

CAREER AND LIFE MANAGEMENT (3 CREDITS)

Career and Life Management (CALM) is a required course for all senior high school students. Usually, students take this course in their Grade 11 year, although they may take it in Grade 10 or 12 also. This course is designed to assist students to organize and shape their life occupationally, financially and socially.

CALM

The core curriculum is structured into three themes:

1. Personal Choices

- Students will have the opportunity to 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.

2. Resource Choices

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

3. Career and Life Choices

- Students will have the opportunity to develop and apply processes for managing personal, lifelong career development.