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# Prescribed Learning Outcomes

Prescribed Learning Outcomes set out what students are expected to know and be able to do. Prescribed Learning Outcomes can be met in a variety of ways, recognizing that students need support for their learning and teachers need opportunities to provide feedback to learners. Within the framework of the following Prescribed Learning Outcomes, students will showcase their unique competencies.

Students must complete the minimum requirement for all Prescribed Learning Outcomes in order to earn credit for Graduation Transitions. If students are meeting the Prescribed Learning Outcomes of the Graduation Transitions Program, a comment of “meeting requirement” will be made on term and final reports. A comment of “not meeting requirement” will be made at any time when students are not meeting the Prescribed Learning Outcomes. A plan should be put in place to assist students in meeting requirements when a comment of “not meeting requirement” is made, and this should be commented on in term and final reports. Upon successful attainment of the following Prescribed Learning Outcomes, a “Requirement Met (RM)” mark will be assigned, and students will earn four (4) credits toward graduation.

## **Personal Health**

*It is expected that students will:*

- demonstrate the knowledge, attitudes, and positive habits needed to be healthy individuals, responsible for their own physical and emotional well-being, by
  - engaging, from Grade 10 to Grade 12, in at least 150 minutes per week of moderate to vigorous physical activity
  - developing a long-term personal healthy living plan appropriate to their lifestyle that describes
    - sound nutritional habits
    - regular exercise routines
    - emotional health management (e.g., ways to manage stress)
    - positive health choices

## **Community Connections**

*It is expected that students will:*

- demonstrate the skills required to work effectively and safely with others and to succeed as individual and collaborative workers, by
  - participating in at least 30 hours of work experience and/or community service
  - describing the duties performed, the connections between the experience and employability/life skills, and the benefit to the community and to the student

## **Career and Life**

*It is expected that students will:*

- demonstrate the confidence and competency needed to be self-directed individuals, by
  - developing a comprehensive plan that indicates they are prepared to successfully transition from secondary school, which includes
    - completion of transition activities that are relevant to and support their career, life, and learning goals
    - identification and communication of achievements that reflect the development of the attributes of a BC graduate
    - identification and communication of costs and funding sources associated with education, career, and life options after graduation
  - presenting selected components of their transition plan to members of the school and/or community