



Capstone Project & Presentation

**This electronic submission is for students who are not seeking a mentor and looking to explore further into a career path of interest.*

Capstone Project Due:

Wednesday, January 25, 2023, by 3:15pm

**Please note that 10% will be deducted from the overall mark for each day past the due date it is handed in. Submissions received on the due date AFTER 3:15pm are considered one day late.*

Capstone Presentations:

PEAK Week March 9-10, 2023

Objectives:

1. To celebrate each individual student, each so loved and wonderfully made by the living God. To design, assemble and present an exhibition that demonstrates your passion and learning as the basis for an area in life that you are hoping to pursue after graduation.
2. To present a clear narrative that demonstrates your life journey as you've gained awareness of who you are. This will include personal learning, explorations, and achievement (in-and out-of school); growth in the core competencies; relational growth with others in your community; spiritual journey highlights.
3. To share 2-3 reflections on how you think specific experiences (K-12) has led you to discover more of 'who you are' and 'who you will become'.
4. To share a clearly articulated post-graduation plan.
5. To intentionally invite individuals from your home, your school, your church, and/or your community to participate as you develop, reflect and revise your project and presentation.

Capstone Project

Overview:

The Capstone Project allows you, your family and our school community to celebrate the K-12 journey on which you've embarked. A successful Capstone Project will provide a clear narrative of your life journey as you've gained awareness of who you are, what you've explored, and how your experiences will lead you to discover more of 'who you will become', in your life after high school.

Your Capstone Project and Presentation is a 4-credit component of the Graduation Program, and must be completed in order to graduate from John Knox.

Content and Marking:

Core Items: 40% of the overall project mark

Every student must complete the Core Items of the Capstone Project. This requirement counts for 40% of the final mark of the project. These Core Items fall under the following categories:

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| ☐ Education and Career Preparation | ☐ Family and Community Life |
| ☐ Skills and Accomplishments | ☐ Personal Health |
| ☐ Service and Community Involvement | ☐ Spiritual and Personal Growth |

Choice Items: 40% of the overall project mark

The Choice Items support your Core Items, and help portray a fuller picture of your life within each category. Students are required to include a minimum of 16 Choice Items. Students may choose Choice Items from the list below or include additional material, and may choose which categories to include their Choice Items under. Students are encouraged to include as much evidence of their learning as possible so that their project may reflect their work and growth.

Format: 20% of the overall project mark

The Capstone Project may be submitted in hard copy, as a binder, or in electronic form, as a website.

For students choosing to submit a website, the school will provide students with a premium student account for Weebly.com, which will allow students to create a website that is password-protected to viewers at no cost to the student. Students may also use other web-hosting services, which they would be responsible for on their own.

Capstone Project – Core Items Criteria

1) Education and Career Preparation

Transition plan (transition to post-secondary education and/or training and/or to work or other life options)

- ☐ Describes your transition plan in a concise format.
- ☐ Outlines options that you have considered related to career, education, and personal goals.
- ☐ Describes the role of work, leisure, health, family, and support networks in building your transition plan.
- ☐ Includes a current resume, reference letter, AND a copy of an application to a post-secondary institution OR a letter of application for employment.
- ☐ Includes a financial plan.

Work Experience

- ☐ Documents participation in 30 or more hours of work experience, paid or unpaid.
- ☐ Describes the type of work done and the tasks/duties performed.
- ☐ Identifies the fundamental skills used or developed in your work/volunteer experience.
- ☐ Identifies the personal management skills used or developed in your work/volunteer experience.
- ☐ Identifies the teamwork skills used or developed in your work/volunteer experience.

2) Skills and Accomplishments

Presentation of achievements

- ☐ Describes the accomplishments and achievements that you have earned.
- ☐ Identifies the goals that you have met and/or goals you have set to meet.
- ☐ Describes the work and effort that have put into achieving your goals.
- ☐ Identification of the skills you have developed.
- ☐ Identification of your gifts and talents.

3) Service and Community Involvement

Community-based service event or activity

- ☐ Describes the community event or activity in which you have participated.
- ☐ Identifies the service element in the community event or activity.
- ☐ Identifies the benefits that someone receives as a result of the service event or activity.
- ☐ Describes your contribution to the community service activity or event.
- ☐ Demonstrates that you have participated cooperatively and respectfully.

School-based service event or activity

- ☐ Describes the school-based event or activity in which you have participated.
- ☐ Identifies the service element in the school-based event or activity.
- ☐ Identifies the benefits that someone receives as a result of the service event or activity.
- ☐ Describes your contribution to the school-based service activity or event.
- ☐ Demonstrates that you have participated cooperatively and respectfully.

Three different aspects of community life

- ☐ Describes the communities to which you belong (i.e. Mission(s) trip(s), student council, youth group, sports team, etc.)
- ☐ Describes your participation in and contribution to this community.
- ☐ Identifies your service and the use of your gifts in this community.
- ☐ Describes your leadership ability.
- ☐ Identifies how these communities contribute to your mental, social, physical, and spiritual growth.

Capstone Project – Core Items Criteria cont'd

4) Family and Community Life

Identification of a support network

- ☐ Describes the family and friends that make up your support network.
- ☐ Describes the communities to which you belong. (i.e. Church youth group, student council, sports team, etc.)
- ☐ Identifies how your family and community members have supported you.
- ☐ Identifies the role of your support networks in your transition to life after graduation.
- ☐ Identifies how your family and community members contribute to your mental, social, physical, and spiritual growth.

5) Personal Health

Daily Physical Activity

- ☐ Documents participation in one or more physical activities that meet the moderate to vigorous daily physical activity criteria.
- ☐ Documents participation in moderate to vigorous physical activity for a minimum of 150 minutes a week from grades 10 to 12.
- ☐ Includes either a Physical Activity Log or a letter of verification, both signed by one or more supervisors as evidence.
- ☐ Demonstrates that the physical activity documentation is clearly authentic.
- ☐ Illustrates the impact of physical activity on personal health and/or lifestyle choices.

6) Spiritual and Personal Growth

Spiritual Autobiography

- ☐ Describes your life journey.
- ☐ Describes your spiritual development, any crises of faith, and reflection on the grace of God in your life.
- ☐ Identifies areas of growth.
- ☐ Describes the people, circumstances, places, and other factors that have impacted your spiritual journey.
- ☐ Identifies where you are in your spiritual walk at this point in your life.

Christian Education

- ☐ Reflects upon your experience in Christian education.
- ☐ Reflects upon how Christian education has contributed to your mental, social, physical, and spiritual growth.
- ☐ Describes the importance of Christian education.
- ☐ Identifies the benefits and disadvantages of Christian education.

Personal Growth

- ☐ Describe your life journey.
- ☐ Describes your development in personal characteristics and skills, as they relate to the Core Competencies.

Capstone Project – Choice Items Criteria

The choice items for each student may differ; the items in each category, however, will be marked based on the following criteria:

1) Education and Career Preparation

- ☐ Displays the talents, gifts, and/or skills relevant to potential careers and future employers.
- ☐ Demonstrates the skills, experiences, and/or information you have developed that help you prepare and plan for post-secondary education and/or employment.
- ☐ Demonstrates the skills, experiences, and/or research you have accumulated that contribute to your future educational and/or career decision-making process.

2) Skills and Accomplishments

- ☐ Describes the accomplishments and achievements that you have earned.
- ☐ Describes the work and effort that have put into achieving your goals.
- ☐ Identification of the skills, gifts, and/or talents you have developed.

3) Service and Community Involvement

- ☐ Describes the communities to which you belong
- ☐ Describes your participation in and contribution to this community.
- ☐ Identifies how these communities contribute to your mental, social, physical, and spiritual growth.

4) Family and Community Life

- ☐ Describes the family and friends that make up your support network.
- ☐ Identifies how your family and community members have supported you.
- ☐ Identifies how your family and community members contribute to your mental, social, physical, and spiritual growth.

5) Personal Health

- ☐ Demonstrates the different aspects of active and healthy lifestyle choices in your daily living.
- ☐ Identifies how a healthy lifestyle contributes to your mental, social, physical, and spiritual growth.

6) Spiritual and Personal Growth

- ☐ Identifies and reflects upon areas of spiritual and personal growth and development.

Capstone Project Overview

Categories	Description	Core Items	Choice Items
1) Education and Career Preparation	Display of your skills and experiences relevant to potential careers and future employers.	☐ Graduation Transition plan includes option 1 or 2 ☒ Resume and post-secondary application (1) OR ☒ Resume and cover letter (2) ☒ My Financial Plan ☐ 30 hours work experience	☐ reference letters ☐ thank you letters ☐ research on education, career, and life information ☐ additional work/volunteer experience ☐ demonstration of employability skills ☐ demonstration of teamwork skills ☐ other *Include explanation, as needed
2) Skills and Accomplishments	Showcase of your academic and non-academic achievements and awards that you have earned.	☐ Presentation of accomplishments (academic and/or non-academic)	☐ certificates ☐ awards and/or trophies ☐ projects / assignments ☐ identification of employability skills ☐ identification of talents and interests ☐ Identification of spiritual gifts ☐ Identification of leadership skills ☐ Other *include explanation, as needed
3) Service and Community Involvement	Presentation of your experience in service and community involvement, such as missions, ministry, extracurricular activities, etc.	☐ Community service ☐ School service = ☐ 30 hours TOTAL	☐ photos with captions ☐ reflections/journal ☐ letters ☐ documents ☐ additional aspects of community life ☐ other *Include explanation, as needed
4) Family and Community Life	Presentation of the aspects of your life, such as family and other community groups, outside of school, that have influenced you.	☐ Identification of a support network	☐ photos with captions ☐ reflections ☐ journals ☐ thank you cards ☐ family tree/ genogram ☐ other *Include explanation, as needed
5) Personal Health	Display of healthy and active lifestyle choices.	☐ 150 minutes a week of physical activity ☐ DPA records for Gr.10-12	☐ additional hours of activity ☐ research on information related to healthy living ☐ demonstration of healthy-decision making ☐ healthy life choices plan ☐ other
6) Spiritual and Personal Growth	Reflection of your spiritual journey and personal growth.	☐ Spiritual Autobiography ☐ Christian Education Reflection ☐ Personal Growth Reflection	☐ spiritual life timeline ☐ faith statement ☐ prayer journals ☐ reflections ☐ other