######  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%