Date: Grad Trans 12 Name:

Work Experience Paragraph:

- How did the experience impact you and your decisions regarding your personal and professional future?
- How has this experience helped you to achieve your goals, or linked to the Core Competencies?
- What skills did you learn or improve upon?
- What were the pros and cons of the experience?

Physical Hours Paragraph:

Evidence for work and volunteer can be in the form of a pay stub or a signed letter from an employer or organization. Hours can be paid or volunteer but must be completed after Gr.10

Date: Grad Trans 12 Name:

- What benefits do you get when health and wellness is a priority for you?
- What are your struggles and motivators for making it a priority?
- What are some tools you use to deal with stress and work-life-play balance?

Evidence of physical fitness hours may be a signed record (create a chart to keep track) or letter from a PE teacher, coach, etc
Taking 1 year of PE counts as 100 hours. These 200 hours can come from the last 2 years.