1. ***Healthy Living***
   1. This year, I am jogging, swimming, hiking, and canoeing to meet DPA requirements (150 mins/week of moderate to vigorous physical activity).
   2. Next year, I will tryout and join a sport team or group, in or outside the school to meet DPA requirements.
   3. Other than physical activity, I will also need a concrete plan for healthy eating and physical activity 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. 16 of them must be from Grade 12 courses.
   2. At the end of this year, I will have 44 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 stub or reference.
   2. I can start accumulating these hours in Grade 10.
   3. My plan to earn work/volunteer hours is through \_BCSPCA and Camp volunteering\_.
   4. I will also need to complete a reflection that includes skills, experiences, and improvements. It will be 200 typed words minimum.
4. ***Career and Life***
   1. In addition to updating my resume, I will also create high school graduate resume and the Career, Life and Financial Plan template to show that I have a plan in place after graduation.
   2. When I graduate, my current plan is to go to college or apply for a university.
5. ***Interview***
   1. To prepare for the interview, I can look at the questions ahead of time. They are found on the Grad Transitions website.
   2. My interview will be with a teacher.
6. *The 3 people at Riverside who are here to help with this process are:*
   1. Mr. Ahmelich
   2. Mrs. Chittenden
   3. Mrs. Luddu

In Grade 12, I will find all the necessary documents AND submit them on the school website in the link Grad Transitions.

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 the Winter Ball. In 2nd semester, everything except the interview must be completed before the end of April.