

RATIONALE AND PHILOSOPHY

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

CALM Furthers the Alberta Learning Mission

In CALM, students continue to work toward becoming “responsible, caring, creative, self-reliant and contributing members of a knowledge-based and prosperous society” (Alberta Learning Mission statement, Business Plan 2002–2005).

CALM is a Senior High School Component of the Comprehensive School Health Education Program in Alberta

Alberta Learning is committed to a comprehensive approach to school-related health promotion. Comprehensive school health education is a broad spectrum of programs, policies, activities and services that take place in schools and their surrounding communities.

CALM is a vital component of comprehensive school health education. It emphasizes knowledge, attitudes, behaviours, competencies and values, and provides students with opportunities to enhance their capacities in problem solving, critical thinking and reflection.

Students require an understanding of self as the basis for making healthy choices, having healthy interactions with others and using resources wisely, as well as for lifelong career development.

They also require information, planning tools and processes to make decisions and develop action plans for effective life management. This health-promoting course provides opportunities for students to gain knowledge and insight, and to acquire essential life skills; it is relevant to the needs of students, now and in the future, and stimulates creativity, encouraging them to learn and providing them with important learning skills.

The CALM course approaches health issues in a coherent and holistic way. It is designed to improve students’ theoretical understanding of health issues and their ability to apply knowledge and skills to personal situations. In CALM, student participation is emphasized.

Work Experience

Work Experience 15–25–35 are separate courses for credit that provide experiential learning activities undertaken by a student as an integral part of a planned school program under the cooperative supervision of a teacher–coordinator and employer.

Work Experience 15–25–35 courses are components of an off-campus education program. These courses, like other off-campus education courses and course components, provide opportunities for students to:

- apply, in the workplace, knowledge, skills and attitudes acquired through other course work
- discover their career interests and aptitudes in meaningful work activities, situated in community-based work stations and work sites in business, industry, government and community service.

Work experience courses also provide opportunities for the school and its community to combine resources to further the student's personal development, career planning and employability skills through placements in off-campus work stations or work sites.

Off-campus education programs are a major thrust within Alberta Education's *Meeting the Challenge: Three-Year Business Plan*. The document states that:

Senior high school students will be able to learn employability skills in the workplace. The school will provide support to ensure a broad theoretical understanding for those specific skills. The province will provide high school credit for workplace learning that is certified by the school and by the employer. This will ensure students have the skills demanded by business and gain recognized work experience to assist in making the transition from school to work.

Work Experience 15–25–35 courses, at each level, may be offered for 3, 4, 5, 6, 7, 8, 9 or 10 credits. Each course is time based; i.e., 25 hours per credit, and a student may enroll in Work Experience 35 without having completed Work Experience 15 and/or Work Experience 25.

For students who entered Grade 10, as of September 1994, the number of work experience credits that may be counted toward the Alberta High School Diploma is fifteen.

There are no basic learning resources for Work Experience 15–25–35 courses. However, related support resources are available for the Career Readiness modules in the Career Transitions strand of the Career and Technology Studies program. These resources are listed in the *Career Transitions Guide to Standards and Implementation*, Interim 1995.

Career Readiness modules are linked to Work Experience 15–25–35 courses as follows:

- Module CT101: Job Preparation, will be a required component of the first work experience course taken by a student.
- Module CT201: Job Maintenance, will be a recommended component of the second work experience course taken by a student.
- Module CT301: Preparing for Change, will be a recommended component of the third work experience course taken by a student.

Specific procedures and legislation about off-campus education and work experience courses are provided in the *Off-campus Education Guide for Administrators, Counsellors and Teachers*, 1995, and the *Alberta Education Policy, Regulations and Forms Manual*.