GRIMSHAW PUBLIC SCHOOL
"Inspiring Our Students Today For Tomorrow's Future"

CALM10 Course Outline 2023-2024
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I. Key Message/Expectations

Career & Life Management is designed to help you become "responsible, caring, innovative, and self-reliant, contributing members of society" (Alberta Learning). This course will help you make well-informed, healthy choices so you can be successful in school, in the workplace and in your personal life. It will also help you develop, and/or maintain behaviours and attitudes, like respect and empathy, that contribute to your personal well-being and to the well-being of others, as well as provide you with strategies to achieve your postsecondary education and career goals.

II. Course Overview

Below you will find a concise overview of what students will learn as a result of taking this course. CALM10 is divided into 3 topics:

1. **Career and Life Choices**
    Expect to research careers that interest you and match your values and skills. Figure out where you can get accurate information on the type of postsecondary education you need to achieve your career goals. Determine the high school courses and grades you need to be accepted into a college, an apprenticeship program, or into university.

2. **Resource Choices**
    Preparing for adulthood means knowing how to make responsible choices so that you can become financially independent and learn how to manage other resources - your time, the things you own, and things you enjoy. Can you afford to live on your own or will you need a roommate or live in a dorm? Do you understand how credit cards and bank accounts work? Can you afford a car, car insurance, and car maintenance? In understanding that the decisions you make reflect your personal values and goals, you will also learn to recognize that resource choices demonstrate your level of commitment to others and to your own goals.

3. **Personal Choices**
    Your sense of identity and values affect every choice you make in your life, whether it's a decision to study for an exam, leave an unhealthy relationship, or broadcast your weekend exploits on social media. You will come to understand how your choices can positively or negatively affect your personal well-being, your relationships, other peoples' perceptions of you and, ultimately, your future.

III. Scope and Sequence

I believe that all students deserve fair access to curriculum and it is my responsibility to ensure that not some, not most, but all students find success in CALM10. This course is a requirement for graduation and scope and sequence of course evaluation are as follows:

CALM10 *(3 Credits)*

Assignments	35%
Projects	35%
Quizzes	10%
Career Portfolio	20%
Course Total:	100%

Possible Additional Credits *(4 Credits)*

- HCS3000 - Workplace Safety Systems
- HCS3010 - Workplace Safety Practices
- AGR3000 - Agriculture Safety
- CTR1010 - Job Preparation

IV. Teaching Methodology

Circumstances may arise where students miss assignment due-dates, quizzes or projects. Missed assessments must be made up and handed in at the earliest possible time. Students will be able to hand in missed assignments at any time throughout the course, however, feedback on late work may not occur depending on individual circumstances. Chronic absences are a cause for concern as attendance is paramount for success.

V. Assessment

All coursework marks will be posted to PowerSchool, and marks for on-time assignments will be posted within 7 days of the assignment due date.

VI. Resources

CALM 10 requires the use of many different kinds of resources. Students will be required to discover valuable resources through their own investigation whilst also navigate resources curated for CALM 10. A staple resource used in CALM 10 is Alberta ALIS (alis.alberta.ca). ALIS is a government planning and information site for all things related to career and life management. CALM 10 will also utilize resources from Alberta Health Services (AHS) including but not limited to mental health and addiction resources.