**Career Life Connections 12**

**Capstone Presentation**

**May 11, 2020**

**9 am- Noon**

**Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Total: /60 (Final Grade %\_\_\_\_\_\_\_) Components, Questions, Grading Chart**

**The Guiding Question for the Interview:**

-How do your life experiences relate to your choice of career/profession or job?

-**Each presentation** must include information on all **6 of the major areas** that each Grad was to complete in GT 12:

1. Who Am I? 2. Plan A & B, 3. Budget, 4. Healthy Living Plan, 5. Service Worksheet, and 6. Student Employment/PSI (post-secondary institutions) Worksheet.

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| **Component** | **Question options (Circle ONE)** | **Grading Chart** |
| 1. **“Who am I?” Life Experiences**  * Students start interview/ discuss a bit about themselves * their interests * hobbies * interesting vacations they have gone on * volunteer work they have been a part of. | **Option # 1**   * Tell me about a time where you made a mistake. How did you handle that situation?   **Option #2**   * Tell me about a time when you had your moral integrity questioned?   **Option #3**   * Provide me with an example of a goal you have set for yourself and how you have achieved that goal. | **Required Visual Present? (Check one)**  **\_\_\_\_\_\_YES \_\_\_\_\_\_NO**  **Notes:**  **Grade: /10** |
| 1. **Plan A and B**   **Future career goals.**  *College, university, trades school, taking a Gap year off to travel or work to save for future post-secondary ed.?* | **Option # 1**   * Tell me about a time when you had to work with someone who had a reputation of being difficult? How do you handle/ resolve disagreements?   **Option #2**   * Tell me about a time when you have worked effectively under pressure.   **Option #3**   * Describe a decision you made that you believed was for the best, but it was not popular. How was it implemented? | **\*Visual NOT required**  **Notes:**  **Grade: /10** |
| 1. **Budget**  * Should Address-Post-Secondary & beyond. * Budgeting…How have you prepared to reach your goals? * How are you planning to make it through school and still achieve financial success/ independence beyond your educational years? | **Option # 1**   * Tell me about a time when you had to find creative solutions to a financially challenging situation.   **Option #2**   * Describe to me a financial goal you set for yourself at one point and how you ensured that the financial goal was realized.   **Option #3**   * Where you do you see yourself financially in 5 years? How do you plan on achieving this goal? | **Required Visual Present? (Check one)**  **\_\_\_\_\_\_\_YES \_\_\_\_\_\_\_NO**  **Notes:**  **Grade: /10** |
| 1. **Healthy Living Plan**   \*\*\*Health refers to the well – being of the ***entire*** individual. Mental, Emotional, Physical, Spiritual.  Mental & Emotional   * Stress Management * Personality Traits, triggers, coping mechanisms.   Physical   * Physical Activities as an outlet to reduce stress levels.   Spiritual   * How will you remain connected to what is important in life?   **5. Service Work Sheet**  This section will have minimal content.  Please ask about what the did for service and how it may help them in their future endeavours.  **6. Student Employment and Job Shadow hrs. also PSI visits**  PSI are the post-secondary institutions that come to visit Immaculata.  The student is credited with hrs. for each session they attend.  Usually 6 to 8 school visits in the fall for which a student receives 1 hr./visit. | **Option # 1**   * Tell me about a time when you found yourself in an extremely stressful situation**.**   **Option #2**   * Describe an instance where you had to deal with disappointment.   **Option #3**   * When has there been a time that things did not go according to plan. How did you respond/ what was the outcome?  1. This section should have an worksheet that lists all of the service options the student completed. 2. It will have a total of **30 Hours** for grade 12. 3. This section will have a listing of all of the post-secondary school visits the student attended this year and the hours they were credited. 4. It may also include a Job Shadow work sheet for the student’s PT job.   \*PT jobs are counted as **7.5 hrs**. towards the **15 hr. total** each grade 12 is required to have. | **\*Visual is not required.**  **However, it is better if there is a Pictogram on this section-1 page.**  **Notes:**  **Grade: /10**  **Notes:**  **Grade: /10**  **Notes:**  **Grade: /10** |

**Potential Exit Interview Questions:**

* Identify two qualities of a BC graduate that you have developed at Immaculata.
* How has your work or volunteer experience helped in determining your future plans?
* What are your plans for next year and for your career?
* What will you do to maintain a healthy lifestyle?
* What have you learned about social responsibility at IHS?
* Explain how your faith has developed at IHS.
* What experiences or accomplishments over the past few years are most important to

you?

* What advice do you have for our grade 11 students on their last year at IHS and what should they do to successfully plan for post-secondary life?