**Career and Life Management 20 Course Outline**

**St. Mary’s School Taber AB**

**Semester 1 2015**

**Ms.Wauters**

The aim of senior high school Career and Life Management (CALM) is to enable students to make well-informed, considered decisions and choices in all aspects of their lives and to develop behaviors and attitudes that contribute to the well-being and respect of self and others, now and in the future. CALM is the core course for health literacy at the senior high school level in Alberta.

**Outcomes**

**General Outcome 1: Personal Choices**

*Students will* apply an understanding of the emotional/psychological, intellectual, social, spiritual and physical dimensions of health—and the dynamic interplay of these factors—in managing personal well-being.

**General Outcome 2: Resource Choices**

*Students will* make responsible decisions in the use of finances and other resources that reflect personal values and goals and demonstrate commitment to self and others

**General Outcome 3: Career and Life Choices**

*Students will* develop and apply processes for managing personal, lifelong career development.

**Course Content**

## Unit 1 Career Planning- General Outcome 3: Career and Life Choices

Resources (cover letter, interview prep, job maintenance skills)

Portfolio items

Job Exploration

Unit 2 Independent Living- General Outcome 2: Resource Choices

Lifestyle Choices

Personal Financial Management (planning, budgeting, financial institutions, credit and insurance)

Buying your first Car

Renting

## Unit 3 Well Being- General Outcome 1: Personal Choices

Physical (diet, rest, exercise, barriers, maintenance and enhancement

Psychological (spiritual, social, emotional and intellectual)

## Unit 4 Relationships – General Outcome 1: Personal Choices

Human Needs (support systems)

Communication

Influences on Relationships (media etc)

Special Concerns/ Circumstances

**Assessment**

Students will participate in a variety of formative and summative exercises throughout the course that will be based on the specific outcomes as outlined in the Alberta Program of Studies. The value of each may be subject to change depending on the time spent on each portion within a unit.

* Assignments/Daily Work **30%**
* Unit Projects **50%**
* Attitude & Participation **20%**

**Materials Needed**

* Binder
* Pen/Pencil
* Lined paper

**Student Expectations & Responsibilities**

* The CALM course is a valuable tool for you not only now but in your future as an adult. Therefore, you are responsible to attend class and to actively participate in your learning. If for any reason you are not in class on any given day**, it is your responsibility to inform yourself of what you missed.**
* Cell phones and music/technology devices are **only** permitted during non-instructional time (i.e.: during independent work time) **with the teachers approval**.
* We will follow the philosophy of St.Mary’s School In creating an atmosphere of acceptance, encouragement, respect, dignity, and pride in this class.

**Contact**

Please feel free to contact me for any questions or concerns.

Email: [mary.wauters@uleth.ca](mailto:mary.wauters@uleth.ca)

Or visit the class website: <http://sms-psiii.weebly.com>

St.Mary’s School Phone Number: 403 223-3165

I look forward to a great semester with you ☺

Ms.Wauters

***For Parents/Guardians:***

Please indicate that you have reviewed the CALM 20 Course Outline and all supporting documents, and that you understand the course your child is taking by signing the portion below and returning this outline with your child. Thank you.

Student: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Preferred method of Contact (circle): Email or Phone

If the phone is the preferred method of contact, please indicate the preferred times and number:

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