



Senior Project

REACH

Name: _____

Purpose:

The Phoenix High School Senior Project “REACH” is an opportunity for seniors to make the transition from our school community to the larger community outside of school and to utilize the skills and knowledge you have gained in the classroom. The essential areas include: civic participation, economic prosperity and habits to living a healthy, happy life.

Objectives:

All students are required to complete a 2-3 paragraph typed summary documenting what you learned and one or two of your experiences while completing the Senior Project. This could include something you enjoyed or something you learned while doing your Senior Project. For example: “I really enjoyed putting together my Voting Guide, which surprised me, I didn’t think I would. I learned a lot about how the government works and how I can get involved.” *This summary must be submitted to Mrs. Gruber for grading, and a copy must be included in your Senior Project portfolio. Questions should be directed to Mrs. Gruber.*

In addition, following is a description of each of the “REACH” areas, as well as what needs to be completed and included in your individual portfolio:

R - Responsible Citizen:

As students approach adulthood it is important to form a foundation around how they should be responsible to their own family, community and nation and have a basic understanding of political and social issues that will affect them and their country. It should be their hope to make their vote count in a positive way that reflects personal values and the ability to be an educated citizen. In order to earn the “R” students must demonstrate/complete the following:

- Work effectively with others, show positive attitude, accept change when necessary, and consider and respect the views and opinions of others when they are presented.
- Use effective leadership and interpersonal skills to establish and accomplish goals.
- Complete a Personal Voting Guide on local and national issues and know who their local, state and federal representatives are and where they stand. *Instructions to complete the voting guide are attached. The voting guide must be submitted to Mr. Nelson for grading, and a copy must be included in your Senior Project portfolio. Questions should be directed to Mr. Nelson.*

E - Effective Communicator:

Effective communication skills are fundamental to success in life. Many jobs require strong communication skills and people with good communications skills usually enjoy better interpersonal relationships. In addition, public speaking is often a source of anxiety for many people. When students practice this skill, they feel empowered and realize they can conquer their fears and do something that seemed impossible. In order to earn the “E” students must successfully demonstrate/complete the following:

- Write a 1-page graduation speech which will be read out loud at a Friday Huddle when the student is within 10 credits of graduating. This speech may also be read out loud at the commencement ceremony. Requirements for this speech are attached. The speech must be submitted to Mrs. Nelson for grading, and a copy of the speech must be included in your Senior Project portfolio. Questions should be directed to Mrs. Nelson.

A - Academic Achiever:

An academic achiever is able to demonstrate integrity including the fundamental values of honesty, trust, fairness, respect, responsibility and courage. Students are empowered to develop an individual learning plan to help them meet or exceed Western Placer Unified School District and Phoenix High School’s performance standards, graduation requirements and other exit criteria. They are given the opportunity to grow by using logical decision-making and problems solving processing skills. An academic achiever will also understand the fundamentals of financial and budgeting practices to be self reliant. In order to earn the “A” students must demonstrate/complete the following:

- Complete a Monthly Financial Budget. Instructions to complete the Monthly Financial Budget are attached. If you are completing this budget along with Economics, please direct questions to Mr. Nelson. If you are completing this budget separately from Economics, please direct questions to Mrs. Gruber. Your budget must be submitted to Mr. Nelson or Mrs. Gruber and a copy must be included in your Senior Project portfolio.
- Verify all credits are signed off, including all aspects of the Senior Project. After completing all credits a check out sheet must be obtained from Mrs. Hackbarth and given to Mrs. Gruber to complete. A copy of your final credit sheet with zero credits required to graduate will be printed by Mrs. Gruber and must be included in your Senior Project portfolio. Questions should be directed to Mrs. Gruber.
- **This is the very last thing you will do before graduating!**

C - Career Planner:

An effective career planner is a young adult who is empowered to leave Phoenix High School and pursue a satisfying job and career path. They develop appropriate and realistic educational, vocational and personal goals based on interests, skills and abilities. In order to earn the "C" students must demonstrate/complete the following:

- Assess career interests and strengths profile
- Successfully complete a mock interview. *A copy of your interview completion sheet filled out by Mr. Alcorn (see attached) must be included in your portfolio. Questions should be directed to Mr. Alcorn.*
- Complete cover letter, resume (these are completed in Career Ed Packet #7) and an essay highlighting "My Next Steps" (completed in packet Career Ed Packet #10) in Career Education. *Instructions to complete these items are included in the Career Education course packets. A copy of your final cover letter, resume and "My Next Steps" essay must be included in your Senior Project portfolio. Questions should be directed to Mr. Alcorn.*

H - Healthy Individual:

A healthy individual is a student who is learning how to improve and maintain their physical and mental health. Each student must demonstrate knowledge concerning nutrition and the overall importance of developing and maintaining a healthy lifestyle. Student's are also empowered to use additional resources to maintain strong mental health (School Psychologist, The Foundry Youth Center, Yoga/Meditation class, outdoor trips, etc.). In order to earn the "H" students must demonstrate/complete the following:

- Apply the principles of health and wellness to promote emotional, physical and mental well-being.
- Make informed choices and understand the consequences of their actions. Demonstrate skills resolving conflicts without violence.
- Exhibit self-discipline and accept individual and group responsibility through the PE class.
- Develop fitness goals and create a plan on how to achieve each goal. *Instructions to complete the plan are attached. Your goals must be submitted to Chuck for grading and a copy of these goals must be included in your Senior Project portfolio.*
- Complete an essay based on a formal prompt relating to being a healthy individual. *Instructions to complete the essay are attached. Your essay must be submitted to Chuck for grading and a copy of this essay must be included in your Senior Project portfolio. Questions should be directed to Chuck.*

Note: Your portfolio should be kept in Mrs. Gruber's room, and not taken outside of the school until you have graduated. If you misplace your portfolio it will be your responsibility to get a replacement portfolio and obtain copies of all required documents.

Senior Project

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Voter Guide - Senior Project

Most students will prepare their Voter Guide during the Government 12.2 - How to be a citizen in America - Mini lab. In the lab you will review:

- The Bill of Rights
 - Right to economic opportunity
 - Legal obligations to obey the law, serve as a juror and pay taxes
 - Civic mindedness, being informed, voting, service (military or other)
 - Becoming a citizen
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- Complete a final **VOTER GUIDE** with an Introductory paragraph and 3 voter issues (each issue requires a paragraph of 8-10 sentences). Grade of C or higher, with possible rewrites.

Also to help prepare your Voter Guide, in the class you will discuss with the class the following issues from the political quiz. Write down two topics of your choice that we discuss for each of the following categories.

1. Social Issues
2. National Security
3. Environmental Issues
4. Economic Issues
5. Domestic Policy
6. Healthcare
7. Educational Issues
8. Criminal Issues
9. Foreign Policy
10. Electoral Issues
11. Transportation Issues
12. Immigration Issues
13. Gun Control
14. Science Issues

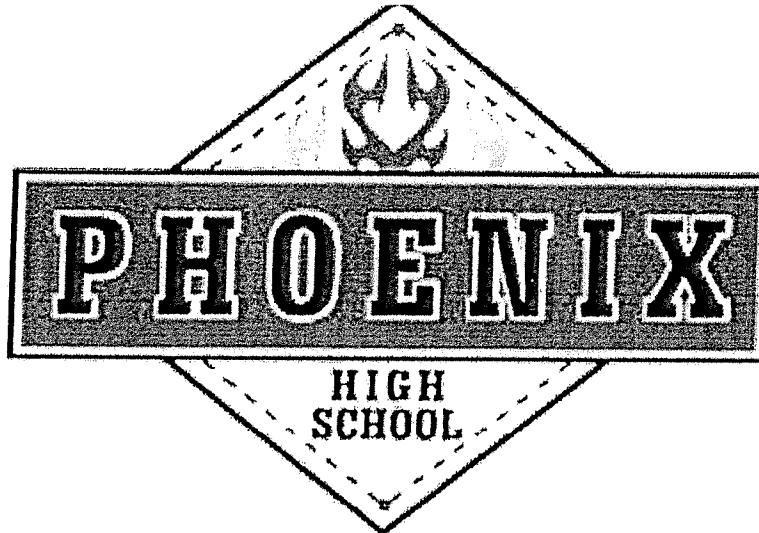
Create your **PERSONAL VOTING GUIDE** which must include:

1. Typed on Google Docs, shared with CNelson AND give a printed copy to Mr. Nelson to grade. Mr. Nelson must grade and sign it then take it to Mrs. Nelson for a WP credit.
2. Have a title page with your name and some kind of design
3. In one paragraph: Identify your own constitutional foundations, political party and your presidential choice or current president. Also, state you local, state and federal representatives and their party (Who represents you in Lincoln, Sacramento State Capitol and Washington DC).
4. Write one paragraph per issue (at least 3 issues) that are most important to you from the quiz you took.
5. Each paragraph should include the issue and sub-issue, the reasons people would be for it and the reasons people would be against it. You have to use at least one quote in each paragraph and one in-text citation. At the end of the paragraph state your personal opinion. Paragraphs should be at least 8-10 sentences.

Example paragraph by Mrs. Nelson:

Issue: *The definition of Foreign Policy is a government's strategies in dealing with other nations.* **Sub-issue** *An example of foreign policy is the issue of: accepting refugees from Syria in our current climate of terrorism.* **For it:** *According to isidewith.com, President Obama accepted 10,000 refugees into America out of the 3 million that are escaping Syria.* **Against it:** *President Donald Trump has the opposite view and believes that no refugees should enter the US from Syria at all (The Guardian).* **My view:** *My view is somewhere in the middle. I understand why Obama felt he needed to help and I also understand why Trump feels he needs to protect. I do side more with Trump, I feel American safety is most important. Once we can establish our safety then we can consider our humanitarian efforts to help other countries. When terrorist criminal activity trends lower than it has been in recent years, I would agree to slowly begin to accept Syrian and other refugees under a strict and watchful vetting process.*

GRADUATION SPEECH
SENIOR PROJECT REQUIREMENT "E"



1. Write a 1-2 minute graduation speech and read at the Huddle and at the graduation ceremony. See Mrs. Nelson for sample speeches.
2. Send speech on Docs to Mrs. Nelson. Make 2 copies of your speech. You keep 1 copy to practice and read at Huddle. Make sure you practice reading at home! **The back of the room must be able to hear you** to get the credit or you will have to start over. The 2nd copy should be 3-hole punched and submitted to Mrs. Nelson for the year end ceremony.
3. Sign up with Chuck to be on the Huddle Agenda, you must read before you earn the credit. Come see Mrs. Nelson after the Huddle to get your credit signed off.

Here are some ideas to get you started (you don't have to include all of these in your speech):

- *Introduce yourself and choose a few words that describe how you feel to finally graduate! See additional page for word choices.*
- *What motivated you to finish school?*
- *What did you learn while attending Phoenix?*
- *Are there any moments that especially stand out?*
- *What was important in helping you graduate? Do you want to thank anyone for helping you reach this goal?*
- *What are your plans after graduation?*

Phoenix High School
Senior Project
A – Academic Achiever

To be a successful graduate of Phoenix High School we expect all students to understand the fundamentals of financial and budgeting practices to be self reliant. Each student must complete a Monthly Financial Budget. This can be done in two ways:

1. If you have not completed Economics, you will complete the Monthly Financial Budget while completing the first and second Economics credits with Mr. Nelson. Please put a copy of the budget in your Senior Project Portfolio.
2. If you have already completed Economics through Odysseyware, or at another school you will complete the Monthly Financial Budget with Mrs. Gruber.

The instructions for the attached Monthly Financial Budget worksheet are:

1. You will be imagining yourself a few years after graduation (**this is NOT the median salary**). During your Career Education course you came up with a potential future career. You will start with that career. How much money is expected either hourly or per year for this position? You will need some documentation to back this up, and this is where your budget begins. Follow the instructions to calculate your monthly after tax income.
2. While saving money for emergencies and your future should be considered your first priority, when you don't have an idea of your other expenses, it is impossible to put a number here. Fill out the rest of the worksheet with your anticipated expenses before coming back to your savings. There is a retirement calculator for your retirement savings on the Phoenix website under Staff Directory/Teachers Webpages. Use this to see if you think you will have enough when you retire. Make sure you write the amount you will have when you retire on the supporting document.
3. You will not necessarily have an amount for each line item (some will be 0), but you will need to know what each of the items are, and be able to answer questions about each item if necessary.
4. There are some line items that require an Exhibit (an attached document). Those items have a box to the right of the worksheet that will have to reference some documentation you have obtained to prove that your number is reasonable. The Exhibit should have the exact dollar amount that you have entered into the worksheet. If you are reflecting a monthly amount and your exhibit has an annual amount, you must make the calculation on the exhibit page. As an example, the Budget Worksheet is labeled Pages 1-3. Page 4 should be a print out of salary expectations for your future career. This page should follow page 3, and should be labeled page 4.
5. This is a Zero Based Budget. That means that at the end of the month you have allocated 100% of your income to something, be that rent, or savings, or entertainment. The Total Monthly Income on the first page should equal the Total Expenses on the last page.
6. After you have completed the worksheet with all the documentation attached (this should look professional, have numbered pages, page references, etc.), turn it in to Mrs. Gruber. Any questions will be returned to you. The question page must be returned for the final grading. Do not throw it away! When all open questions are answered, you will get your credit.

Monthly Budget Worksheet

Percent of
Income
(expense divided by monthly income after tax)

Exhibit:

Gross Income (Annual or Hourly - please specify) _____

Job Title: _____

Total Monthly Income Before Tax _____

Tax (30% of Total Monthly Income Before Tax) _____

Total Monthly Income After Tax (subtract Tax) _____

100%

Monthly Expenses

Savings

Emergency Fund _____

Retirement Fund - IRA Account _____

College Fund _____

Total Savings _____

Housing

Rent or Mortgage _____

Property/Renters Insurance _____

Maintenance & Repair _____

Property Tax _____

Total Housing _____

Utilities

Electricity _____

Heat (Gas, Oil) _____

Water & Sewer _____

Garbage _____

Telephone _____

Cell Phone _____

Internet _____

Cable _____

Total Utilities _____

Transportation

Car Payment	_____	<input type="text"/>
Gas	_____	
Maintenance	_____	
Repairs	_____	
License/Registration	_____	
Automobile Insurance	_____	<input type="text"/>
Bus Pass	_____	

Total Transportation

Health

Health Insurance	_____	<input type="text"/>
OTC Medicine	_____	
Doctor	_____	
Dentist	_____	
Glasses	_____	
Prescription	_____	

Total Health

Clothing

Clothes	_____	
Shoes	_____	
Underwear	_____	
Cleaning & Repair	_____	

Total Clothing

Food

Groceries	_____	<input type="text"/>
Eating Out	_____	
School Lunches	_____	
Paper Goods	_____	
Cleaning Products	_____	

Total Food

Credit Payments

Credit Cards (bank)	_____	<input type="text"/>
Credit Cards (retail)	_____	
School Loans	_____	
Personal Loans	_____	
Bank Loans	_____	

Total Credit Payment

Fun

Vacations	_____	<input type="text"/>
TV	_____	
CDs/IPOD	_____	
Movies	_____	
Newspaper/Magazines	_____	
Hobbies	_____	
DVDs	_____	

Total Fun

Other

Pocket Money	_____
Child Care	_____
Pets	_____
Gifts	_____
Personal Care	_____
Other	_____

Total Other

TOTAL EXPENSES

=====

Interview Worksheet

1. Can you tell us about yourself?

2. How did you learn of this job, and why are you attracted to this position?

3. How would others describe you?

4. Why are you qualified for this position?

5. Why did you choose to apply with us?

6. Can you give an example of a work-related problem and how you dealt with it?

7. Can you describe a major weakness and a failure that you have experienced?

8. How do you work under pressure?

9. What are your strengths?

Fitness Plan Assignment 2018-2019

Procedures:

1. Draw a table that has 8 columns. Title the table "Fitness Plan Chart". Next, write your name. Both of these labels should be centered on the paper. The first column should be labeled "Weeks". The following 7 columns should be labeled with the days of the week. All labels should be centered within its cell. Please see the following example of the format:

Fitness Plan Chart							
By: <i>(Your Name)</i>							
Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

2. Create a list of activities for each day and each week and add them to the appropriate box. These activities must correspond with the 5 components of physical fitness. Each active should include the number of repetitions or amount of time. Remember to include at least 60 minutes of activity daily.
3. Write your fitness goals on a second page. Your goals should address the 5 components of fitness. Describe how your fitness plan (listed in the chart) will help you reach your goals. The goals must include complete sentences with proper punctuation. You must write at least 5 sentences. Your writing must be in Times New Roman 12 pt. font. Please see the following format:

Fitness Goals	
By: <i>(Your Name)</i>	
Your written description of goals.	

4. Create a cover sheet using the following format:

Name	
Date	
Fitness Plan Assignment	

Staple the cover sheet to the Fitness Plan Chart and your Fitness Goals.

The 5 Components of Physical Fitness

1. Muscular Strength – The amount of force that a muscle can apply in a given contraction.
2. Muscular Endurance – The ability of the muscles to keep working over a period.
3. Cardiorespiratory Endurance – The ability of your heart, blood vessels, lungs, and blood to deliver oxygen and nutrients to all of your body's cells while you are physically active.
4. Flexibility – The ability of the joints to move through their full range of motion.
5. Body Composition- The ratio of lean body tissue (muscle and bone) to body-fat-tissue.

Healthy Individual Final Essay

Please answer the following prompt. Must complete a minimum of 5 paragraphs. Each paragraph must contain a minimum of 3 complete sentences. The paper should be typed using Times New Roman 12 pt. font.

Prompt: Describe the importance of physical activity and how it can lower the risk of disease.

