

Prince Charles Secondary School

The Capstone

The Capstone Presentation is a celebration of you, your accomplishments and a demonstration of your plans for your future. In order to help you reflect on your personal journey and to demonstrate your thoughts about the future, Prince Charles Secondary School would like to provide you with the opportunity to showcase YOU.

In order to fully consider all requirements of this project, here are some guidelines to help you get started.

What to talk about:

Who are you?

- What is your personal history?
- What are your interests?
- What makes you unique?
- What have you done/accomplished?
- What personal challenges have you overcome?

What are your skills and interests?

- Sports and recreation
- Work and volunteer
- Academic and arts

What happens next year?

- Schooling
- Living arrangements
- Physical activity and leisure
- Finances? (How will you finance your plans?)

Long Term Plans (5-10 years from now)

- What do you want to be?
- If not sure, what are some of your options?
- What professional development/further training will you need

Mode of Presentation

How you want to present is completely up to you. Some examples of presentation types include:

- Powerpoint presentation
- Video/audio
- Posterboard presentation
- Display, performance

Some tips in planning for the presentation:

PLAN – you will be given time in class and there will be time allotted to practicing.

Gather a VARIETY OF EVIDENCE: use lots of different media to present. This means have a multi-layered presentation (that includes artifacts and documents).

BE FLEXIBLE: You don't need to have a definite plan for the future – your plans may change (and most likely will, to some degree). This doesn't mean you can't do the presentation. It just means that you've thought of some of your options and have researched your possibilities (which you've been doing in this class).

TRUST YOURSELF: Showcase your strengths. You know what you are good at, so show it off.

ASK: If you don't know where to go or what to do, ask! There is no shame in getting help.

TIME MATTERS: Avoid procrastinating! If you start on this now and are considerate of the task until the presentation date, you will do better and the task will be easier.

BE SERIOUS: This is a requirement for graduation. If you do not present, you cannot complete the course. If you do not complete the course, you cannot finish high-school.

The presentations will take be scheduled in April/May. If you are not on campus at the time, you will still need to attend the presentation. If you are planning on graduating early, please let us know immediately so we can prepare for a presentation date in January.

Sign-up will be first come, first serve and will happen outside of regular classes (to ensure that it is fair for everyone). There will be

opportunities for ALL grade 12 students to obtain help before the presentations.

Use these questions to plan your presentation. What you present will be based on YOU, but you should be able to say 'yes' to all of the statements below if you are prepared.

<p><u>Criteria 1 – Evidence</u> Demonstrates thoughtful selection of evidence.</p>	<p>Do you have a variety of evidence (certificates, awards, photos, memberships, etc.)? Have at LEAST TWO pieces, but bringing more items shows that you are prepared and gives you more to talk about.</p> <p>Consider: What is there about my evidence that I am most proud of? How does my evidence show who I am? Have I chosen evidence that I am comfortable sharing?</p>
<p><u>Criteria 2 – Effort</u> Demonstrates effort, initiative, and commitment.</p>	<p>How much time and energy have I put into preparing for my presentation? How do I feel about my presentation format? How much have I practiced? What kind of feedback from peers, parents, and teachers have I incorporated into my presentation?</p>
<p><u>Criteria 3 – Reflection on History</u> Demonstrates meaningful reflection on activities and evidence presented.</p>	<p>What are the personal connections that my evidence represents? How can I explain the reasons for my choices? What do I want to communicate in my presentation? How do I want my audience to respond to my presentation? What part of 'me' do I want to talk about?</p>
<p><u>Criteria 4 – Goals</u> Demonstrates thought put into evaluating future goals.</p>	<p>What I have learned from completing my transition plan? Can I describe my plans for the future? Have I considered a variety of options, or am I sure of what I want to do and how to get there?</p>
<p><u>Criteria 5 – Clarity</u> Demonstrates clarity in formulating and presenting future life choices.</p>	<p>How has my transition plan helped me make choices about employment, career and life choices, and post-secondary education and training? Can I talk about my skills and abilities clearly so that others can understand?</p>