

## Health and Career Education (CLE) 9

### Course Outline/Scope and Sequence

<b>Introduction to Career Education:</b>	<p>A person's career is considered their "journey" through life, and the Career Education curriculum offers students the opportunity to pursue this journey in personally meaningful and goal-oriented ways. Career-life development with intent is the ongoing process of self-discovery, growth in competence, and learning from experiences in educational, work-related, and personal life contexts.</p> <p>The Career Education curriculum supports students in becoming successful, educated citizens by helping them learn how to effectively manage their life journey toward preferred future possibilities. This area of learning requires students to identify and develop their personal interests, passions, and competencies. Students reflect on learning experiences in school and community, build confidence through their contributions, and explore multiple career-life roles and choices. The curriculum fosters lifelong learning, beginning in kindergarten and continuing through to graduation and beyond.</p>	
<b>Students are expected to:</b>	<b>Content:</b>	<b>Activities Grade 9:</b>
<b>Examine</b>	<p>Examine the influences of <u>personal and public profiles</u> on career-life opportunities</p> <p>Identify <u>risks</u> and appreciate benefits associated with personal and public digital footprints</p> <p>Consider the role of <u>personal and employment networks</u> in exploring career-life opportunities</p>	<p>With themselves</p> <p>With teachers</p> <p>With Career Staff</p> <p>With presenters</p> <p>With their peers</p> <p>With their parents</p> <p>With Work BC</p>
<b>Interact</b>	<p>Apply a <u>mentor's</u> guidance in career-life exploration</p> <p>Collaborate with <u>supportive community</u> members to explore the <u>reciprocal influences</u> of career-life choices</p> <p>Communicate with the intent to highlight personal strengths, talents, accomplishments, and abilities</p>	<p>With themselves</p> <p>With their peers</p> <p>With their teachers</p> <p>With Career Staff</p> <p>With presenters</p> <p>With their home</p> <p>With community</p> <p>With employers</p> <p>With PSI's</p>
<b>Experience</b>	<p>Demonstrate inclusive, respectful, and safe interactions in diverse career-life <u>environments</u></p> <p>Identify career-life challenges and opportunities, and generate and apply strategies</p> <p>Explore and connect experiential learning both inside and outside of school with possible and preferred career-life pathways</p> <p>Practise effective strategies for healthy school/work/life balance</p>	<p>myBlueprint activities</p> <p>Work BC</p> <p>BC Federation of Labour</p> <p>Career Spotlights</p> <p>TYKTWD</p> <p>MADD</p> <p>Volunteer work</p> <p>Goal setting/calendar use</p>
<b>Initiate</b>	<p>Explore and reflect on <u>career-life</u> roles, personal growth, and initial planning for preferred career-life pathways</p> <p>Develop preliminary profiles and flexible plans for career-life learning journeys</p>	<p>myBlueprint content– reflection additions, goal setting</p> <p>Assignments</p>
<b>Assessment and Evaluation</b>	<p>myBlueprint submissions</p> <p>Assignments</p> <p>Participation on fieldtrips</p> <p>Extending</p> <p>Proficient</p> <p>Developing</p> <p>Emerging</p>	

Students are expected to:	Attend:	Dates:	Activities:
	myBlueprint Sessions	<p><b>October</b> - please listen to announcements for upcoming dates and times for events and presentations.</p> <p><b>November</b></p> <p><b>December</b></p> <p><b>January</b></p> <p><b>February</b></p> <p><b>March</b></p> <p><b>April</b></p> <p><b>May</b></p> <p><b>June</b></p>	<p><b>Career Contact</b></p> <ul style="list-style-type: none"> <li>• Goal setting term 1</li> <li>• Dual Credit Evening (15<sup>th</sup> SAS)</li> <li>• Dual Credit Evening (16<sup>th</sup> PVSS)</li> <li>• Alive After Five</li> <li>• <b>Applications to dual credit programs</b></li> </ul> <p><b>Career Contact</b></p> <ul style="list-style-type: none"> <li>• Reflection Core Competencies 1</li> <li>• Take Your Kid to Work Day (5<sup>th</sup>)</li> <li>• <b>Take Your Kid to Work Day worksheet (hand in)</b></li> <li>• <b>Applications to dual credit programs</b></li> </ul> <p><b>Career Contact</b></p> <ul style="list-style-type: none"> <li>• Goal setting 2</li> <li>• Food Safe (1<sup>st</sup>)</li> <li>• RCMP visit</li> <li>• MADD presentation</li> <li>• <b>Occupational Investigation Assignment (hand in)</b></li> <li>• <b>Applications to dual credit programs</b></li> </ul> <p><b>Career Contact</b></p> <ul style="list-style-type: none"> <li>• Reflection Core Competencies 2</li> <li>• <b>PSI worksheet (hand in)</b></li> <li>• <b>Applications to dual credit programs</b></li> </ul> <p><b>Career Contact</b></p> <ul style="list-style-type: none"> <li>• Goal Setting term 3</li> <li>• PC1 Open house</li> <li>• ACRT Open house</li> <li>• <b>Resumes (hand in)</b></li> <li>• <b>Applications to dual credit programs</b></li> </ul> <p><b>Career Contact</b></p> <ul style="list-style-type: none"> <li>• <b>Budget Worksheet (hand in)</b></li> </ul> <p><b>Career Contact</b></p> <ul style="list-style-type: none"> <li>• Reflection Core Competencies 3</li> </ul> <p><b>Career Contact</b></p> <ul style="list-style-type: none"> <li>• Goal setting term 4</li> </ul> <p><b>Career Contact</b></p> <ul style="list-style-type: none"> <li>• Reflection Core Competencies 4</li> </ul>

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### Let's Get Started

- Students visit [www.myBlueprint.ca/sd83](http://www.myBlueprint.ca/sd83), and click on **SCHOOL Account Log In**
  - Enter your SD 83 log in credentials and click Sign In.

**NOTE:** You should be participating in school-based Career activities/presentations or fieldtrips throughout the year (various Trades Spotlights and Post-Secondary Institute tours). When you have completed an activity, create a box in your "About Me" grade 9 portfolio, with the title of the specific activity. Add a reflection on what you have learned during this activity. Listen carefully to the morning announcement for information about upcoming Trade activities.

### OCTOBER

**NOTE:** The **Learning Styles**, and **Personality** assessments must be completed before a student can complete the **Compatibility** surveys. They need to be added to your **About Me** portfolio and reflections added for each.

#### ACTIVITY #1: Interests Assessment

- Select **Portfolios** from the tab menu in the home section.
- Add a new portfolio (+ **Add Portfolio**) titled "About Me Portfolio" -Description – **Grade 9!** This portfolio will allow you to showcase your interests, passions, goals, and career interest.  
*\*Each grade year students will create an About Me portfolio for that particular grade/year.*
- Select **Who Am I?** From the left-hand navigation menu on your dashboard.
- Complete **ONLY** the **Interests** survey to receive your results.
- Review the **full report** to learn more about your top two motivation factors and the types of opportunities that are well suited to your interests.
- Add your **Interests** to your **About Me Portfolio**
- Write a brief **reflection** (Do you agree? Disagree? Why or why not? What did you learn?).

#### ACTIVITY #2: Goal Setting for Term 1

- Select **Home** from the navigation menu on the left-hand side of your screen. Then select the tab **Goals**.
- Add **ONE (1) Academic Goal (short term, term 1)** and include an Action Plan for how you intend to achieve it. This can be around learning a new skill or to improve on a specific subject area.
- Add this academic goal to your **About Me Portfolio**.
- Add **ONE (1) Other Goal (short term)** and include an Action Plan for how you intend to achieve it. This can be about anything else in your life that you would like to improve on.
- Add this goal to your **About Me Portfolio**.

**Note:** You will write a brief **reflection** about your goal achievement progress at the end of term.

Do you have any Career Life Education experiences to add? If so, create a box in your **About Me Grade 9 Portfolio** and add a picture or symbol about your experience and add a reflection regarding your experience.

**Hint:** Did you participate in any Career events; attend a presentation, go on a fieldtrip, job shadow?

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### NOVEMBER

**ACTIVITY #1: Reflection of Core Competencies #1** – this is done with your “A” block teacher. This document can be found online, on A.L. Fortune website, under Careers.

1. Select **Home** from the navigation menu on the left-hand side of your screen. Then select the tab **Portfolios**.
2. Open your **Grade 9 portfolio**.
3. “Add” a box
4. **Title** this box – **Core Competency Term 1**, your **Description** should read: **Self Reflection**, then choose “Add Media”
5. **Take a picture of your Core Competency Reflection Sheet**, which you will complete with your classroom teacher, upload it into your portfolio!

### ACTIVITY #2: Take Your Kid to Work Day!

1. Select Home from the navigation menu on the left-hand side of your screen and select Portfolios. Choose your About Me Grade 9.
2. Add 1 custom boxes (click + **Add Box, Add Media** +) titled “Take Your Kid to Work Day” and upload a picture or video of something that best **describes what you did or who you interviewed on for TYKTW**.
3. Add a title, TYKTWD.
4. Add a **reflection** about your day. What are your thoughts on the activities you did that day?

**HOMEWORK:** Complete the worksheet attached and hand it into the Career Centre.

Do you have any Career Life Education experiences to add? If so, create a box in your **About Me Grade 9 Portfolio** and add a picture or symbol about your experience and add a reflection regarding your experience.  
**Hint:** Did you participate in any Career events; attend a presentation, go on a fieldtrip, job shadow?



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### Take Your Kid to Work Day Worksheet

Name: (first and last) \_\_\_\_\_

The national program of Take Your Kid to Work Day continues to give students the opportunity to experience work placements. At A.L. Fortune, we have chosen to give students and their families the option to participate in the regular program where our students venture out to places of employment with a family member (or friend/neighbour) or to participate in the interview option. For the best and most realistic experience, actually going to a work site is recommended. The idea behind this is to expose students to an occupation but to also expose them to the working world in general. It may not be a “career” that they are heading into but the exposure to the work force has its’ benefits.

A presentation regarding workplace hazards was given, a BC Federation of Labour booklet was distributed. For either option, students are responsible for a culminating interview activity with their results posted in their “About Me Grade 9” portfolio in myBlueprint (see November).

Complete this chart and hand it in to the Career Centre.

Job Information	Answers
I interviewed <b>OR</b>	
I worked with	
They work at	
Their job title is	
Job duties include	
What I did while on my visit	
Education/qualifications needed for this job	
Job hazards include (identify 2)	
Is this job still in demand, what does the future look like?	
What courses in school would help you in this career?	
Does this career area interest you; why or why not?	

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What do they like about their job?	
What do they dislike about their job?	
Do they feel they are paid a fair wage? If not, why?	
Do they have benefits? If yes, what?	
Would they do their job without benefits?	
How do they see their job changing in the future?	
Your thoughts:	
Is this a career you are considering? Why or why not?	

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### DECEMBER

#### ACTIVITY #1: Goal Setting for Term 2

1. Select **Home** from the navigation menu on the left-hand side of your screen. Then select the tab **Goals**.
2. Go to your About Me Portfolio – write a reflection on the progress of your goals you set for term 1. Were you successful, what worked, what didn't, would you change anything?
3. If you have achieved your term 1 goal, please add a new **Academic Goal (one, short term, term 2)** and include an Action Plan for how you intend to achieve it. This can be around learning a new skill or to improve on a specific subject area. If you have NOT achieved your goal from term 1, your reflection should include a comment regarding your progress, any change in your "plan of attack", and any additional steps required to meet your target.
4. Add this academic goal to your **About Me Portfolio**, if you are reflecting, do so in the "Reflection" area in the box containing your term goal.
5. Add **ONE (1) Other Goal (short term)** and include an Action Plan for how you intend to achieve it for Term 2. This can be about anything else in your life that you would like to improve on.
6. Add this goal to your **About Me Portfolio**.

**NOTE:** You will write a brief **reflection** about your goal achievement progress at the end of each term.

#### ACTIVITY #2: Occupation Comparison

1. Select **Work** section from the navigation menu on your dashboard, click on **Occupations**.
2. Find an Occupation option by entering an **Occupation Name** of interest or **Keyword** in the Search Bar and clicking **Search**. Too many options? Use the **Smart Filters** to help narrow your results. You can narrow your choice by location, education and also salary!
3. Find 3 Occupations that you think are a good fit for you and you want to learn more about. Click the heart to "favourite" your top three jobs. This will move those jobs into the favourites section, on the left-hand side.
4. Click on Favorites, then click on the three dots to the right of the occupation names, select the **Compare** button and then click the blue **Compare** button at the top of the screen to view the Occupations side by side.
5. Read about the jobs and consider and compare the following, complete the chart attached
  - a. Job title?
  - b. What do they do?
  - c. Is their work environment something you would like?
  - d. What is the level of education required?
  - e. Outlook?
  - f. Salary?
6. Add boxes to your portfolio (About Me Portfolio) for your recently favoured occupations by clicking the three dots beside each name and selecting **Add to Portfolio, save to your grade 9 portfolio**
7. Add a **title** (the job name) to each of the three boxes in your **Portfolio** and in the reflection area, rank you jobs from 1 to 3. (1 is awesome job, 2 is great job, 3 is ok job)

**HOMEWORK:** Complete the **Occupational Chart** attached and hand in to the Career Centre.

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Do you have any Career Life Education experiences to add? If so, create a box in your **About Me Grade 9 Portfolio** and add a picture or symbol about your experience and add a reflection regarding your experience.  
**Hint:** Did you participate in any Career events; attend a presentation, go on a fieldtrip, job shadow?

Are you interested in any **dual credit program?** A trade like electrical, plumbing or welding? Or maybe becoming a Certified Education Assistant, Early Childhood Education, Emergency Responder Technician? If you have any questions or would like an application, stop by the Career Centre.



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### Occupational Chart

Name (first and last) \_\_\_\_\_

Complete the following chart with information about your *occupation research*. Please hand this worksheet into the Career Centre when you have completed it.

Be sure you are researching jobs (careers) that actually interest you. The idea behind this is that you are researching at an early stage so that students become aware of the nature of the job and the prerequisites required; thus, better course selection and student preparedness can occur as you progress to the Graduation Program.

	Job #1	Job #2	Job #3
Job title...			
What tasks are done at this job...			
What is the working environment like? (is it inside, outside, require physical activity, desk) What would a day look like?			
What schooling is required?			
What does the job future look like in this area?			
Does the wage reflect the job and educational requirements? Be sure you investigate the average pay for this job...			
What do you like best or find most interesting about this job?			
What do you like least about this job?			



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### JANUARY

**ACTIVITY #1: Reflection of Core Competencies #2**– this is done with your “B” block teacher. This document can be found online, on A.L. Fortune website, under Careers.

1. Select **Home** from the navigation menu on the left-hand side of your screen. Then select the tab **Portfolios**.
2. Open your **Grade 9 portfolio**.
3. “Add” a box
4. **Title** this box – **Core Competency Term 2**, your **Description** should read: **Self Reflection**, then choose “Add Media”
5. **Take a picture of your Core Competency Reflection Sheet**, which you will complete with your classroom teacher, upload it into your portfolio!

### ACTIVITY #2: Post-Secondary

1. Select **Post-Secondary** from the left hand navigation menu on your dashboard.
2. Select College/University. Search “dental assistant” **OR** “welder”; in the filters, select British Columbia.
3. If you choose dental assistant – please favourite three specific programs– **certified dental assistant** Okanagan College, Camosun College, and University of the Fraser Valley.
4. If you choose welder – please favourite three specific programs – **welder foundation** Okanagan College, Thompson Rivers University and Northern Lights College.
5. Please complete the Post Secondary Institute worksheet attached and hand it into the Career Centre.
6. Select **Post-Secondary** from the left hand navigation menu on your dashboard.
7. Select College/University. Search and select a program you would like to investigate in a province and school you are interested in attending. Click on the three grey dots and save it to your grade 9 portfolio.
8. Click on **Home** in the navigation menu, go into your **grade 9 portfolio** and find your recently added program. Add a reflection that includes the high school requirements for this program.

**HOMEWORK:** Hand in your PSI worksheet to the Career Centre.

Do you have any Career Life Education experiences to add? If so, create a box in your **About Me Grade 9 Portfolio** and add a picture or symbol about your experience and add a reflection regarding your experience.

**Hint:** Did you participate in any Career events; attend a presentation, go on a fieldtrip, job shadow?





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### Post Secondary Institute Worksheet

Name (first and last) \_\_\_\_\_

Complete the following chart for EITHER Certified Dental Assistant OR Welding Foundations.

**NOTE:** The purpose of this exercise is for you to experience how to look up a program and identify what course are REQUIRED in high school in order to apply to them.

Certified Dental Assistant	High school requirements (be specific)	Pros	Cons
Camosun College			
University of the Fraser Valley			
Okanagan College			

Welding Foundation	High school requirements (be specific)	Pros	Cons
Thompson Rivers University			
Northern Lights College			
Okanagan College			



## HEALTH AND CAREER EDUCATION 9

### FEBRUARY

#### ACTIVITY #1: Goal Setting for Term 3

1. Select **Home** from the navigation menu on the left-hand side of your screen. Then select the tab **Goals**.
2. Go to your About Me Portfolio – write a reflection on the progress of your goals you set for term 2. Were you successful, what worked, what didn't, would you change anything? Your semester classes are over, does this impact your area of improvement?
3. Add a new **Academic Goal (one, short term, term 3)** and include an Action Plan for how you intend to achieve it. This can be around learning a new skill or to improve on a specific subject area.
4. Add **ONE (1) Other Goal (short term)** and include an Action Plan for how you intend to achieve it for Term 3. This can be about anything else in your life that you would like to improve on.
5. Add this goal to **your About Me Portfolio**.

**NOTE:** You will write a brief **reflection** about your goal achievement progress at the end of each term.

#### ACTIVITY #2: Resumes

1. Select **Work** from the navigation menu on your dashboard, click on **Resumes**.
2. Review the **Resume Guide** to learn more about effective resume building. Select **Back to Resume** in the top right corner of your screen to return to building your resume.
3. **Create a new resume** or **add** to your resume from grade 8. If you haven't already, update or add your **Contact** information; fill in the **Objective** (what is the purpose of your resume, be clear so the employer knows what you are looking for), **Education, Skills and Abilities** (the employer wants to know what you can do) and **Volunteer Experience**, and any other sections you feel you need. When you print your resume, it will only print what you have populated.
4. You can "switch" the order of appearance of your sections....your objective should be first, followed by work education, work experience, skills, certificates, hobbies. **References** belong at the end and needs to complete – do NOT insert "available upon request"

**HOMEWORK:** Print a copy of your resume and hand it in to the Career Centre. Be sure the resume you hand in is one that is truly useable. Be sure you proofread! This should be a document you use to look for a summer job.

Do you have any Career Life Education experiences to add? If so, create a box in your **About Me Grade 9 Portfolio** and add a picture or symbol about your experience and add a reflection regarding your experience.

**Hint:** Did you participate in any Career events; attend a presentation, go on a fieldtrip, job shadow?

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### MARCH

#### ACTIVITY #1: Budget

1. Select **Money** from the navigation menu.
2. Click on **Budget and Finance Guide**, review the content in the “Overview” section.
3. Go “back” to Money, click **add Budget**.
4. Use the information below to **create a monthly budget** (remember a month is 4 weeks). Be sure you are paying close attention to the terms: weekly, monthly, annually.

Chris is a high school student who works part-time at the local fast-food restaurant, earning \$200 a week. On top of this, he receives an allowance of \$65 a week from his parents. He has moved out of home to live with his older brother, splitting the \$1800 a month rent between the two of them. He spends \$50 a week on food for his meals and \$20 on eating out; and \$20 a week for games, movies and other forms of entertainment. He also owns a car which draws annual expenses of \$300 for registration, \$1500 for insurance and \$200 for maintenance, and weekly gas cost of \$30 for travel to and from school. For his phone and internet, he is on the \$50 a month phone and internet bundle with unlimited use. For his electricity and water bills, Chris budgets for these by using the average figure from the previous year. His previous four quarterly electricity bills were \$150, \$120, \$140 and \$160, and his previous four quarterly water bills were \$100, \$80, \$90 and \$120. He deposits whatever money he has left over into his bank account.

5. Add your budget to your grade 9 portfolio.

**HOMEWORK:** Print and hand in a copy of your budget to the Career Centre.

Do you have any Career Life Education experiences to add? If so, create a box in your **About Me Grade 9 Portfolio** and add a picture or symbol about your experience and add a reflection regarding your experience.

**Hint:** Did you participate in any Career events; attend a presentation, go on a fieldtrip, job shadow?



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### APRIL

**ACTIVITY #1: Reflection of Core Competencies #3 – this is done with your “C” block teacher. This document can be found online, on A.L. Fortune website, under Careers.**

1. Select **Home** from the navigation menu on the left-hand side of your screen. Then select the tab **Portfolios**.
2. Open your **Grade 9 portfolio**.
3. “Add” a box
4. Title this box – **Core Competency Term 3**, your Description should read: **Self Reflection**, then choose “Add Media”
5. Take a picture of your **Core Competency Reflection Sheet**, which you will complete with your classroom teacher, upload it into your portfolio!

### **ACTIVITY #2: Looking forward to the Graduation Program (grade 10-12)**

1. Select **Home** from the navigation menu, click on **Portfolio**
2. Choose your portfolio (About Me Portfolio – grade 9).
3. Click + **Add Box** and select **Add Journal** . Create a **Journal Entry**.
4. Write a **Journal Entry** to describe what your thoughts about your plans for your school years in the graduation program (grade 10-12) These plans could include thoughts on:
  - a. What kind of job are you considering?
  - b. What Math do you need to take?
  - c. Do you need any Sciences?
  - d. Are there any timetabling issues you could face?
  - e. Could you job shadow anyone?
  - f. Are there courses that you need to take to meet entrance requirements for a program?
  - g. Is there a dual credit program you are interested in?

## HEALTH AND CAREER EDUCATION 9

**MAY**

### **ACTIVITY #1: Goal Setting for Term 4**

1. Select **Home** from the navigation menu on the left-hand side of your screen. Then select the tab **Goals**.
2. Go to your About Me Portfolio – write a reflection on the progress of your goals you set for term 3. Were you successful, what worked, what didn't, would you change anything?
3. If you have achieved your term 3 goal, please add a new **Academic Goal (one, short term, term 4)** and include an Action Plan for how you intend to achieve it. This can be around learning a new skill or to improve on a specific subject area. If you have NOT achieved your goal from term 3, your reflection should include a comment regarding your progress, any change in your "plan of attack", and any additional steps required to meet your target.
4. Add this academic goal to your **About Me Portfolio**, if you are reflecting, do so in the "Reflection" area in the box containing your term goal.
5. Add **ONE (1) Other Goal (short term)** and include an Action Plan for how you intend to achieve it for Term 4. This can be about anything else in your life that you would like to improve on.
6. Add this goal to your **About Me Portfolio**.

**NOTE:** You will write a brief **reflection** about your goal achievement progress at the end of each term.

### **ACTIVITY#2: Proofread your year**

1. Select **Home** from the navigation menu on the left-hand side of your screen. Then select the tab **Portfolios**.
2. Open your **Grade 9 Portfolio**.
3. **Review** your year of boxes, additions, reflections. **Please be sure you handed in all required assignments to the Career Centre: Take Your Kid to Work Day chart, Occupational chart, PSI Worksheet, resume, and financial worksheet.**

Do you have any Career Life Education experiences to add? If so, create a box in your **About Me Grade 9 Portfolio** and add a picture or symbol about your experience and add a reflection regarding your experience.

**Hint:** Did you participate in any Career events; attend a presentation, go on a fieldtrip, job shadow?

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### JUNE

**ACTIVITY #1: Reflection of Core Competencies #4 – this is done with your “D” block teacher. This document can be found online, on A.L. Fortune website, under Careers.**

1. Select **Home** from the navigation menu on the left-hand side of your screen. Then select the tab **Portfolios**.
2. Open your **Grade 9 portfolio**.
3. **“Add” a box**
4. **Title** this box – **Core Competency Term 4**, your **Description** should read: **Self Reflection**, then choose **“Add Media”**
5. **Take a picture of your Core Competency Reflection Sheet**, which you will complete with your classroom teacher, upload it into your portfolio!

**Congratulation, you have completed your grade 9 Health and Career Education!**