

Regina Public Schools

Graduation & Post-Graduation Plan



REGINA PUBLIC SCHOOLS

Grade 9

"You miss 100% of the shots you don't take"

-Wayne Gretzky

Introduction

Developing and maintaining a graduation and post-graduation plan for yourself will assist you in exploring your interests, skills, values and personal traits while considering many career pathways available to you in Saskatchewan, Canada and beyond! This will guide you in making informed decisions that will impact your present and future lives. A graduation and post-graduation plan is a tool to assist you in transitioning smoothly through high school and beyond – to a future that is personally fulfilling and rewarding.

Grade 9 Graduation & Post-Graduation Plan Objectives

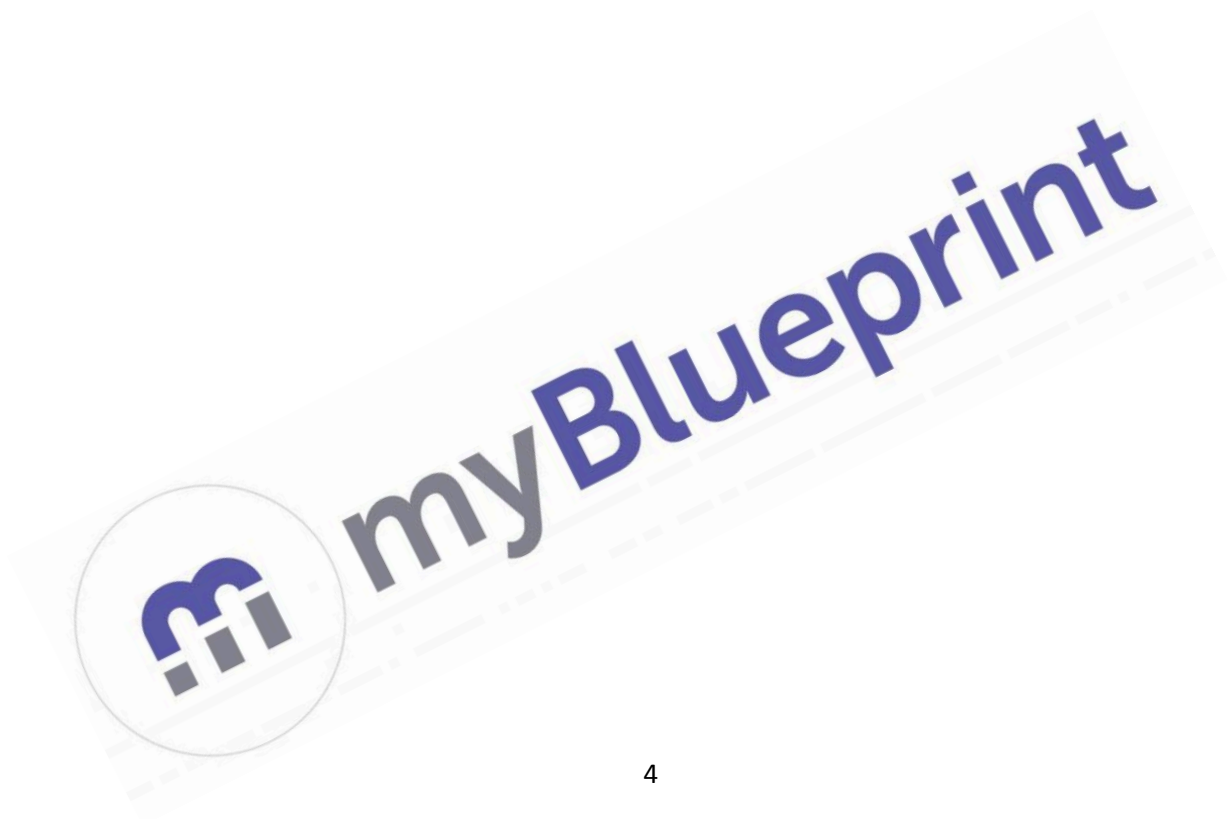
- ☐ Review and obtain personal documentation. *These documents should not be uploaded to myBlueprint for privacy reasons.*
 - ☐ Birth certificate
 - ☐ Health Card
 - ☐ Social Insurance Number
 - ☐ Saskatchewan Photo ID
 - ☐ Metis/Treaty Card
 - ☐ Passport
- ☐ Complete personal and interest inventories
- ☐ Learn about the 24 credit model for graduation and begin planning for grade 10 course
- ☐ Review graduation plans with:
 - ☐ Parent(s)/Guardian(s)
 - ☐ Advisory teacher/Trusted adult
- ☐ Review S.M.A.R.T goal process and create relevant academic and personal goals
- ☐ Begin to gain a basic understanding of the full range of post-secondary opportunities
 - ☐ Apprenticeship
 - ☐ University
 - ☐ Technical school
 - ☐ Private College
 - ☐ Employment
 - ☐ Entrepreneurship
- ☐ Develop personal career documentation
- ☐ Attend “Try a Career Day”
- ☐ Upload documentation/awards into a portfolio

myBlueprint

LOGIN INFORMATION

Username: _____

Password: _____



GRADE 9 Graduation & Post-Graduation Activities

MONTH	STUDENT ACTIVITY
September/October	
Learning Goals: <ul style="list-style-type: none"> ✓ to learn more about creating SMART goals and action plans ✓ to discover what type of Learning Style describes you ✓ to find study tips that might work for you, and that you will try out 	<p style="text-align: center;">ACTIVITY #1: Goals</p> <ol style="list-style-type: none"> 1. If you haven't done so already create a portfolio called <i>'Academic & Personal Goals 2019-20'</i> 2. Select Menu from the navigation menu on the left hand side of your screen and select Goals 3. Add at least ONE (1) Academic Goal (short term) for your semester 1 classes and include an Action Plan for how you intend to achieve it. This can be around Learning Skills or to improve on a specific subject area, trying something new, having good school habits. 4. Add these academic goals to <i>'Academic & Personal Goals 2019-20'</i> portfolio. 5. Add ONE (1) Personal Goal (short term) and include an Action Plan for how you intend to achieve it. This can be about anything else in your life that you would like to improve on 6. Write a brief reflection about why you've set these goals (What are you trying to achieve? Why? How does it fit in a bigger plan?) 7. You will be asked to share your course goals and your plan for obtaining your personal documentation at your first 3-Way conference of the year. <p style="text-align: center;">ACTIVITY #2: Learning Styles and Personality Assessments</p> <ol style="list-style-type: none"> 1. Select Who Am I? from the navigation menu on the left hand side of your screen. Select surveys. 2. Complete the Learning Styles questions to receive your results 3. Review the full report to learn more about your learning styles. 4. Add your Learning Styles assessment to <i>'About Me Portfolio'</i> 5. Write a brief reflection (Do you agree? Disagree? Why or why not? What did you learn?) Try and use the <i>Class Pass App</i> to complete the step.

	<p style="text-align: center;">Activity #3: Personality Assessment</p> <ol style="list-style-type: none"> 1. Select Who Am I? from the navigation menu on the left hand side of your screen. Select surveys. 2. Complete the Personality questions to receive your results 3. Review the full report to learn more about your learning styles. 4. Add your Personality assessment to 'About Me Portfolio' 5. Write a brief reflection (Do you agree? Disagree? Why or why not? What did you learn?) Try and use the Class Pass App to complete the step. <p style="text-align: center;">Activity #4: Interests Assessment</p> <ol style="list-style-type: none"> 1. Select portfolios from the menu tab in the home section. 2. Add a new portfolio (+Add Portfolio) titled 'About Me Portfolio'. This portfolio will allow you to showcase your interests, passions, goals, and career interests. 3. Select Who Am I? from the navigation menu on the left hand side of your screen. Select surveys. 4. Complete the Interests questions to receive your results 5. Review the full report to learn more about your interests and the types of occupations that are well suited to your interests. 6. Add your interests to 'About Me Portfolio' 7. Write a brief reflection (Do you agree? Disagree? Why or why not? What did you learn?) Try and use the <i>Class Pass App</i> to complete the step. 8. Review the list of descriptions of personal documentation and make a plan to obtain these documents. <p>NOTE: The Learning Styles and Personality assessments must be completed before you can complete the Interest survey.</p>
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November	
<p>Learning Goal:</p> <ul style="list-style-type: none"> ✓ to learn more about your interests and passions ✓ Learn skills essential for beginning employment 	<p style="text-align: center;">ACTIVITY#1 : Add 2 Boxes to your Portfolio</p> <ol style="list-style-type: none"> 1. Select Home from the navigation menu on the left hand side of your screen. Select Portfolios and choose your 'About Me Portfolio'. 2. Add 2 custom boxes titled "WHO AM I?" and upload a picture or video of something that best describes who you are / what makes you happy / what is your passion? Use the <i>Class Pass App</i> to add content to this reflection! 3. Add a title and a description. 4. Add a reflection (why did you choose to share this? Why is it important to you?) <p style="text-align: center;">ACTIVITY #2: Young Workers Readiness Course</p> <ol style="list-style-type: none"> 1. In Saskatchewan, the minimum age of employment is 16. If you are 14 or 15 years old, and able to work, you must complete the following before starting to work: <ol style="list-style-type: none"> a. Complete the YWRCC and obtain a Certificate of Completion; b. Provide your employer with a copy of your Certificate of Completion; and c. Provide your employer with proof of age and written consent from a parent or guardian. 2. If you are under 16 years of age you should begin work on the Young Workers Readiness Course this month. Visit https://ywrcc.ca/ to begin.

December	
Learning Goal: ✓ to learn more about yourself and the person you want to become - the qualities and positive traits you want to have	ACTIVITY: Add 2 Boxes to your Portfolio 1. Select Home from the navigation menu on the left hand side of your screen and select Portfolios . 2. Add a Box called “ WHO DO I WANT TO BECOME? ” and upload a picture or video of something that best describes who you want to become – this is not an occupation, but rather a character strength 3. Add a title and a description. 4. Write a reflection on why you chose this picture or video. 5. If you haven’t done so, you should begin the Young Workers Readiness course this month. https://ywrcc.ca/
January/February	
Learning Goals: ✓ to start tracking experiences, dates and key information ✓ to practice self-assessment and reflection ✓ to develop or improve on time management and organization skills	ACTIVITY #1: Resumes 1. Select Work from the navigation menu on the left hand side of your screen. Select Resumes . 2. Add your Contact information; fill in the Education section, Extracurricular activities, and at least one experience to the Hobbies and Interests section. 3. Add any additional experiences that you’d like to record ACTIVITY #4: Young Workers Certificate 1. If you haven’t done so, you should begin the Young Workers Readiness course this month. https://ywrcc.ca/ ACTIVITY #2: Goals 1. Select Menu from the navigation menu on the left hand side of your screen and select Goals 2. Add at least ONE (1) Academic Goal (short term) for your semester 2 classes and include an Action Plan for how you intend to achieve it. This can be around Learning Skills or to improve on a specific subject area, trying something new, having good school habits.

	<p>3. Add these academic goals to 'Academic & Personal Goals 2019-20' portfolio.</p> <p>4. Add ONE (1) Personal Goal (short term) and include an Action Plan for how you intend to achieve it. This can be about anything else in your life that you would like to improve on</p> <p>5. Write a brief reflection about why you've set these goals (What are you trying to achieve? Why? How does it fit in a bigger plan?)</p> <p>6. You will be asked to share your course goals and your plan for obtaining your personal documentation at your first 3-Way conference of the year.</p>
March	
<p>Learning Goal:</p> <p>✓ to explore and prepare for the transition to high school</p>	<p>ACTIVITY #1: High School Planner</p> <ol style="list-style-type: none"> 1. Select High School from the navigation menu on the left hand side of your screen. 2. Add courses to Year 10 based on the necessary compulsory courses and electives you may be interested in. 3. Review grade 10, 11 and 12 courses that you are interested in, and make sure that you have the prerequisites selected. 4. Be prepared to share your two goals and your plan for obtaining your personal documentation at your 3- way conference this semester. 5.
April	
<p>Learning Goal:</p> <p>✓ to have a voice and showcase who you are – your passions, interests, hobbies, talents, etc.</p>	<p>ACTIVITY: Add 2 Boxes to your Portfolio</p> <ol style="list-style-type: none"> 1. Select Home from the navigation menu on the left hand side of your screen. Select Portfolios 2. Add 2 custom boxes titled "WHO AM I?" and upload a picture or video of something that best describes who you are / what makes you happy / what is your passion? 3. Add a title and a description. 4. Add a reflection (why did you choose to share this? Why is it important to you?) Try using the Class Pass App!

May	
<p>Learning Goal:</p> <p>✓ to explore and discover various occupations in the real world</p>	<p style="text-align: center;">ACTIVITY #1: Occupations</p> <ol style="list-style-type: none"> 1. Select Work from the navigation menu on the left hand side of your screen. Select Occupations. 2. Enter Opportunity Name or Keyword and click Search when you are ready. 3. Find 3 Occupations that are not necessarily in your field of interest but you want to know more about. Click the heart in the right hand corner of the occupations box to add to your favourites. 4. Select favourites from the left hand side navigation menu. Choose two occupations that you would like to compare. 5. Compare them by clicking the menu on the right hand side of the occupation you would like to compare. A drop down menu will appear. Select compare. <i>Repeat this process for the other occupation you would like to compare.</i> NOTE: At the top of your page your compared items will appear. 6. Select the blue compare button to view a side-by-side comparison of your selections. <ol style="list-style-type: none"> a. Consider and compare the following: Level of education required b. Outlook c. Salary d. Number of years of post-secondary education (if this applies) e. Compare Important Skills 7. Add your top 3 occupations to your 'About Me Portfolio'. and use the reflection box to compare (Pros vs Cons) <p style="text-align: center;">ACTIVITY #2: Attend "Try a Career Day"</p> <ol style="list-style-type: none"> 1. Attend the "Try a Career Day" hosted by RDIEC. 2. Write a Journal and list 3 things you learned from the safety presentation. 3. As you participate in and view the different displays use your Class Pass App and document at least 3 things that you did or enjoyed learning about. Add these to your 'About Me Portfolio - Grade 9'.

June	
<p>Learning Goal:</p> <p>✓ to practice self-assessment and reflection</p>	<p>ACTIVITY #1: Review Goals</p> <ol style="list-style-type: none"> 1. Review the goals you created this semester and write a reflection on progress/achievement/improvements for each goal in semester 2. 2. Scan and upload to your <i>About Me Portfolio</i> any athletic, community, or academic awards you have received this year. <p>CULMINATING ACTIVITY: My Portfolio</p> <ol style="list-style-type: none"> 1. Add 2 more custom boxes to your <i>'About Me Portfolio'</i>.— upload images or documents or link videos of something that happened to you this year that you would like to share (i.e. field trip, job shadowing, cool project, etc) 2. Write a reflection about why you wanted to share this experience. 3. Look at your <i>'About Me Portfolio'</i> and all of the boxes you've added this year - reflect on the year you have had both academically and personally. What were some successes? challenges? what are you looking forward to next year? Try using the <i>Class Pass App!</i>

Grad & Post Grad Planning RESOURCES

Class Pass App: Getting Started Guide

Download the myBlueprint Class Pass App:

The myBlueprint Class Pass App is available for both Apple and Android devices. Download it from the app store for free.

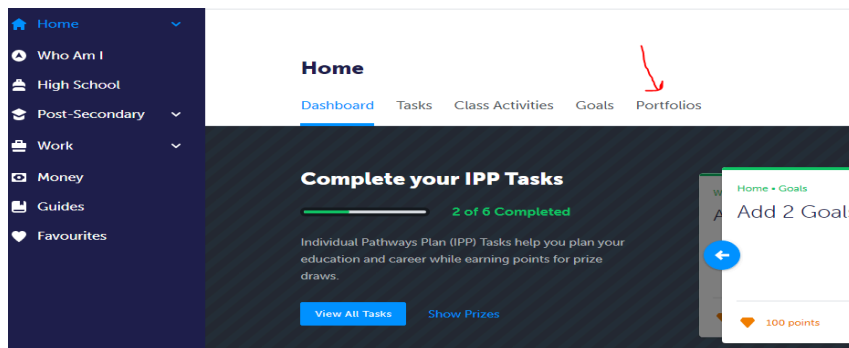


Connect the App with your myBlueprint portfolio:

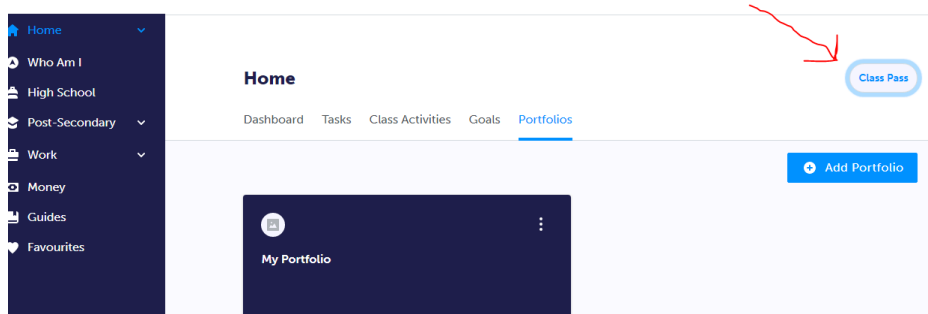
*This step needs to be done only once, but requires the use of two devices (for example, a computer and a phone).

Log into myBlueprint on a computer.

Click on **Portfolios**.



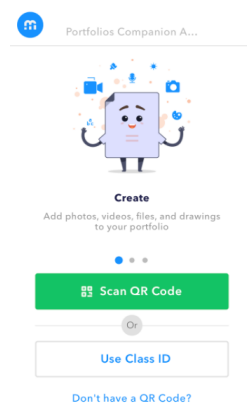
Click the **Class Pass** button on the right



Click on **Looking for your QR code?** This will open a pdf image.

Open the Class Pass app on second device, such as a phone or iPad.

Click **Scan QR Code** and hold your device up to the image on your other screen.



The Class Pass app will then ask what you want to share, giving you the option to take a picture, record video or audio, draw, or journal in order to document your learning. This documentation will become part of your Portfolio on myBlueprint

Personal Documentation

It is important as a young person to ensure that you have all the proper personal documentation available to you. These pieces of documentation will help you access supports and resources in the community, and can help you obtain a job. These documents should not be uploaded to myBlueprint for privacy reasons. Keep in a safe place.

Birth Certificate - A Birth Certificate is your most valuable identification document and the primary identity document issued by the Province. It is needed when registering for school, applying for a passport and obtaining a driver's license and a Social Insurance Number.

- Order a birth certificate
 - eHealth Saskatchewan
 - <https://www.ehealthsask.ca/residents/births/Pages/Order-a-Birth-Certificate.aspx>

Saskatchewan Health Card - The Saskatchewan Health Card is a valuable personal identification card that you should be prepared to present whenever you need health services.

- Update or replace Health Card
 - eHealth Saskatchewan
 - <https://www.ehealthsask.ca/residents/health-cards/Pages/Update-or-Replace-a-Health-Card.aspx>

Social Insurance Number - The Social Insurance Number (SIN) is a nine-digit number that you need to work in Canada or to have access to government programs and benefits. A SIN is issued to one person only and it cannot legally be used by anyone else. You are responsible for protecting your SIN. Store any document containing your SIN and personal information in a safe place—do not keep your SIN with you.

- Apply for SIN Number
 - Employment & Social Development Canada
 - <https://www.canada.ca/en/employment-social-development/services/sin/apply.html>

Saskatchewan Photo Id/ Drivers Licence - A photo ID card is available for all Saskatchewan non-drivers. You can get a photo ID card from any motor licence issuer. The cost is \$15.

- Non Driver Photo ID
 - <https://www.sgi.sk.ca/individuals/licensing/features/photoidcard.html>
- Driver's Licence
 - <https://www.sgi.sk.ca/individuals/licensing/getyourlicence/index.html>

Metis/Treaty Card - Indian status is the legal status of a person who is registered as an Indian under the Indian Act. Under the *Indian Act*, status Indians, also known as registered Indians, may be eligible for a range of benefits, rights, programs and services offered by the federal and provincial or territorial governments. Eligibility for Indian status under the Indian Act is based on the degree of descent from ancestors who were registered or were entitled to be registered. To find out if you are eligible, ask yourself:

- Do either or both of my parents have status?
- Do any of my grandparents have status?
- Is anyone in my immediate family (uncles, aunts, cousins) registered or entitled to be registered?

In order to apply for status and register you will need to complete Application for Registration on the Indian Register and for the Secure Certificate of Indian Status (SCIS). Your schools Indigenous Advocate or Guidance counsellors can assist you in completing the necessary forms.

Passport - All Canadian children, from newborns to age 16, need their own passport to travel. A child's passport will be valid for a maximum of 5 years, until it reaches its expiry date, even after the child turns 16. After you are 16 you are considered an adult. The Canadian passport is a valuable document that promotes international travel and proves identity and citizenship. As a passport holder you must take good care of this important document.

Personal Documentation Log

Document	Contact Information	Availability	Obtained	Expiry
Birth Certificate	eHealth Saskatchewan www.ehealthsask.ca	Since birth		N/A
Saskatchewan Health Card	eHealth Saskatchewan www.ehealthsask.ca	Must reside in SK. for 3 months.		
Social Insurance Number	Regina Service Canada <i>Alvin Hamilton Building</i> <i>1783 Hamilton Street</i> <i>Regina, Saskatchewan</i>	Since birth		N/A
Saskatchewan Photo ID/Drivers Licence	Any SGI Licence Issuer	15 Yrs. – ID 16 Yrs. - DL		
Young Workers Readiness Certificate	https://ywrcc.ca/	Online	<i>Upload to MBP Portfolio</i>	N/A
Metis/Treaty Card	https://www.aadnc-aandc.gc.ca/eng/1100100032374/1100100032378	Since birth		
Passport	https://www.canada.ca/en/immigration-refugee-citizenship/services/canadian-passports.html	Since birth		newborn - 16 (5 years) Adult (5 or 10 years)

S.M.A.R.T. Goal Setting

What is a goal?

A goal is a desired outcome that will make a difference in your life as a result of achieving it. There are many types of goals, including academic, extracurricular, community, education, career, and learning skills goals. A goal requires effort and focus to achieve it. To help keep track of your progression towards a goal, you need to set a timeframe and an action plan. An action plan consists of specific tasks or steps that you will follow to achieve your end goal.

How can I set S.M.A.R.T. goals?

Goal setting helps you focus on what you want to achieve, and also helps you gain self-confidence. S.M.A.R.T. goals are specific, measurable, achievable, realistic, and time framed.

Specific

Your goals should be specific rather than general. This means the goal is clear and you understand your objective. A specific goal will answer the five “W” questions:

- What. What do I want to accomplish?
- Why. Specific reasons, purpose or benefits of accomplishing the goal
- Who. Who is involved?
- Where. Identify a location (e.g., school)
- Which. Identify requirements and constraints

Measurable

You should be able to measure your progress toward reaching your goals. A measurable goal will answer questions such as:

- How much?
- How many?
- How will I know when my goal is accomplished?

Attainable

Your goals should be realistic and attainable. When you identify goals that are most important to you, you begin to figure out ways you can make them come true. An attainable goal will answer the question:

How can the goal be accomplished?

Relevant

You should choose goals that matter. A bank manager's goal to 'Make 50 peanut butter and jelly sandwiches by 2:00 pm' may be specific, measurable, attainable, and time-bound, but isn't very relevant. A relevant goal can answer yes to the question: Does this seem worthwhile?

Time framed

Your goals should have a time frame or target date. A time framed goal will usually answer questions such as:

-When do I plan on working towards accomplishing this goal?

-What can I do this year?

-What can I do before I graduate?

-What can I do this semester?

One way to answer these questions is to select a timeframe for your goal:

-Short-term (this school year)

-Medium-term (before graduation)

-Long-term (after high school)

What is an example of a S.M.A.R.T. goal?

Goal: I will raise my grade from 62% to a 70% in math

Timeframe: Short-term (this school year)

Action Plan:

-Spend two hours each week preparing for math quizzes and tests

-Spend an extra hour each week to complete my math homework

-Attend math tutorials offered by my teacher at lunch time

-Participate in class and ask questions

How can I learn from my goals?

-Don't forget, an essential part of goal setting is to self-assess and reflect on your goals.

-As you work towards your goal, ask yourself the following questions:

-How could I modify this goal to make it more attainable?

-How could I modify this goal to make it more measurable?

-How is this goal important to me?

-Who can support me and help me achieve this goal?

-How could I use my skills and strengths to help me accomplish this goal?

-Do I need to add more steps to my action plan?

-Once you have accomplished your goal, ask yourself the following questions:

-What did I do well?

-What am I most proud of?

-What barriers did I run into and how did I overcome them?

-What have I learned?

*Adapted from Attitude is Everything, by Paul J. Meyer.

3 Way Conferences - Student Outline

1) Student/ Parent/Teacher Introductions

Possible Student Dialogue:

"Hi Mr./Ms. _____ this is my (mom/dad/aunt/grandma/guardian) _____ and my (mom/dad/uncle/grandpa/guardian) _____."

2) Introduction to myBlueprint

Possible Student Dialogue:

As you may or may not know in Advisory and many of my other classes we are using a program called myBlueprint which is an education and career planner that helps create a plan for graduation and after my graduation, as well as track my experiences in and out of school to document my growth over time through the use of digital portfolios. Today I would like to show you the portfolios I have started/been working on this semester.

-Student should login to their account and open their portfolio section on myBlueprint

-Student should be able to open their 'About Me' Portfolio and speak to the entries they have so far

2) Describe how things are going this semester.

Possible Student Dialogue:

"This semester is going well/ not well. I have really enjoyed/disliked/struggled with _____ and _____. However, I have enjoyed/disliked/struggled with _____ and _____."

3) Discuss some of the similarities and differences from last year at this time.

Possible Student Dialogue:

"This semester has been different from last year because _____. Although, I noticed some things are the same like _____."

4) What are some of your strengths as a student? What are some of your weaknesses as a student?

Possible Student Dialogue:

"I feel my main strength as a student is _____. I know this is a strength because _____. One of the areas I struggle as a student is _____. I know I need to work on this because _____. My plan is to _____."

5) How can you contribute positively in Advisory?

Possible Student Dialogue: "I feel that I already contribute in Advisory by _____. One way I could further contribute is by _____."

6) Review your one Academic goal and one Personal goal on myBlueprint.

-Student should be able to open their 'Academic & personal Goals 2019-20' portfolio

Possible Student Dialogue:

"I would like to share my academic goals now. My first goal is _____. I plan to achieve this goal by _____. "I would like to share my personal goal now. My goal is _____. I plan to achieve this goal by _____."

7) Personal Documentation

Possible Student Dialogue:

One of my responsibilities this year is to ensure that I obtain the necessary personal documents that will be needed for future employment and services.

-Student reviews the list of personal documents

-Students discuss what they have obtained or confirmed and what their plan is for the remaining documents.

8) Time for Parent Questions/Comments

Possible Student Dialogue:

"Does anyone have any questions or comments about what I have shared?"

Community Resources

Regina Police (non- emergent)	306-777-6500
Kids Help Phone (free/24hrs)	1-800-668-6868
Mobile Crisis (24hrs)	306-757-0127
Suicide Line (24hrs)	306-525-5333
Health Line (free/24hrs)	811
Planned Parenthood	306-522-0902
Sexual Health/STI Clinic	306-766-7788
Sexual Assault Line (24hrs)	1-844-952-0434
Trans Lifeline (Support for Transgender people)	1-877-330-6366
Saskatchewan Problem Gambling 24/7	1-800-306-6789
Child Abuse Line	306-569-2724
RQH Addictions Services	306-766-6600
Social Services Funding	306-798-0660
Street Culture Youth Shelter	306-545-3445
Caring Hearts	306-523-2780
Child and Youth Services	306-766-6700

Mobile Crisis services, Crisis Line & Kids Help Phone are also ALL available through pressing "0" on any SaskTel Payphone.

More community resources are at www.sk.211.ca