

Career and Life Management 20

Career & Life Management 20 (CALM 20) (3 Credits)

This course is required to meet Alberta High School Diploma requirements. Students learn to make well-informed, considered decisions. They explore behaviours and attitudes that will help them live healthy, happy lives. This course is structured according to three themes: (1) Personal Choices - emotional, psychological, social, spiritual and physical health (2) Resource Choices - financial resources and decision making (3) Career and Life Choices - skills for researching post-secondary requirements, career planning, and lifelong development. ***This course includes sexual health.***

Alberta Education information regarding Career and Life Management can be found at: <https://education.alberta.ca/media/160199/calm.pdf>