**Section 1: Project Proposal: Due: November 24, 2019**

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Student Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Summary of Proposal/Project/Question

Comments/Feedback:

* Approved
* Sent back for revisions: Due by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

D. Finch/G.Cavaliere/A.Mouland

CAPSTONE PROJECT PROPOSAL

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* **Examine your preferred future possibilities/Interests:** Brainstorm (space provided) all the areas of interests for you (Careers that you are possibly considering or an “adventure” that is interesting to you). If you do not know any specific careers, write down general areas you like/enjoy. *Examples: working with people, science, art, athletics and fitness, nutrition, business, travel, etc).*



* ***Identify a goal statement:***  *What do you need to help you make some decisions about your transitions from high school to adult life? (Remember that the core competencies are going to be a big part of your proposal and to consider them when developing the project).*
	1. *Criteria for Selecting a topic:*
		1. *Your topic must be important to you – an area of passion, something that excites you.*
		2. *Your project must explore something NEW or EXPAND on something you can already do, or EXPLORE deeper into something you may already have knowledge in.*
		3. *Your topic should relate to at least one of your future endeavors.*
		4. *Your project must incorporate the core competencies and your understanding of their impact on who you are and who you will become.*
		5. *You do not necessarily have to succeed or fully meet your goal, however, you must be able to explain the success, challenges, areas for further development and most important* ***the learning and growth along this journey.***
		6. *Your topic must not have a negative impact on or cause harm to you, to the school or anyone else.*
		7. Your topic must not be unlawful in nature
		8. **Your topic must manageable yet challenging within the timelines set out by MSS.**

I want to learn/explore/improve:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Here are some questions that will help you generate ideas:

1. Do you need help making decisions about what areas to explore/programs to apply for?
2. What sort of help could you use?
3. What interests do you have?
4. What skills would you like to develop?
5. What knowledge could you build that will help you as you transition out of high school?
6. What experience do you need /want?

Once you have exhausted your list of ideas, circle your top three goals on your brainstorm list, and then pick on that jumps off the page as your Capstone focus. Complete the checklist:

* Realistic and Achievable (I can achieve this goal before ­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Exciting (I am excited to explore this goal! I will be motivated to learn more.)
* Available resources (There are people I can talk to, resources I can find, and things I can do to help me explore my goal.)

**My Chosen goal Statement is:**

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* Your Question: Generate a more open-ended, focused essential question to guide your exploration of the goal you chose above. *What is it about you goal that you would specifically like to focus on? What questions do you have surrounding your goal?* ***Your essential question should not have an answer you can find on google.*** *This is something that should require multiple sources, trial and error, and support from the community.* ***Focus your question on ONE aspect of your goal!*** *Focus on INTENSITY not SIZE.*

*My essential question/topic for my Capstone project is:*

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

* Explain the reasons for choosing this topic. How is it relevant to you? To your Life? Why is it important to you? What do you hope to learn and what impact will it have on you? Convince me of why this topic/project is important/meaningful/relevant to you!

This topic is meaningful to me because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* What is you prior knowledge/current experience (if any) that will relate to this topic/project?

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* What new learning/knowledge/skills do you hope to achieve/gain by completing this project?

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* How will completing this project help make the connection with the Core competencies?

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* What are the core competencies you believe will be touched upon when completing this topic/project?

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* **Action Steps:**
	1. Brainstorm: Outline as many actions steps as you can to support your goal/topic and working towards answering you question. **Consider what you will:**

 KNOW: research, read, locate information, talk to experts, interview, attend workshops…,

DO: practice, attempt, shadow, volunteer, work experience, assembler, create, achieve, decide.

**KNOW: Actions that will help me KNOW more about this topic: (Number them 1, 2,3 …)**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **DO: Actions that I CAN DO to HELP ME LEARN MORE ABOUT MY TOPIC:**

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* Choose action steps to focus on: Now choose 2-3 manageable action steps from the above that you will focus on doing. (Make sure you chose at least one action step from both categories – KNOW and DO)

|  |  |  |
| --- | --- | --- |
| Action steps | How Often | Date to complete this step by |
|  |  |  |
|  |  |  |
|  |  |  |

* Finding a Mentor: Have a mentor is very important. Consider someone who will provide guidance throughout your project. Ideally this person will have some knowledge of the area you are exploring; someone who can give you feedback and make suggestions. This can be in person or not. Who do you know that has some knowledge in your interest area and can act as a mentor – friends, family, neighbors, coach, teachers, community members, boss, etc. ***(Optional for 2020 grads)***

Mentor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Relationship: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How will they support you?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Secondary Supporters: Secondary supporters are important too! Who else will you support you in this process? To keep on track. Remind you to work on your Capstone? Encourage your maximum effort?

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Relationship: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Support:

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Relationship: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Support:

* Planning your Capstone presentation
	1. You are going to be asked to create a Capstone Project/representation/final piece to showcase your Capstone in April/May. This final piece will demonstrate what you now **understand** about your topic and the **relationship** with the core competencies.
	2. Your project might be:

|  |  |  |
| --- | --- | --- |
| * Demonstrate a new skill level
* Showcase what you have created
* Show how to apply what you/’ve learned to larger concepts
 | * Demonstrate the information you gathered through research
* Explain the decisions your Capstone has helped you make about your future
 | * Demonstrate your new knowledge/understanding
* Show us the transformation you went through
 |

Presentation: film/video. A document, a performance, an applied skill or project

Some Basic Criteria

|  |  |
| --- | --- |
| * 5-7 minutes
* Creative and true to yourself
* Practice beforehand, be confident, speak to your audience and use eye contact
* Connections to the core competencies
 | * Must be a visual component
* Dress to Impress
* It’s about demonstrating effort – not about meeting the goal.
* Talk about future pathways not as a definite but as an exploration phase.
 |

