

# Eagle Butte High School

## CALM 20 - Career and Life Management

### Course Outline - Mrs. Rose

**Course Description:** CALM 20 is a core subject for Alberta high school students. The course covers six themes including self-awareness, well-being, relationships, careers and the world of work, independent living, and human sexuality.

### Objectives:

- To develop a more positive self-concept
- To promote independent personal management skills
- To develop awareness of health
- To develop knowledge about career options
- To develop an awareness of the relationship between personal economics, lifestyle, and occupational planning
- To develop the ability to deal with feelings

### Course Content:

#### Theme A: Self-Management

- Building Communication Skills
- Building Self-Awareness
- Choices and Challenges

#### Theme B: Well-Being

- Nature of Well-Being and Healthy Lifestyle
- Factors Affecting Personal Well-Being
- Maintaining and Enhancing Personal Well-Being
- Choices and Challenges

#### Theme C: Relationships

- Nature of Well-Being and Healthy Lifestyle
- Recognizing Commitments and Expectations
- Developing, Maintaining and Enhancing Stable and Satisfying Relationships
- Dealing with Grief and Loss
- Choices and Challenges

#### Theme D: Careers and the World of Work

- Career Planning Process
- Personal Career Plan
- Establishing and Implementing a Career Plan
- Research a career and complete a mini practicum
- Choices and Challenges
- Career Portfolio

#### Theme E: Independent Living

- Lifestyle Choices
- Personal Financial Management
- Choices and Challenges
- Success
- Failure

Theme F: Human Sexuality

- Self-Management
- Well-being
- Relationships
- Within the Workplace
- Choices and Challenges

**Course Evaluation:**

<b>Course Work</b>	<b>70%</b>
- Speakers	15%
- Minor Assignments	15%
- Major Assignments	40%
Final Exam	20%
Participation	10%

**Assignments:** Assignments will be determined and described in class. Any missed assignments are the responsibility of the student to collect and complete. Arrangements must be made prior to missed exams. Students should complete any missing assignments or exams on the day they return during TAG or lunch.

**Participation:**

- Being on time and attendance
- Being prepared (come prepared and completing homework)
- Staying on task
- Listening skills and appropriate social interaction
- Contributing ideas and sharing
- Being courteous
- Discussion and class involvement

**Assignments:**

- Quality of effort and sincerity
- Completeness
- Following directions
- Organization and neatness
- Thought and detail

**Projects and Tests:**

- Personal Lifeline
- Job Planning Portfolio (Practicum assignment)
- Moving Out Project
- Landlord-Tenant Assignment
- Case Study: Danny Trejo – Prison to Fame

**Classroom Rules:**

- Attend class

- Be on time
- Demonstrate respect for others
- Follow directions of the teacher

## **Consequences:**

- Missing assignments will be given a zero.
- Detentions will be served until the Portfolio mark is at least 50%.
- Respect must be shown to one another, staff, and guest speakers. A lack of respect will result in removal from speaker sessions and alternate assignments.

**Note:** All students participating in the STI and Contraception portion of Human Sexuality must have parent permission. If not participating, students will be required to complete alternate work.