

**CALM 20 Course Outline  
2014/2015 School Year  
Amiskwaciy Academy**

**Teacher:**

**Course:** CALM 20

**Content:**

The aim of senior high school CALM (Career and Life Management) is to enable students to make well-informed, considered decisions and choices in all aspects of their lives and to develop behaviors and attitudes that contribute to the well-being and respect of self and others, now and in the future.

**Resources:**

Students have many guest speakers who visit their classroom to discuss a wide variety of topics such as: future planning, budgeting, healthy eating, narcotics, gambling addiction, sexual health, sexual assault, suicide prevention, road safety, drivers education, sexually transmitted infections, tattoo and piercing safety, and fetal alcohol syndrome, positive life choices.

**General Outcome I: 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.

**Topics include:**

- self exploration
- values and the medicine wheel
- personality types
- learning styles
- gender differences
- health
- addictions and negative effects of drugs on the body
- building relationships
- dating
- sexuality and sexually transmitted infections
- family/marriage
- abuse
- loss/grief

### General Outcome II: Resource Choices/Finances

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

Topics include:

- family budget
- independent living
- landlord/tenant
- banking/credit
- saving/investing

### General Outcome III: Career and Life Choices

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

Topics include:

- Interest Inventories
- Games
- Mock Job Interviews
- Career Exploration

### **Evaluation/Assessments:**

Assessment for and of learning will be evaluated in the following forms:

- Self-Evaluation
- Checklists
- Observations
- Assignments
- Presentations
- Projects
- Quizzes
- Tests