

The logo for Sardis Secondary School is a circular emblem. It features a central illustration of a bald eagle with its wings spread, perched on a rocky outcrop. In the background, there are snow-capped mountains. The words "SARDIS SECONDARY" are written in a light green, sans-serif font along the top inner edge of the circle. At the bottom inner edge, the words "MEET THE CHALLENGE" are written in the same font and color.

SARDIS SECONDARY

# CAREER - LIFE CONNECTIONS

## REQUIREMENTS

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1. Complete 30 hours of volunteer or work experience and fill out the WORK 30 FORM for both Employer and Student (green forms).
2. Complete the Exit Interview with a Teacher, Counsellor, or Administrator (blue form).
3. Complete the Career-Life Connections document with your Administrator by the beginning of the winter break (yellow form).
4. Hand in everything to your Administrator when you complete the Career-Life Connections document.

# Career - Life Connections

The **shaded areas** contain the **MINIMUM REQUIREMENTS** and **completing them will earn students a mark of 67%**. If students want to achieve a higher mark, tasks must be completed in the 'Proficient' or 'Extending' columns (+3% per box.) Proof or documentation of completion will be required at the final meeting with your Administrator. shown

What you need to do:			Learning Standards
Developing	Proficient	Extending	
<ul style="list-style-type: none"> <li>Can be verbally communicated and presented, written in paragraphs, booklet, etc</li> </ul>			
Provide a current resume and cover letter (can be uploaded on MyBlueprint)	Articulate two areas of growth for you that are related to your post-graduation goals	Discuss actions/ strategies to support working towards your two areas of growth. (What are you doing to work on your growth areas?)	<i>Assess personal transferable skills and identify strengths and skills that require further refinement</i>
Complete a budget for the first year after high school (can be completed on MyBlueprint)	Elaborate on 3 different ways you deal with life stressors	Provide an explanation of your strategies for ensuring personal well-being and work-life balance	<i>Explore and evaluate personal strategies including social, physical and financial strategies to maintain well-being</i>
Complete the <b>Exit Interview</b> with a Counsellor, Teacher or Administrator	Discuss how you see your greatest strengths and weaknesses impacting your life?	Identify how you developed in the Core Competencies throughout secondary school (Communication, Thinking, Personal and Social)	<i>Reflect on experiences in school and out of school, assess development in the Core Competencies and share highlights of learning journey</i>
Share about a meeting with a mentor such as the SSS Career Advisor, counsellor, etc to discuss post-graduation planning	Show evidence of who you regularly met with throughout your time at SSS to talk about post-graduation planning	Provide a synopsis of how your ongoing mentorship meetings have impacted you and shaped your post-graduation plans	<i>Collaborate with a mentor to inform career-life development and exploration</i>
Follow <b>sss_careers</b> on Instagram	Follow two other post-secondary schools or employment organizations on social media	Elaborate on the impact your on-line presence or social media may have on future employers or educational institutes	<i>Engage with personal, education and employment networks to cultivate post-graduation resources and social capital</i>
Include one letter of reference; Can be from a mentor, coach, teacher, employer, etc.	Reflect on the <u>Who Am I?</u> and <u>Compatibility</u> surveys you completed on My BluePrint and elaborate on how they relate to your future plans	Attend a post-secondary or a careers exploration session and discuss how this has impacted your post-graduation planning	<i>Explore possibilities for preferred personal and education/employment futures, using creative and innovative thinking</i>
Complete 30 hours of work experience (paid or volunteer) and the <b>Work 30 Form</b> filled out by you and an employer	In addition to the 30 hours, complete a minimum of 30 hours in a job requiring a different skillset	Provide a summary of your work experience and how it has impacted your career choices moving forward	<i>Engage in, reflect on and evaluate career-life exploration</i>