



Career Life Connections 12 — 2019-20 Capstone Project

What is the Capstone Project?

The Capstone Project allows you to demonstrate your learning as you explore area(s) of interest that you are passionate about and that you anticipate you might possibly be pursuing after graduation. It will involve you choosing your topic, submitting a proposal, having your proposal accepted, researching your topic, keeping an Action Log recording what you do throughout your learning exploration, and presenting a representation of your learning journey. Your presentation to a community member will include discussing **who** you are and what makes you unique, sharing your possible post-graduation plans, and sharing the highlights of your learning journey which culminated in your final project. After you present, you are required to submit a document explaining what core competencies you developed through your exploration and explaining what you learned about yourself throughout your learning journey.

What are you passionate to learn about?

There are many **TYPES** of Capstone Project choices. You could do any of the following types of project:

1. A **Service-Oriented Capstone**: a project where you research an issue of interest that is affecting your community and develop and implement a solution
2. An **Artifact Capstone**: a project where you would construct a specific, tangible object
3. An **Event Capstone**: a project where you would create and run your own major event
4. A **Career Capstone**: a project where you would explore / develop skill(s) related to your future career-life goals
5. An **Entrepreneurship Capstone**: a project where you start a new business initiative
6. A **Research / Experiment Capstone**: a project where you design, implement and present an experiment with which you would develop new arguments and/or insights
7. Other: Do you have another idea? Run it by Ms. Jackson or Ms. Larisch.

Examples:

- a robot you built
- fundraising you did to help homeless cats or an environmental issue
- a sports event organized by you at a local elementary school
- a deep exploration of a career area of interest compiled into an artifact of some sort
- a final art piece / animation / fashion line / portfolio / slide show / etc. highlighting your journey
- a Ted Talk-like speech given live and with supporting visuals
- etc.

The Presentation:

Presentations will take place on **April 16th, 2020** and need to be between 7-10 minutes in length with an additional 5 minutes available for a question period. Visual aids are a requirement, and you will be expected to dress in a manner that is appropriate for a business interview. The presentation needs to include an introduction of yourself, the sharing of your post-graduation plans and options, the sharing of your Capstone topic / question, the sharing of what you learned throughout the project process, the explanation of the representation you created for your project, and the sharing of what new questions / goals you have for the future.

Action Logs:

Action Logs are required to show your learning from the beginning of your Capstone journey. The form is used to log the time you spend working on your proposal, your research, your learning and your representation.

****It will be reviewed as one of the ways you demonstrate your effort with this project.**

Requirements:

- ✓ includes hours of exploration time spent between October and March
- ✓ includes research components
- ✓ includes components about accessing information from people (conversations, interviews, etc.)
- ✓ includes “do” components – your time spent applying your research and creating your project

Example

Date	Time Spent in Minutes	Description of What You Did (research / interviews / action)	Resources Used e.g. websites / people	Mentor or Parent signature
Oct 10 th , 2019	45 min	Reading blogs online / taking notes Category: research	www.blogsrus.ca	<i>Mary Laroux</i>

Post-Capstone Summary:

After your presentation, you are required to type up the following questions (template available on the website) and detailed answers to them:

1. What did you learn about yourself through this Capstone journey?
2. What core competencies did you develop and how did you develop them?
3. What are you most proud of?
4. What uncertainties / challenges did you experience?
5. What questions do you still have?
6. How will this learning journey affect your career-life decisions?

First Task:

Your first task is to complete and submit the Capstone Proposal (see attached pages) to the Career Centre.

****Remember:** Your Action Log should reflect **ALL** the work you do on your Capstone Proposal; therefore, the research you do and conversations you have before you actually decide on your specific project should be a part of your Action Log as well.

☆☆☆ Your proposal is due on October 18th, 2019. ☆☆☆

DUE IN THE CAREER CENTRE BY OCTOBER 18TH, 2019



**Career Life Connections 12
Capstone Proposal**

First Name: _____ **Last name:** _____

Preferred email address: _____

If you have approval from Ms. Larisch / Ms. Jackson to work with a partner, what is your partner's name?

Partner's First Name: _____ **Partner's Last name:** _____

TYPE of Capstone Project: (Service, Event, etc.) _____

My topic / question to explore for the Capstone Project is

This is important to me because

Through completing this project, I hope to learn

This Capstone exploration will help my career-life journey by

This Capstone exploration will benefit the world by / because

continued on the next page

Action Steps: (Your goal broken down into manageable, achievable steps)

Brainstorm at least 10 Action Steps you can take that will support your learning / goal(s).

Consider what you will **read, research, question, try, practice, observe** and **do**.

Also consider who you will **talk to / interview / consult**.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Mentor Information:

Your mentor's name:

First Name: _____ Last name: _____

Date you confirmed s/he will be your mentor: _____

How do you know your mentor?

Why did you choose your mentor, and how does s/he relate to your Capstone Project?

Describe specifically how s/he will support you:

Student's Name: _____ Student#: _____

(first, legal first, and last name)



CAPSTONE PROJECT ACTION LOG – TERM ONE

Use this form to log the time you spend working on your proposal, your research, your learning and your representation.

****It will be reviewed as *one* of the ways you demonstrate your effort with this project.**

Requirements:

- ✓ includes detailed hours of exploration time spent between October and March
- ✓ includes research components
- ✓ includes accessing information from people / interview components
- ✓ includes “do” components – your time spent testing your research and creating your project

*See sample log entry on p. 2 of your Capstone Project handout.

Capstone Project Action Log

Date	Time Spent in Minutes	Description of What You Did (research / interviews / action)	Resources Used e.g. websites / people	Mentor or Parent signature

continued on next page

Date	Time Spent in Minutes	Description of What You Did (research / interviews / action)	Resources Used e.g. websites / people	Mentor or Parent signature

**Term One Action Log is due in the Career Centre
on Friday, November 15th, 2019**