



My Graduation Transitions Check List



| Heading | Questions to reflect on | Do I have it? |
|---------------------------------|--|---------------|
| Personal Introduction | • What are your Accomplishments, Strengths or Passions and goals? | |
| | • What evidence (photos or examples) did you bring to show your skills and interest area? | |
| | | |
| Career Exploration | • Have you completed the 5 surveys? | |
| | • Have you completed at least two occupation matches? | |
| | • Have you completed myBlueprint summary assignments? | |
| | • Have you researched at least two career options? | |
| | • Have you completed the myBlueprint Summary assignment? | |
| | | |
| Resume & Cover Letter | • I have provided an updated copy of my resume | |
| | • I have provided and copy of a cover letter for Employment | |
| | | |
| Transition Plan | • Have you considered your short and long term goals? | |
| | • Have you thought about potential challenges to your plans? | |
| | • Have you included a copy of application to post-secondary? | |
| | • Have you thought about what employments will look like for you short and long term? | |
| | • Do you have a Plan B? | |
| | • Have you thought about how to evaluate your success? | |
| | | |
| Budget for 1 st Year | • Have you shown evidence of having conversations about your budget? | |
| | • Does your budget make sense? (do you have realistic numbers) | |
| | • Do you include all the necessary items in your budget? (tuition, living expenses, etc) | |
| | | |
| Healthy Life Style | • Activity and life style? | |
| | • Have you thought about your top values for relationships? | |
| | • Have you shown that you have a support system to help you through stressful times? Explored how to deal with stress? | |
| | | |
| Skill Reflection | • Have you reflected on your skills? | |
| | • Have you provided evidence of one of the definitions from each of the Core Competencies? | |
| | • Have you discussed the skills that you are strong at? | |
| | • Have you discussed the skills that you still need to work on? | |
| | • Do you have physical evidence of your skills such a photos showing your strengths, newspaper articles, trophies, letters from employers, etc | |

| Interview Skills | Can you do it? |
|---|----------------|
| Student has a confident hand shake when they first approached the interviewer | |
| Student confidently introduces themselves with their first and last name | |
| Student speaks confidently about their strengths | |
| Student reflects well on their passion strength or gaols | |
| Student thanks the interviewer for their time at the end of the interview | |
| Student shakes hands at the end of the interview | |