**This unit of the CLC 11 course is intended to prepare you for the next step toward graduation – the Capstone 12B course and presentation. The reflective activities in this module will ask you to explore your career options, learning journey, and personal interests. From this exploration, you will have the foundation to begin working on your Capstone project this year and next.**

**Lesson: Answer for yourself (not on paper).**

***Career Options***

*Through your Career Life Education 10 class, other classes, and experiences, you have explored a range of possible careers. Which careers (or career clusters) had the most negative impression on you? Which careers (or career clusters) had the most positive impression on you?*

***Learning Journey***

*Your learning journey is an exploration of your education from elementary school to now. What was learning like for you when you started high school? What challenges did you have to overcome? When did you feel the most successful? Did that change for you over time? What post-secondary courses/programs would you like to pursue? What courses, projects or teachers positively impacted you? How has your culture, family and personal values impacted your learning journey?*

***Personal Interests***

*Your personal interests have a profound impact on you. Consider your hobbies, special skills, and aptitudes. What do you like to do and what would you like to learn more about? Investigating your passions can help you learn more about yourself and can lead to possible positive career outcomes.*

**Part One: Mind Map**

On the Mind Map attachment, come up with three positive and three negative examples for each of the three areas: career options, learning journey, and personal interests. You can draw, write, or record your ideas. Use the attachment as a guide or working piece. If you cannot print out the attachment, feel free to use your own digital document, paper or recording application.

Mind Map Name:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Career Options** | **Learning Journey** | **Personal Interests** | |
| **Positive** |  |  |  |
|  |  |  |
|  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Career Options** | **Learning Journey** | **Personal Interests** | |
| **Negative** |  |  |  |
|  |  |  |
|  |  |  |



***From Mind Map to Capstone – what next?***

**What is a Capstone?**

The capstone is a creative representation, resulting from critically examining the student’s journey. It is a way to showcase a student’s strengths, passions, and learning. Students will create this representation, based on,

* Reflections of their learning experiences, both in school and out
* Gathering demonstrations of growth in the Core Competencies
* Engage in ongoing career-life development conversations- networking
* Build connections with supportive community networks
* Develop collaborative and self-advocacy practices
* Explore multiple career-life opportunities in education, work-related, and personal life contexts- possible post-graduation plans

Your capstone project should be fun, engaging and relevant yet manageable for you as you complete your graduation requirements!

**Why a Capstone Project?**

A capstone project is a celebration of your learning, experience, and goals for post-graduation.

Throughout the time you are working on your capstone, you will conduct research and maintain a collection of evidence for use in your presentation. This will include the mind map you complete this year. You are encouraged to be creative in the evidence that you show; remember that your evidence may not always be positive or something you have learned from. Your evidence is worth adding to your capstone if it shows your growth – where you have been and where you are headed! You will take the growth and knowledge you have acquired over the past thirteen years and parlay that knowledge into the building blocks for your goals.

**Part Two: Your Capstone Project Proposal** Name:

While it is always important to have a plan, sometimes ideas change. Use this proposal form (or create a separate document) to help you generate your capstone proposal ideas and begin your capstone journey! Submit to your Career-Life Connections teacher when complete.

1. **Choosing your focus area:** Do you want to focus on your **career options**, **learning journey**, or **personal interests**? The best place to start is to examine your mind map. Which area resonates with you the most? Write it here.
2. **Narrowing down your subject matter**:

* If you chose **career options**, explain what career (specifically, not a career cluster) you might want to explore further and briefly explain why? *For example, Paula wants to pursue a career in engineering because she enjoys STEM activities in school.*
* If you chose **learning journey,** explain the highlights or most significant moments? *For example, Nabil’s highlights were overcoming his stage fright by taking Drama, participating in a Science Fair, and competing on a local trivia show for young people.*
* If you chose **personal interest,** explain what specific area of interest you might want to explore or research further. *For example, Taylor wants to explore the impact playing volleyball had on their academic, emotional, and physical well-being.*

1. What knowledge and experience do you feel would most benefit you as you transition out of secondary school? Use these ideas to generate a goal statement that you will then narrow down.

* For example: Paula’s goal statement might be, **I am exploring engineering programs at various BC post-secondary institutions, cost of tuition and living expenses, job prospects/locations, and salary.**
* For example: Nabil’s goal statement might be, **I am exploring my learning highlights, specifically, my time in Drama 8-12, my experience with Science Fair, and the work I put in to compete on *QuizMe*.**
* For example: Taylor’s goal statement might be, **I am exploring how playing on high school volleyball team has impacted my grades, work habits, self-esteem, physical well-being, and future goals to play volleyball at a prestigious post-secondary institution.**

***STOP! Before you write out your goal statement, ask yourself:***

Is your goal realistic and achievable in the amount of time you have?

Is your goal exciting to you and does it motivate you to learn more?

Do you have resources available to meet your goal? (people you can talk to, resources available to you, someone who could act as a potential mentor)

**My chosen goal statement is:**

1. **Reflecting on the Core Competencies**: The core competencies are directly tied to the capstone project. You will need to communicate, critically and creatively think, and show personal and social responsibility. How are you going to demonstrate each of the following?

|  |
| --- |
| **­*Communication*: who are you going to connect with to achieve your goal, what resources might you use, and how will your express your ideas to represent your individuality?** |
| ***Critical and Creative Thinking*: how will you take your goal and transform it into something meaningful, how will you express your individual creativity, and represent your understanding of your role in the world?** |
| ***Personal and Social Responsibility:* how does your goal align with your morals, how will you get it done while still maintaining your school and personal responsibilities, and how will you achieve your goal while still considering your social-emotional well-being?** |

|  |  |  |
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| **Module 4** | | |
| ***I can reflect on experiences in school and out of school, assess development in the Core competencies, and share highlights of my journey.*** | | |
| **Emerging/Developing**  *Areas that need improvement* | **Proficiency**  *I can…* | **Extending**  *Evidence of going beyond target* |
|  | * reflect in an authentic way on my experiences in and out of school through the creation of a detailed mind map which will focus on my: * Career options * Learning journey * Personal interests * share highlights of my journey through the creation of a project proposal by: * choosing my focus area * clearly explaining my focus area * creating a goal statement that is realistic and achievable. * reflect on how the Core Competencies are tied to my Capstone project: * communication * critical and creative thinking * personal and social responsibility |  |