

# Career/Life Planning Portfolio

	Self Development	Career Exploration (Exploring Work, Exploring Post-Secondary)	Career Management
6	<b>Create an artifact with your hobbies, qualities, and extra-curricular activities.</b> → Reflection: What did you learn about yourself?	<b>Add a Profession of interest</b> → Reflection: Explain how this profession relates to your interests, skills, abilities	<b>Add a personal and a school goal related to your career/life plan</b> → Reflection: Explain how each of the goals will help you to work on your career/life plan (i.e. teamwork, problem solving, communication, good decision making).
		<b>What is your favorite subject area to learn?</b> → Reflection: How does this influence your decisions about the future?	
7	<b>Create an artifact with your learning styles, multiple intelligences, strengths and challenges</b> → Reflection: What did you learn about yourself?	<b>Add a Profession of interest</b> → Reflection: Explain how this profession relates to your interests, skills, abilities	<b>Add a personal and a school goal related to your career/life plan</b> → Reflection: Explain how each of the goals will help you to work on your career/life plan (i.e. teamwork, problem solving, communication, good decision making).
		<b>Write a journal entry on your school habits, time management, and study methods?</b> → Reflection: What is working well for you? What do you want to improve?	
8	<b>Complete the Personality Survey</b> → Reflection: What did you learn about yourself?	<b>Add a Profession of interest</b> → Reflection: How does this knowledge impact your plan for the future?	<b>Add 2 goals related to your transition to high school and career/life plan</b> → Reflection: Explain how each of the goals will help you to transition and to work on your career/life plan (i.e. teamwork, problem solving, communication, good decision making).
	<b>Revise and update your interests, learning styles, multiple intelligences, strengths and challenges</b>		

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	<p>→ Reflection: Has there been changes over your middle school years? How does this impact your plans for the high school and the future?</p>	<p><b>Write a journal entry about your plan for transitioning to high school</b></p> <p>→ Reflection: What are you most looking forward to in high school?</p>	<p><b>Present your Career/Life Portfolio</b></p> <ul style="list-style-type: none"> <li>- <b>Reflection: Self-Assessment of Portfolio and presentation</b></li> </ul>
<b>9</b>	<p><b>Complete the Interests Survey. Identify your values.</b></p> <p>→ Reflection: What did you learn about yourself? How may your interests and values impact your career/life plan?</p>	<p><b>Add at least one new profession of interest</b></p> <p>→ Reflection: Explain how this profession relates to your interests, skills, abilities. Have your career choices changed?</p> <p><b>Add at least one post-secondary pathway of interest</b></p> <p>→ Reflection: What does this tell you about course selection? Planning?</p> <p><b>Include a post about an experiential/real world experience you have had. (Volunteering, Take Our Kids to Work Day, etc.)</b></p> <p>→ Reflection: How does this impact your choices moving forward?</p> <p><b>Plan your grade 10 courses</b></p> <p>→ Reflection: Why have you made the choices you have? How do they relate to your career/life plan? Your interests, skills, abilities, passions?</p>	<p><b>Add 2 school/academic and 2 personal goals related to your career/life plan</b></p> <p>→ Reflection: Explain how each of the goals relate to your career/life plan? What skills will these goals help you to develop?</p>
<b>10</b>	<p><b>Complete the Knowledge Survey</b></p> <p>→ Reflection: What did you learn about yourself? How may your strengths impact your career/life plan?</p>	<p><b>Add at least one new profession of interest</b></p> <p>→ Reflection: Explain how this profession relates to your interests, skills, abilities. Have your career choices changed?</p>	<p><b>Add 2 school/academic and 2 personal goals related to your career/life plan</b></p>

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		<p><b>Add at least one post-secondary pathway of interest</b>          → Reflection: What does this tell you about course selection? Planning?</p> <p><b>Include a post about an experiential/real world experience you have had (Volunteering, part time job, summer work, job shadowing, etc)</b>          → Reflection: How does this impact your choices moving forward?</p> <p><b>Plan your grade 11 courses</b>          → Reflection: Why have you made the choices you have? How do they relate to your career/life plan? Your interests, skills, abilities, passions? Entry requirements for a post-secondary pathway?</p>	<p>→ Reflection: Explain how each of the goals relate to your career/life plan. What skills will these goals help you to develop?</p> <p>Develop your resume and cover letter and post it in your career/life portfolio</p> <ul style="list-style-type: none"> <li>- Reflection: What did you learn from creating a resume and cover letter?</li> </ul>
<p><b>11</b></p>	<p><b>Complete the Motivation and Compatibility surveys</b>          → Reflection: What did you learn about yourself? How may this impact your career/life plan?</p>	<p><b>Add at least one new profession of interest</b>          → Reflection: Explain how this profession relates to your interests, skills, abilities. Have your career choices changed?</p> <p><b>Add at least one post-secondary pathway of interest</b>          → Reflection: What does this tell you about course selection? Planning?</p> <hr/> <p><b>Include a post about an experiential/real world experience you have had (Volunteering, coop, part time work, summer work, etc)</b>          → Reflection: How does this impact your choices moving forward?</p>	<p><b>Add 2 school/academic and 2 personal goals related to your career/life plan</b>          → Reflection: Explain how each of the goals relate to your career/life plan. What skills will these goals help you to develop?</p> <p><b>Complete a Journal entry – As you plan and prepare for the future what can you do develop and/or maintain positive mental health?</b></p> <p><b>Create a budget related to your career/life plan.</b></p> <ul style="list-style-type: none"> <li>- Reflection: What did you learn about creating a budget? How is this helpful?</li> </ul> <p><b>Update your resume and create an additional cover letter</b></p>

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		<p><b>Plan your grade 12 courses</b>          → Reflection: Why have you made the choices you have? How do they relate to your career/life plan? Your interests, skills, abilities, passions? Entry requirements for post-secondary?</p>	<ul style="list-style-type: none"> <li>- Reflection: How will you use the resume and cover letter? What did you learn about creating tailored cover letters?</li> </ul>
<p><b>12</b></p>	<p><b>Journal Entry – Reflect on your career/life portfolio and all you have learned about yourself</b></p>	<p><b>Link a preferred profession to your career life plan</b>          → Reflection: How would you achieve this career?</p>	<p><b>Create a broken-down task list (in the Goal feature) as to how you will prepare for next year? What do you need to do?</b>          → Reflection: What may be some challenges you may experience? How will you adjust and/or overcome these challenges?</p>
		<p><b>Link a post-secondary pathway to your career/life plan</b>          → Reflection: Explain your pathway choices and how they will help you achieve your career/life plan</p>	
		<p><b>Include a post about an experiential/real world experience you have had in an area of interest. (Volunteering, coop, etc)</b>          → Reflection: How does this experience help you to achieve your career/life plan</p>	<p><b>Create a budget related to your career/life plan.</b>          - Reflection: What did you learn about creating a budget? How is this helpful?</p>
			<p><b>Present your Career/Life Plan portfolio</b>          - Reflection: Complete a self-assessment of portfolio and presentation</p> <p><b>Update your resume and create an additional cover letter</b>          - Reflection: How will you use the resume and cover letter? What did you learn about creating tailored cover letters?</p>