**Career Life Education 10 (CLE)**

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"Whether you try or not, you are going to grow up to be something –

So why not choose."

 -Chris Hadfield

This course will shift the focus away from Careers as a destination to Careers as a journey. Career Life Education is designed to enable you to develop the skills needed to become a self-directed individual who sets goals, makes thoughtful decisions, and takes responsibility for pursuing your goals throughout your life.

There are several key concepts that will be embedded throughout CLE:

* Finding a balance between work and personal life
* Self -discovery and reflection
* Family, friends and community members can support and broaden our career awareness and options
* Learning how to learn prepares us to be lifelong learners who can adapt to changing career opportunities
* Effective career planning considers both internal and external factors
* Micro experiences
* The global economy affects our personal, social and economic lives and prospects
* Successful career and education paths require planning, evaluating and adapting
* Trends

**Course Overview**

This course outline is tentative and will be adjusted as opportunity arises.

Please use this as a guide only

**Personal Development? How can knowing who I really am help me be successful?**

* Self- assessments
* Passion project, Roadmap
* Portfolio
* Cultivation of interpersonal, intercultural, collaborative and social skills
* Developing communication skills

**Employability skills**

* Building workplace skills/transferable skills
* Resume writing /cover letters
* Interview skills
* Personal networking

**Career and Education Paths How do I know what Careers are right for me?**

* Exploring multiple paths to gather career education
* Use local and global sustainability and economic trends to make career and life choices
* Micro-experiences can provide insight into career choices
* Employment standards and workplace safety
* Careers and career choices are multifaceted and have a variety of choices and opportunities
* Financial Plan

**Health and Well-being How do I live a balanced healthy life?**

* Healthy decision making around: mental health, relationships, diet, conflict
* Community engagement and committed citizenship
* Healthy information and media literacy

**Evaluatation:**

We will be using summative assessment to evaluate this course. Please see grid below.

Letter Grades:

|  |  |
| --- | --- |
| A++ | 100% |
| A+ | 96% |
| A | 92% |
| A- | 88% |
| B+ | 84% |
| B | 80% |
| B- | 76% |
| C+ | 70% |
| C | 65% |
| C- | 58% |
| P | 50% |
| IF | 40% |
| F | 0 |