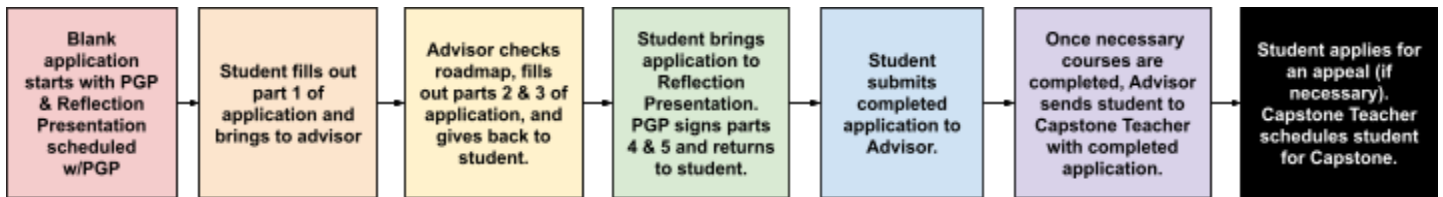


# Capstone Application



## PART 1: STUDENT COMPLETES

Name		Reflection Presentation Date & Time	
Advisor		Projected Capstone Trimester	

## PART 2: BDEA REQUIREMENTS (ADVISOR COMPLETES)

	Student has completed all required academic classes on their roadmap (Humanities, Math, and Science).		Student has completed all required PGP classes on their roadmap (Beyond BDEA, 3 Career Explorations and Career Readiness).
Describe plan to complete roadmap:			
Advisor Signature:		Date:	

## PART 3: MCAS REQUIREMENTS (ADVISOR COMPLETES)

	Student has passed all MCAS exams.		Student has created a plan with advisor to complete MCAS requirements.
Advisor/PGP:		Date:	

# Capstone Reflection

## PART 4: REFLECTION ESSAY - HABITS OF SUCCESS (STUDENT COMPLETES AND PGP SIGNS)

Share a seven-paragraph essay reflecting on how you have grown in the 5 Habits of Success via Google Docs. Give examples of experiences with each habit since being at BDEA (see back page for prompts). Include the following paragraphs:

1. Introduction
2. Vision
3. Perseverance
4. Curiosity
5. Social Intelligence
6. Self Regulation
7. Conclusion

PGP Signature:

Date:

## PART 5: REFLECTION PRESENTATION - HABITS OF SUCCESS (STUDENT COMPLETES AND PGP SIGNS)

Using your reflection essay, create a Google Slideshow that reflects the journey you have taken while at BDEA. You are required to present your slideshow to the PGP department. Create one slide for each paragraph.

PGP Signature:

Date:

**Prompts for Reflection Essay:** Please write 100 words (minimum) for each of the following five “Habits of Success” that best describe how you have progressed as a student at BDEA.

<b><u>Introduction</u></b>	<i>Introduce yourself.</i> How old are you? How long have you been at BDEA? What school did you come from? What was your experience at your previous school? How did you get to BDEA?
<b><u>Vision</u></b>	<i>Sets goals, makes plans for achieving them, has direction and optimism.</i> Since becoming a student at BDEA, have you thought about what you would like to do after graduation? Are you able to set goals and follow through with them? Please describe your plan, as well as the details of how you intend to get there.
<b><u>Perseverance</u></b>	<i>Pushes through, asks for help, refocuses, acknowledges successes.</i> Since becoming a student at BDEA, was there a time in your life, when you felt discouraged or disinterested, but then worked through the problem? Who was there to support you in this? Please describe this time and be specific.
<b><u>Curiosity</u></b>	<i>Asks questions, is a life long learner, is open-minded.</i> Have you been thinking about a topic for your Capstone Project? Is there something you are passionate about and want to investigate further? Give it a little thought and then write about some of your ideas and interests. You may write about several ideas or you may describe one idea in detail.
<b><u>Social Intelligence</u></b>	<i>Communicates effectively, understands perspective.</i> Since becoming a student at BDEA, describe a situation in which you were able to use your communication skills to solve a problem? What was your strategy? How might this situation have gone differently if you had approached it in another manner?
<b><u>Self-Regulation</u></b>	<i>Is self-aware, can self-advocate, is reflective, manages time.</i> Since becoming a BDEA student, describe a frustrating situation that was difficult for you. How were you able to regulate your response? How was your strategy effective? Are you able to regulate yourself in terms of time-management, responsibilities, and organization?
<b><u>Conclusion</u></b>	<i>Wrap it up!</i> Who would you like to thank? What’s the most important thing you’re taking away from your experience at BDEA? In what area(s) would you still like to grow? What would you like to get out of your Capstone project?  Chante, Thomas & AK. Be open minded.

**Tips for Presentation:** With your essay as inspiration, please create a presentation that allows you to share who you are and how you have grown as a person. This assignment is an opportunity to practice your presentation skills before entering Capstone.

<b><u>Concise Slides</u></b>	Use concise pieces of information (your slides should have the main ideas as bullet points).
<b><u>Engage Us</u></b>	Make eye contact, be loud enough, and speak to your audience.
<b><u>Be Genuine</u></b>	We want to get to know you; be honest and truly reflect on your growth.
<b><u>Organization</u></b>	Create at least 7 slides: 1 slide - introduction, 5 slides (1 for each habit),, 1 slide - conclusion
<b><u>Practice</u></b>	Practice presenting this once or twice in front of a friend or teacher.