1. Healthy Living
   1. This year, I am in lacrosse all year round, from September to February i do Club field lacrosse which is two days a week and Team Bc field lacrosse which is two days a week. From March to July i do club box lacrosse which can be up to 4 days a week, and i do school soccer which is 3 days a week. to meet DPA requirements (150 mins/week of moderate to vigorous physical activity).
   2. Next year, I will continue to play all my sports to meet DPA requirements.
   3. Other than physical activity, I will also need a concrete plan for time management and healthy living in order to lead a healthy life after graduation.
2. Course Credits
   1. I need 80 credits to graduate. A typical course is worth 4 credits.
      1. 48 of them must be from required courses.
      2. 28 of them must be from electives.
      3. 4 of them must be from Grade 12 courses.
   2. At the end of this year, I will have 48 credits.
3. Community Connections
   1. I need 30 hours of work/volunteer experience. To show I completed this, I must show proof in the form of a pay stub or reference letter.
   2. I can start accumulating these hours in Grade 10.
   3. My plan to earn work/volunteer hours is through taking leadership and being able to volunteer in many different things through that class, Reff field lacrosse, and helping with field lacrosse camps.
   4. will also need to complete a reflection that includes what i did, how i did it, and what benefitted me from this experience. It will be 200 typed words minimum.
4. Career and Life
   1. In addition to updating my resume, I will also create life and financial plan to show that I have a plan in place after graduation.
   2. When I graduate, my current plan is to attend a university either in BC or a D1 university for field lacrosse in the states.
5. Interview
   1. To prepare for the interview, I can look at the questions ahead of time. They are found on the Riverside website.
   2. My interview will be with a Riverside staff member.
6. The 3 people at Riverside who are here to help with this process are:
   1. Mr.Thomson
   2. Ms.Luddu
   3. Mrs. David

In Grade 12, I will find all the necessary documents AND submit them to the GT website.

I will complete Grad Transitions 12 whenever I have English 12. If I have it in 1st semester, I must complete everything except the interview before sale of winter ball tickets. In 2nd semester, everything except the interview must be completed before the end of April.