

Career Life Connections 12— Outline

Curricular Competencies:

Examine

- Recognize and examine worldviews and consider their influence on values, actions, and futures.
- Analyze internal and external factors to inform personal career-life choices or post-graduation planning.
- Assess personal skills and identify strengths and those skills that require further refinement.
- Explore personal strategies, including social, physical, and financial, to maintain well-being.

Healthy and Active Living

- Participate in physical activities designed to enhance fitness.
- Explain how improving skills can increase confidence.
- Identify and overcome potential barriers to physical activity.
- Analyze and explain how health messages might influence health.
- Identify and apply healthy living goals.
- Reflect on outcomes of personal healthy living goals.

Social and Community Health

- How to avoid and respond to potentially unsafe, abusive, or exploitative situations
- Analyze strategies for responding to discrimination, stereotyping, and bullying.
- Develop skills for maintaining healthy relationships.
- Analyze the potential effects of social influences on health.
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Mental Well-Being

- Explain strategies for promoting mental well-being.
- Explore factors contributing to substance use.
- Create strategies for managing physical, emotional, and social changes during adolescence.
- Explore factors that shape personal identities, including social and cultural factors
- Describe the relationships between physical activities, mental well-being, and overall health.

Content

Personal career-life development

- mentorship opportunities
- competencies of the educated citizen
- self-advocacy strategies
- factors that shape personal identity and inform career-life choices.
- strategies for personal well-being and work-life balance
- reflection strategies
- employment marketing strategies
- rights and regulations in workplace
- Connections with community
- transferrable skills, including intercultural, leadership, and collaboration skills.
- career-life exploration
- ways to represent themselves, including consideration of personal and public profiles, digital literacy, and citizenship.
- Career-life planning
- self-assessment to achieve goals that advance preferred career-life futures.
- career-life roles and transitions
- diverse post-graduation possibilities, including personal, educational, and work options.
- labour market trends and local and global influences on career-life choices
- post-graduation budget planning
- capstone showcase

Assessment: Completion of 30 Hours of work/volunteer work, resume, cover letter, presentation, and completion of all of the objectives in the course. Assessment will use Letter Grades and Percentages.

Letter Grade	% Range	Definition
A	86-100	The student demonstrates excellent or outstanding learning in relation to the learning standards.
B	73-85	The student demonstrates very good learning in relation to the learning standards
C+	67-72	The student demonstrates good learning in relation to the learning standards
C	60-66	The student demonstrates satisfactory learning in relation to the learning standards
C-	50-59	The student demonstrates minimally acceptable learning in relation to the learning standards
F	0-49	The student has not demonstrated, or is not demonstrating, minimally acceptable learning in relation to the learning standards. Prio to assigning an F, it is important students, parents, and caregivers are made aware of any concerns and given a chance to address the needs of the student.
IE	N/A	Insufficient Evidence: The student, for a variety of reasons, has not provided sufficient evidence of learning in relation to the learning standards.