**Life/Work Exploration**

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| Name |  | Year of Graduation |  |
| Address |  | School |  |
| Phone Number |  | Parent/Guardian |  |
| Date |  | Grade Level |  |

Goals for achievement

1. Set goals and plan action:

bd06678_List your top five interests. List your top five values.  
(see 1.A.5) (see 1.A.5 and 1.A.6)

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List your top five List your top five work

personal skills. (see 1.A.5) values. (see 1.A.8)

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**Exploration**

List five characteristics or personal List your top five qualities that you

likes that make you unique. (see 1.B.4) bring to school everyday. (see 4.K.1)

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List three types of working conditions that you would enjoy. (see 2.D.5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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List your learning styles in order of strongest to weakest. (see 3.H.7) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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List three potential long-term occupational goals and the training options that would get you there.

i) Occupation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Training route(s) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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ii) Occupation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Training route(s) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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iii) Occupation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Training route(s) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Develop plans required to achieve short-term goals—(**examples in school**) course selection for Grade 10, academic performance, participation in extracurricular activities related to future goals, attendance, etc. (see 3.J.1). \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Develop plans required to achieve short-term goals—(**examples outside school**) volunteer in work-related occupations, save money for post-secondary education, interview a person in an occupation of interest, etc. (see 3.H.8 and 3.J.1). \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Four Year Education Plan (see 3.J.1, 3.J.3, 3.J.5):   
   School registration forms or student registration guides/handbooks may be required.

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| **Grade 9 Courses** | **Grade 10 Courses** | **Grade 11 Courses** | **Grade 12 Courses** |
| Compulsory | Compulsory | Compulsory | Compulsory |
| Optional | Optional | Optional | Optional |

This plan should be reviewed regularly and revised as needed.

Parent/Guardian’s Signature Date

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Student’s Signature Date

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Comments: