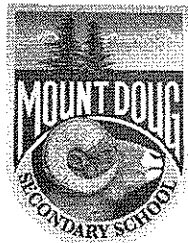


Transition Planning



Join the Armed Forces

Complete the following document in detail with evidence of your research. Your responses should be thoughtful and reflective.

Attach the following documentation to this booklet:

- Career Cruising Matchmaker Report
- Resume and Cover Letter
- Reference Letter or Reference and Contact Information
- Copies of Scholarship Application (if applicable)
- Copy of Canadian Forces Application

Student Name: _____

Student #: _____

Grad Transition Advisor: _____

Due Date: Feb 1st 2010

Join the Armed Forces

Name: _____

Please provide detailed answers to the following questions

1) Which area of the Forces are you interested in?

Army? Navy? Air Force? Reserves? Full Time/Part time?

2) Why have you chosen this program?

3) What links exist between your past experiences and future directions?

4) Have you checked out the Canadian Forces website www.forces.ca for information? If so, what did you find out?

5) Do you meet the basic eligibility requirements? What are they?

6) Have you prepared for the aptitude test? What did you need to do?
Attach a copy.

7) Have you checked the Physical Fitness Guide? How will you prepare for your fitness test?

10) Have you contacted a Military recruitment officer?
What's involved?

Budgeting

Budgeting doesn't have to be an arduous task and can certainly prevent financial anxiety as the term progresses. Remember, make sure your budget is flexible because your financial situation will constantly change. Emergencies happen and it's always important to save some money for a rainy day! Try this sample budgeting form as a simple way for you to organize and manage your finances to ensure that your money lasts for your entire academic year.

Budget			
Pick an 8 or 4 month study period:			
September -April/May-August/September-December/January-April			
One Time Only Education Expenses		One Time Only Education Resources	
Tuition		Savings	
Books and Supplies		Awards (Scholarships&Bursaries)	
Other		Student Loan	
Total One Time Expenses (A)	\$	Total One Time Resources (C)	\$
Monthly Expenses		Monthly Income	
Housing (Rent or Mortgage)		Net Part-time Earnings	
Food		Contribution from Parents	
Utilities (Phone, Hydro, Cable)		Employment Insurance/ CPP	
Household (Laundry, Cleaning)		Social Assistance	
Transportation		Workers' Compensation	
Entertainment		Sponsorship	
Medical/Dental/Optical		Orphan's Benefits	
Child Care Costs		Child Care Subsidy	
Miscellaneous		Net Spouse's Income	
Other		Other	
=Total Monthly Expenses		=Total Monthly Income	
x Number of months (4 or 8)		x Number of months (4 or 8)	
Equals total living expenses (B)		Equals total living expenses (D)	
Total Education Expenses (A+B)		Total Education Resources (C+D)	
Total Education Expenses minus Total Education Resources = Financial Need			
	-	=	\$