**Life Transitions 20**

**Mr. Philipchuk**

1. Career Exploration (25%)

Find 3 programs that explore your personality characteristics with job suggestions.

Print off the summary or copy/paste it and hand into Mr. Philipchuk or send to **gary.philipchuk@spritsd.ca**

Write a 300-500 word reflection on your results.

1. Self-Reflection and Time Management (25%)

Keep a personal reflection of your moods and time management for a 30 day period. It should take you 5-10 minutes a day to acquire this data. Also reflect on whether your day was a good use of time. After the 30 days write a 300 – 500 reflection on what you learned about yourself during this time. This can look at many aspects from Health, Fitness, Nutrition, Time Management, Moods, Energy, Stress, etc. Please send in your daily reflections on your moods and time management with your written summary.

1. Relationships (25%) – Write a 750 word report on relationships. This is a broad topic that I want you to take a personal perspective on. What makes a good and bad relationship (partner, spouse, parent, teacher, boss, etc)? Describe healthy and unhealthy relationships. Please use at least 3 articles in your research.
2. Final Exam (25%) – The final exam will review a personal SWOT analysis and help you guide yourself moving forward. It will culminate with SMART goals and action plans of areas you want to focus on. Please see Mr. Philipchuk for a copy of the take home final exam. You will have a week to complete it.

Other topics may be explored in consultation with Mr. Philipchuk. The optional modules include life balance, community issues and ethics, career services and supports, and human sexuality. Please bring in any proposal to switch one of the top 3 major assignment with one of these modules.