



PROGRAM CAPSTONE

Final Reflection & Certificate Readiness

“Learn. Practice. Demonstrate. Apply. Advance.”

Journey Forward Life Skills Curriculum — Program Capstone: Final Reflection & Certificate Readiness.



Seven Modules, One Connected Skill Set

- ✓ Reliability and resilience built the foundation.
- ✓ Communication, finances, and self-advocacy built stability.
- ✓ Career readiness, digital skills, and execution built momentum.
- ✓ Every skill connects to the ones before it.



LESSON 1

Final Reflection

THE HOOK & CONCEPT

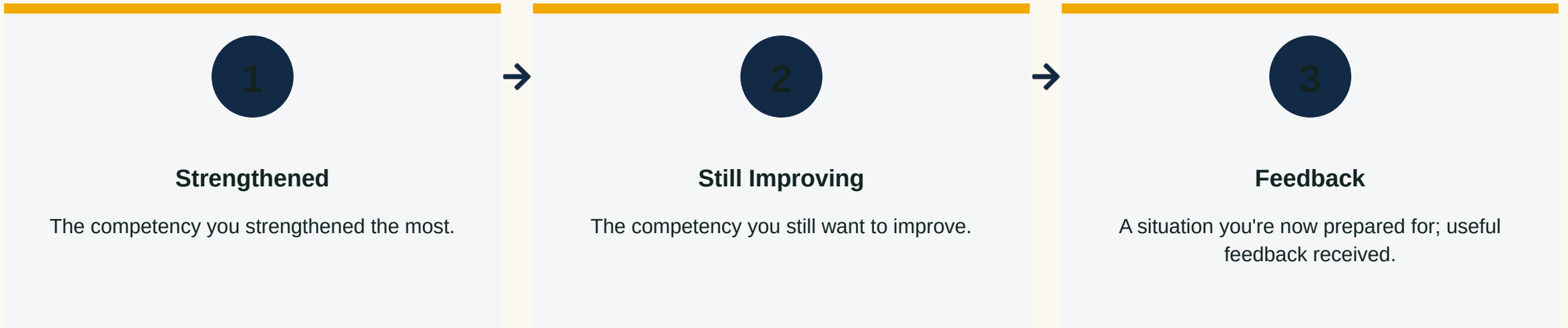
Looking Back Before Looking Forward

- ✓ **Skipping reflection wastes hard-won self-knowledge.**
- ✓ Naming your growth makes it usable, not just felt.
- ✓ Honest reflection includes both strengths and gaps.
- ✓ Today: complete your Final Workforce Readiness Reflection.



Four Reflection Prompts

DEEP DIVE & FRAMEWORK





Sample Reflection

PRACTICAL APPLICATION / EXAMPLE

Strengthened most:

Giving a clear 30-second status update

Still improving:

Staying calm during unexpected conflict

Useful feedback:

“Ask sooner, not after you're stuck.”

Take 5–10 minutes to complete your own Final Reflection.



LESSON 1 RECAP

Final Reflection

KEY TAKEAWAYS



Growth is easiest to build on when it's named specifically.



A still-developing skill is useful information, not a failure.



QUICK KNOWLEDGE CHECK

What's one piece of feedback you'll keep applying?

Exercise: Share one reflection answer with a partner.



LESSON 2

Readiness Commitments

From “I Learned This” to “I Will Do This”

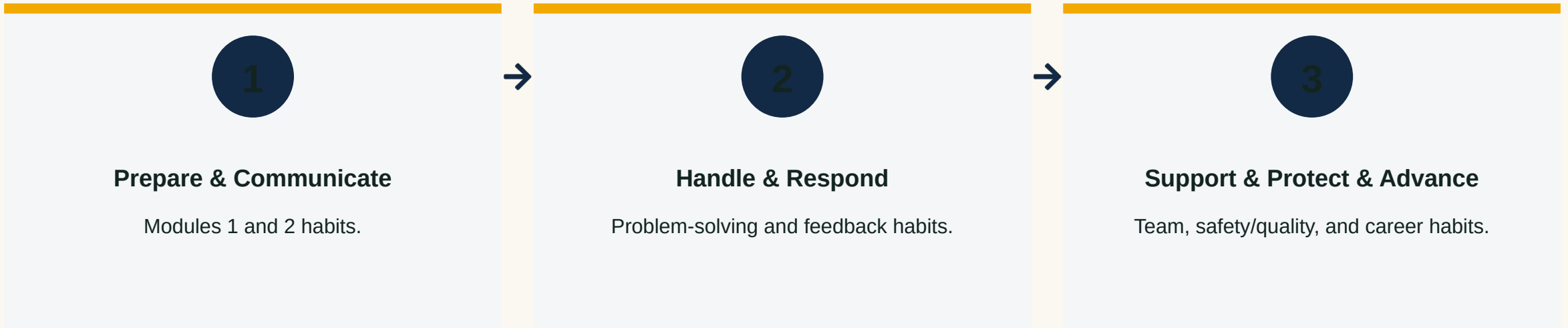
- ✓ Insight without a commitment tends to fade.
- ✓ A specific commitment is easier to keep than a vague intention.
- ✓ Every module in this program taught one of these areas.
- ✓ Today: write your personal Workforce Readiness Commitments.

THE HOOK & CONCEPT



One Commitment Per Program Area

DEEP DIVE & FRAMEWORK





Sample Commitments

PRACTICAL APPLICATION / EXAMPLE

Prepare by:	Laying out tools and clothes the night before
Communicate by:	Repeating instructions back before starting
Protect safety by:	Never skipping a quality verification step

Draft all seven of your own commitments.



LESSON 2 RECAP

Readiness Commitments

KEY TAKEAWAYS



A specific commitment is far easier to keep.



Each commitment ties back to a real program skill.



QUICK KNOWLEDGE CHECK

Which commitment will be hardest to keep consistently?

Exercise: Say one commitment out loud to the group.



LESSON 3

My 12-Month Direction

This Program Was the Beginning, Not the Finish Line

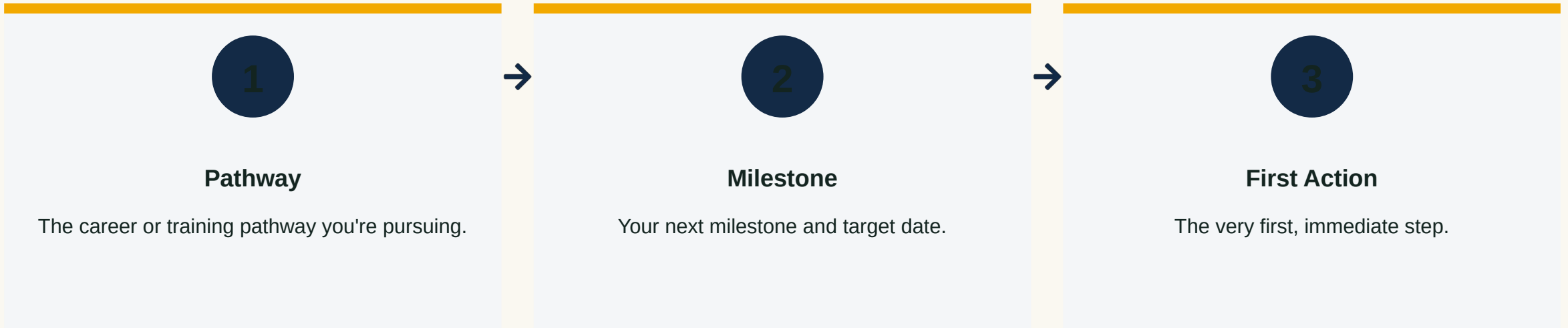
- ✓ **Journey Forward built the habits; your career builds the trajectory.**
- ✓ A defined direction prevents drifting after program completion.
- ✓ This connects directly to Module 5's career advancement plan.
- ✓ Today: finalize your 12-month direction.

THE HOOK & CONCEPT



Pathway, Milestone, Date, First Action

DEEP DIVE & FRAMEWORK





Sample 12-Month Direction

PRACTICAL APPLICATION / EXAMPLE

Pathway:	Solar installation apprenticeship
Next milestone:	Complete OSHA 10 certification within 30 days
First action:	Register for the certification course this week

Finalize your own 12-Month Direction using your Module 5 materials.



LESSON 3 RECAP

My 12-Month Direction

KEY TAKEAWAYS



A big pathway starts with one small, dated action.



Direction prevents drifting after the program ends.



QUICK KNOWLEDGE CHECK

What's your first action, and when will you take it?

Exercise: Write your first action down somewhere you'll see it.



Certificate Readiness Checklist

- ✓ Required instruction hours or sessions attended.
- ✓ Knowledge assessments completed and passed.
- ✓ Performance demonstrations verified (module capstones).
- ✓ Transfer activities and any final sign-off needed.



Learn. Practice. Demonstrate. Apply. Advance.

Journey Forward — Program Complete