

CAREER AND LIFE – Reflection/Write-up and Five year plan

Portfolio for: _____

This should be a 1 to 2 page report.

1. In this paragraph, think about the following questions: What is your actual plan to transition from Grade 12 to life after? Will you continue schooling after the summer? Where? Which course of study? Full time or part time? Will you work? Where? Travel? What are all of your options? **What is your Plan A? If Plan A might not happen for whatever reason, what is your back up plan (Plan B)?** Outline your “five year plan” in a concise format but be specific. You could use a table like the one suggested below.

Time Frame	Plan A	Plan B
Summer after high school		
Year 1		
Year 2		
Year 3		
Year 4		
Year 5		

2.a) In this paragraph, discuss all of the **different options** you have considered. Tell about the different careers you have looked into; tell about the different post secondary schools you have thought about/researched (ie. Post secondary day choices); tell about what you want for yourself personally (ie. where you might live, whether or not you want to get married, have children, travel, other accomplishments, charitable work, get involved with your community etc).

b) In this paragraph, write down your **short term goals** (ie. for the next 6 months) and your **long term goals** (in the next 5 years) and your **life time goals** (in the next 25+ years). List circumstances in your life up to now that have affected your choices and goals (ie. Health, educational opportunities, travel opportunities, parents’ influence etc.)

c) In this paragraph, go to www.jobfutures.ca and look up a job/career you are interested in. How has the job (description) for that job changed over the last 10 years (ask your parents too)? You will see there is a **forecast for job availability for the future** ... what is the outlook for your job choice?

3. In this paragraph, comment on **who/what has affected your 5 year plan**. List those that apply:

- a) Has your work or part-time work played a part? How? Has the money you made made a difference? Have the skills you learned helped? How has your work affected the way you feel about that type of career?

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- b) Have your leisure activities affected your plan or given you opportunities that others might not have? (ie. Sports, music lessons, volunteering etc.)?
- c) Has your family or family situation affected your plan? (ie. Family business, family influence and/or advice, money situation etc.). What/who has supported you? What are the challenges?
- d) How have other people such as relatives, acquaintances, coaches, mentors, teachers etc. given you support?

4. In this section, you must attach 4 documents. These are all mandatory.

- a) Attach your resume to this section
- b) Attach a minimum of one letter of reference. This letter of reference may be from a teacher, a coach, an employer, an acquaintance who knows you well. This letter may not be written by someone directly related to you. Remember that this letter of reference may also be used for scholarship/bursary purposes.
- c) Attach proof of your application to a post-secondary school OR if you are not going to college, university or technical school next September, attach a cover letter for a job.
- d) Attach the Financial Plan work sheets. This is a budget for the year after high school.

5. Other items you should include are: These will be done in class in the fall.

- a) Credit count form
- b) Transcript
- c) report cards
- d) Post Secondary Day information that you picked up