###### St. Marys High School

**Career & Life Management—CALM 20**

# Physical Education Department—2014

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The aim of the 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 behaviours and attitudes that contribute to the well-being and respect of self and others, now and in the future.

***There are three General Curricular Outcomes in this program and each one will form one UNIT :***

**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.

***Specific Outcomes include:***

□analyze the dimensions of health and how they are interrelated, as well as the impact of health determinants and the dynamic nature of balance in life

□evaluate choices and combinations of choices that can create barriers to achieving and maintaining health, and identify actions to improve health

□develop and assess personal strategies to enhance creative thinking skills

□develop approaches/tactics for creative problem solving and decision making

□apply a variety of strategies for lifelong learning

□determine practices and behaviours that contribute to optimal physical well-being

□analyze a variety of strategies to achieve and enhance emotional and spiritual well-being

□develop and assess strategies for anticipating, identifying, managing and embracing change

□demonstrate and apply effective communication, conflict resolution and team-building skills

□examine attitudes, values, behaviours for developing meaningful interpersonal relationships

□examine the relationship between commitment and intimacy at all its levels\*

□examine aspects of healthy sexuality and responsible sexual behaviour\*

□investigate how science, technology and media affect wellness

□evaluate resources and support systems for each dimension of health /well-being for self and others

***\*these outcomes are related to sexuality***

**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

***Specific Outcomes include:***

□identify personal resources, and explain how they could be of value to self and others

□compare needs, wants and consequences, with consideration of self, others and society

□examine sources of lifestyle aspirations, and relate these to personal resources

□demonstrate knowledge of and a commitment to achieving personal financial goals

□determine the varied implications and challenges of independent/interdependent living

□evaluate the services and costs of various types of financial institutions

□evaluate the advantages and disadvantages of credit

□examine various types of investments and the practical and ethical issues of investing

□identify and analyze a variety of types of insurance

□develop strategies to overcome potential resource challenges

**3.Career & Life Choices—**students will develop and apply processes for managing personal, lifelong career development

***Specific Outcomes include:***

□examine the components of effective career development as a lifelong process

□update and expand a personal profile related to potential career choices

□examine the relationship among career planning, career decisions and lifestyles

□develop strategies to deal with the transition from senior high school to post-secondary education/training

and/or the world of work

□develop a quality career portfolio

□investigate the range of learning opportunities in post-secondary programs, on-the-job training and

apprenticeship training programs

□analyze variations in employment and the implications in the life career process

□determine skills, attitudes and behaviours necessary to getting a position

□determine the skills, attitudes and behaviours necessary for retaining a job

□investigate employer/employee ethics, rights and responsibilities

□design a plan for turning life goals and aspirations into reality

# COURSE EVALUATION

Unit 1 33%

Unit 2 33%

Unit 3 34%