



FAIRVIEW HIGH SCHOOL

CALM 20 Course Outline Semester 1, 2021 - 2022

Room 22, Monday & Wednesday, Friday (M Week Only) D Block (2:18 – 3:30)

Ms. Morrow morrowc@prsd.ab.ca

Extension 40022 – Google Classroom Code: tmwqbqt

THE AIM OF SENIOR HIGH SCHOOL CAREER AND LIFE MANAGEMENT (CALM) IS TO:

1. 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 others. Now, and in the future.
2. Students continue to work toward becoming “responsible, caring, creative, self-reliant and contributing members of a knowledge-based and prosperous society.”
3. Provide opportunities for students to gain knowledge and insight, and to acquire essential life skills; it is relevant to the needs of students, now and in the future, and stimulates creativity, encouraging them to leave, and providing them with important learning skills.

GENERAL OUTCOMES:

The aim of the CALM Course is articulated through three general outcomes and broken into these three components:

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.
2. **Resource Choices** - Students will make responsible decisions in the use of finances and other resources that reflect personal values and goals and demonstrate a commitment to self and others.
3. **Career and Life Choices** - Students will develop and apply processes for managing personal, lifelong career development.

PERSONAL CHOICES

Students will:

- analyze the dimensions of health and their interrelatedness, the impact of the determinants of health, 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 various attitudes, values, and behaviours for developing meaningful interpersonal relationships
- examine the relationship between commitment and intimacy in 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 and well-being for self and others

RESOURCE CHOICES

Students will:

- identify personal resources, and explain how they could be of value to self and others
- compare needs, wants, and consequences, with consideration to self, others, and society
- examine sources of lifestyle aspirations, and relate to personal resources
- demonstrate knowledge of and a commitment to achieving personal financial goals

- determine the varied implications and challenges of independent/interdependent living
- develop strategies to be informed consumers
- 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

CAREER & LIFE CHOICES

Students will:

- 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 the skills, attitudes, and behaviours necessary for getting a position
- determine skills, attitudes, and behaviours necessary for retaining a job
- investigate employer and employee ethics, rights, and responsibilities
- design a plan for turning life goals and aspirations into reality

EVALUATION:

- Assessment will be ongoing with many formative tasks designed to help you direct your learning.
- Marks will be awarded based on a variety of summative assessments.
- Classmark: based on a variety of assessments and classwork (e.g. assignments, projects, etc.)

Personal Choices Unit	30%
Resource Choices Unit	30%
Career and Life Choices Unit	30%
Portfolio*	10%

**Completion of the Portfolio is required - taking a zero on this project is not an option.*

EXPECTATIONS:

CALM is a course that requires the personal commitment of attendance in order for the student to make considered decisions and choices in all aspects of their lives. Many of the assignments require thoughtful written responses that reflect the student's opinion and values on a topic discussed in class. Besides a daily demonstration of willingness to participate in class activities and exercises, the student who attends regularly and shows a consistent, conscientious effort towards the class material will experience success.

**** PLEASE NOTE ****

Abiding by the guidelines of Fairview High School

- Regular attendance is expected. This is to ensure success in each of your courses as well as limit the disruptions to the classroom.
- Tardiness or being late will not be tolerated. Any amount of time missed as a result of being late, will be accounted for and subsequently made up.
- Completing all assignments as per instruction and by the deadline will be expected.
- Treating your fellow students and myself as a teacher, with dignity and respect, are expected behaviours for this class.
- **Cheating will not be tolerated!** This could include, but not be limited to, the following:
 - tendering another's work as your own
 - downloading information from the Internet and not citing it
 - cutting and pasting from documents not your own
 - paraphrasing another's writing
 - submitting with that you have already received a grade for in another course

Dear Parents/Guardians:

I have read the above course outline and content, in particular, the content relating to the “Personal Choices” section. If you have any questions or concerns please feel free to call me at the school (780)835-5421 or email me at morrowc@prsd.ab.ca.

- Please sign below if you have **NO** objections to any of the course material presented above.

(Parents/Guardians, if you would like a copy of this, please indicate this beside your signature, your child will receive this copy back.)

Student's Name

Parent/Guardian Signature

Date