

**Y**ou've just read about the requirements for high school graduation, the importance of career exploration during high school, and ways to pay for your future education. Now what?

You may have heard the saying, "if you don't know where you are going, you'll end up somewhere else." To get to where you want to go and to become who you really want to be, you have to take charge and become involved in the process of career planning. Recognize your uniqueness and special talents. Be yourself. Don't be afraid of change. Seek help when you need it.

*It's  
your life.  
Plan for your high  
school graduation  
now!*

## High Five Plus One

Across Canada, the concept of the High Five is being promoted as an approach to planning and decision making for all ages. Recently, a sixth concept has been added, giving us the High Five Plus One. Apply these principles as you focus on your future.

### Change Is Constant



Recognize that the world around you is constantly changing, and so are you. Stay open to new ideas and new ways of thinking. Be flexible.

### Learning Is Ongoing



You'll continue to learn in many different ways throughout your lifetime. In school, stay motivated by developing new skills and by discovering your talents. Challenge yourself.

### Focus on the Journey



Enjoy the ride, not only the destination. Appreciate the people you meet, the places you go, and the work you do. Take time to relax. Change direction, if necessary. You never know what lies ahead!

### Follow Your Heart



*"The future belongs to those who believe in the beauty of their dreams."* —Eleanor Roosevelt

Find a way to turn your dreams into reality by creating a plan to make them happen. Listen to the feelings inside you.

### Access Your Allies



Trust in the support of other people. Discuss your plans with family, teachers, school counsellors, and friends. Make your choices a team effort.

### Know Yourself



Getting to know the real you will prepare you to make decisions and to set goals that are truly yours. Consider high school courses and activities that best suit your interests, abilities, and needs. Believe in yourself!