

**CALM 20 COURSE OUTLINE**

**TEACHER: Mr Coutney**

**Room 145**

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**Course Objectives**

**3 Credits derived from CALM Course as follows:**

1. **Career and Life Choices**

Students will develop and apply processes for managing personal, lifelong career development.

1. **Resource Choices**

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

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 Credits derived from Career Transitions (CTR)**

1. **CTR1010: Job preparation**

Students develop successful employment search skills and a personal employment search portfolio.

1. **CTR2310: Career directions and expansion**

Students build on work done in Career and Life Management (CALM) to update their learning/career plan, to enhance their career tool kit, and to update their action plan for strengthening essential competencies and learning capacity.

**\*\*\*Sexual Health will be taught in June.** If there are any concerns please have your parents contact me **prior to June**. Note: a student may be exempt from classroom instruction and learning activities related to human sexuality instruction at the **written request** of the student’s parents.

**Evaluation**

**CALM Assessment Policy**

Student achievement of course outcomes will be evaluated through formative and summative assessments throughout the semester. Effective feedback may include scoring guides, rubrics, benchmarks, exemplars, written feedback and checklists that support student achievement and provide summative evidence of learning. Students will be provided with opportunities to replace zeros if they display competence on alternative assessments or assignments.

**Distribution of Grades**

**CALM:**

**Career and Life Choices 30%**

**Resource Choices 30%**

**Personal Choices 30%**

**Final Assessment 10%**

**Total 100%**

**Career Transitions:**

**CTR1010 100%**

**CTR2310 100%**

**Timeline of Content: Modules and course content will be taught simultaneously except for Sexual health which will be taught in June.**

**Resources**

Student supplies needed:

1. Binder, paper, pen, **computer time (on your own may be required)**
2. Scissors, glue, colored pencils or markers will be available but students may bring their own.

**Issues Specific to CALM 20**

* Assignments may be of a personal nature and the teacher respects this. No assignment will be shown to a third party without the consent of the student.
* Confidentiality of personal information that may be revealed during discussions and assignments is important. What happens in the CALM classroom, stays in the CALM classroom.
* It is important that students feel safe and comfortable with other students in the class and with the instructor. Students therefore have the opportunity to pass on discussions that may be personally difficult for them to participate in.
* Students are expected to work to the best of their ability. Please feel free to ask for assistance with course work if needed. If for some reason a due date is not possible for you please make arrangements with me before the due date to hand it in at another time.1

**Classroom Policies**

**Daily Work**

* Daily work must be handed in by the end of class.
* Structured time to do the assignment along with extra support will also be provided for outstanding assignments.

**Late Policy**

* You are expected to be in class by the scheduled time. It is important for you to arrive to class on time.
* Parents will also be notified if lateness is a persistent issue. Continued tardiness will result in detention or in school suspension to make up missed time and may be dealt with by administration.

**Washroom/Drink Breaks**

* You may go to the bathroom with permission. You will be limited to a time of two minutes in which you must be back in class. Time is to be recorded on sign in/out sheet.
* You may only have one washroom or drink break per class.
* You may not leave the classroom to buy drinks or food from the cafeteria. Bottled drinks are permitted in class only if you bring them with you at the beginning of class. Failure to remove empty containers from the classroom with result in a loss of this privilege for the entire class.
* You may eat in class only during the break, before the bell to begin class has gone. All food wrappers must be thrown in the garbage can. Garbage found else-where in the classroom will result in a loss of this privilege for the entire class.
* If any of these privileges are taken advantage of they will be taken away from you.

**Bullying and disrespect**

* This class is a safe and caring environment for all students and staff.
* Any behavior that is intended to offend or insult another person will be dealt with strictly. Bullying, on any level will not be tolerated.
* There are many consequences of such behavior depending on the severity of the situation.

**Electronic Devices**

* Due to the nature of the course (discussion, presentations etc.) cell phones are NOT permitted unless used as educational tools. In this case, I will distribute them for use. Cell phones will be collected at the beginning of class and returned at the end or if there is free time. Any inappropriate cell phone use during class will result in the phone being taken away for the remainder of class. If there is a persistent issue the phone may be brought to administration to be picked up by a parent.
* If you do not want your phone to be collected don’t bring it to class.
* All electronic devices must be placed on the teacher’s desk during exams.

**Leaving Class**

* If you are being picked up by a family member, you are to come to class and **remain in the room** until you are **called down**. Then you are to sign out at the office before leaving school. If you return later the same day, please sign back in.
* If you have an appointment with Student Services remain in the room until you are called down.
* At the end of class you will be expected to remain in your seat until I dismiss you. The bell does not dismiss you unless I say you may go at the bell. Anything that we are discussing must be finished before you leave.

ATTENDANCE, COMPLETION OF WORK AND A POSITIVE ATTITUDE WILL TAKE YOU FAR IN THIS COURSE.

Note: if you have any concerns at any time during the course, please see me directly.

**Personal Choices**

1. Dimensions of Health
2. Choices that can create barriers to achieving and maintaining health
3. Personal strategies to creative thinking
4. Approaches to making decisions
5. Life Long Learning
6. Physical well being
7. Emotional and Spiritual well being
8. Anticipating, identifying, managing, and embracing change
9. Effective communication, conflict resolution, team building skills.
10. Meaningful Interpersonal relationships
11. Relationship between commitment and intimacy on all levels
12. Healthy sexuality and responsible sexual behaviour
13. Wellness and how things affect it.
14. Support Systems maintaining health and wellness.

**Resource Choices**

1. Personal resources that can help you and others
2. Needs wants and consequences
3. Lifestyle aspirations
4. Personal Financial Goals
5. Independent living
6. Financial Institutions and You
7. Advantages and disadvantages of credit
8. Investments
9. Types of insurance
10. Strategies to overcome challenges

**Career and Life Choices**

1. Career Planning
2. Personal Profile related to career choices
3. Relationship between career planning, Career decisions and lifestyles
4. High School to Post secondary and the real world
5. Career Portfolio
6. Post-Secondary programs, on-the-job training, apprenticeship
7. Employment, types of employments
8. Skills, attitudes, and behaviours necessary to get a job
9. Retaining a Job
10. Employer/employee rights and responsibilities
11. Turning life goals into reality

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INTRO VIDEO CLIP: Most important course in high school

<https://www.youtube.com/watch?v=lQCavIc4MOY>