**Career Life Connections/Capstone: Journal of Progress Exemplars**

One of the requirements and assessments for your Capstone project is the “Journal of Progress.” You are to be writing at least one journal entry per month (November – March) and keeping them on your Blog/Journal page of your website. For your reference, what follows are some exemplars for each of the criteria and assessment categories:

Hypothetical Capstone Project:

Title (working): A Compilation of Vegan Recipes

Strand: Project/Research

Inquiry question: How can I educate and inspire people to eat food that is 100% plant based.

**Emerging:**

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| Capstone Journal (November 2, 2019)  I’m going to make a vegan recipe book for my capstone project. I looked up some recipes online and spoke to vegans I know. |

**Developing:**

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| Capstone Journal (November 2, 2019)  I am working to create a vegan recipe book that I hope will inspire more people to consider eating less/no animal-based foods. I’ve looked through some books at Indigo and some sources online. At this point, I have had some conversations with people who are vegan and might use some of their ideas in my project. |

**Proficient:**

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| Capstone Journal (November 2, 2019)  I have started to put some notes together for my vegan recipe book, writing down the ideas as they come to me. I have so many questions and feel a bit confused about how big or long the recipe book needs to be. I’m excited about the idea of experimenting with existing recipes to find out which food combinations I really like. I will likely make some samples and see what my friends think. I’m finding it hard to manage my time though. With my other classes and the work I need to do for those, it’s easy to forgo Capstone and prioritize other things. Making a more specific timeline of what I need to do and when I need to get things done should help. My mentor is my mum’s friend who has an English degree. She is going to help me with the layout of my book and how to use the English language to appeal to my audience. I have to gather all the information I need and put together a rough draft before she can help me. I think (hope) I am developing my time management skills by doing Capstone. |

**Extending**

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| Capstone Journal (November 2, 2019)  My Capstone Draft Proposal for my vegan recipe book is complete and I am working on developing a realistic action/timeline to work on it. My mentor is out of town for the next three weeks so it won’t be likely that I will have any communication with her. I am going to do some background research and am hoping to get more ideas for my project by completing my annotated bibliography.  I am excited to try different vegan dishes at various restaurants over the next few weeks. I hope to get more ideas in this way as well. (My recipe book might include a variety of ethnic dishes from around the world.) I think it’s realistic that I set aside some time on the weekend to shop for groceries and make a few dishes. My parents have told me that they will pay for the groceries I need, which is really helpful because I don’t have a big budget for this project.  When I reference the list of core competencies we are supposed to be showcasing and developing for Capstone, I believe I am addressing the following competencies in my work so far:  Developing Ideas   * I can take my ideas evaluate, develop, and refine them and make something productive out of them. * I can persevere, and understand that failure can be productive.   Develop and Design   * I can explore and create new ways to represent my learning around a variety of problems, events, issues, and needs. * I understand the purpose for my work and consider my audience.   One ‘obstacle’ I am facing is what I can and can’t do with regards to using recipes that are already published in existing recipe books. I am not sure of copyright laws and if I am allowed to use similar recipes or if I just have to cite my sources. I need to speak with Mr. Beaudry about this and will do so early next week. |