bursary; e.g. are you a student with special needs yourself? Or do you intend to pursue a career working in special education or a related field? Describe any activities that you have been involved in that relate to this area.

Please attach any letters of reference to support you application; give the completed application to your counsellor.



School Leaving Checklist (for parents)

- Contact with MCFD Children and Youth with Special Needs – CYSN
 - Children and Youth with Special Needs
 - 210 1165 Battle Street
 - Kamloops, BC
 - V2C 2N4
 - 250-371-3648

 - Contact Community Living British Columbia – CLBC
 - Community Living British Columbia
 - 100-275 Lansdowne Street (Main Floor Burris Clinic)
 - Kamloops, BC
 - V2C 1X8
 - Phone 250-377-4444
 - Toll Free 1-877-377-4433

 - Social Insurance Card http://www.canada-immigration-info.ca/sin_card.html
 - Medical Health Plan/Care Card
 - <http://www.health.gov.bc.ca/msp/infoben/carecard.html>
 - Copy of Birth Certificate <http://www.vs.gov.bc.ca/births/index.html>
 - BCID <http://www.governmentagents.gov.bc.ca/progdesc/bcid/html>
 - Personal Banking in order
 - Financial Planning
 - Summer Employment Application
 - TD 1 Form has been filed (*Tax Category Application*)
 - Passport (*for travel outside of Canada*)
 - MEIA – Person’s with Disability Allowance Application to take to worker (*Ministry of Employment and Income Assistance*)
 - Application to Education and Skills Training Certificate Program at Thompson Rivers University
-
- A reference to Kamloops Community Resources www.accesskamloops.org



My Presentation Plan

- The final step in your Transition Plan is to showcase some of the components of your work. This can be an interview, presentation, conversation, video, poster, collage, booklet, etc.

It is nice to include important people in your life to this presentation. Some people who could be invited are:

- Parents
- Siblings/family
- Principal
- Counsellor
- Social worker
- Peers
- OT/PT/SLP
- Teachers
- Other people who are important to you

My Transition Plan Presentation is ready!

Location _____

Date _____

