

First Name _____ Last Name: _____ Student number: _____ Grade _____

Career Exploration & Service Hours – 30 Hour Requirement (Grade 11 & 12)

Students must complete **30 hours** of career exploration and service between grades 11 and 12.

- Hours may be fully volunteer-based, or include **up to 15 hours of paid work experience**.
- This requirement supports students in:
 - building transferable skills, networking and connecting with mentors
 - gaining experience in potential career areas
 - contributing to the community and environment

Guidelines

- Service hours may take place **in the community or at school**.
- Hours **cannot include activities done for course credit**.
- All hours must be completed **by the end of May of your grade 12 year**.
- Hours may also be completed **over the summer after grade 10**.

Submitting Your Work

1. **Track your hours** using the provided sheet.
2. **Complete reflection** on **one** chosen experience.
3. Submit both via **Teams** to your Grade 12 CLC teacher as early as September of your grade 12 year.

Note: This is a **CLC graduation requirement**. Reflections will count toward your course grade.

Date of activity	Number of Hours	Description of activity (include what you were doing, for which organizations, and where)	Supervisor's Full Name	Supervisor's Contact Number

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Volunteer/Work Experience Reflection

Please answer the questions below thoughtfully and thoroughly. Submit via Teams or in the library collection box.

1. Describe one of your experiences.

- i.e. What were your responsibilities? What did you learn? Did you enjoy your experience? Why?

(Curricular Competency (CC): Engage in, reflect on, and evaluate career-life exploration.)

2. Identify one or more important people you met during your experience.

- i.e. Who might be a resource for you in trying to establish a career after high school? Explain how they might be able to help you.

(CC: Engage with personal, education, and employment networks to cultivate post-graduation resources and social capital).

3. Describe your interactions with others during your work/volunteer experience

- i.e. Include an example of an interaction that showed respectfulness and one that showed a mindfulness of safety.

(CC: Demonstrate and reflect on inclusive, respectful, and safe interactions in multiple career-life context.)

4. How could this experience connect to a career you might be interested in pursuing in the future

- i.e. What aspects of the experience do you see as being desirable in a career? What aspects might you want to avoid in a career?

(CC: Explore possibilities for preferred personal and education/employment futures, using creative and innovative thinking.)

5. In what ways did you contribute to the community through your experience?

- i.e. How did you show care for the environment? Are these issues important to you in deciding your career path?

(Core Competency- Social Responsibility: contributing to community and caring for the environment for the benefit of others and the community.)