

**Material Covered:**

The course is comprised of the following four main themes:

1. Personal Development
  - Mindset, Skills and Interests
  - Self-Awareness
  - Career Choices and Balance
  - Capstone Project Proposal
2. Community Connections
  - Essential Skills
  - Career Communication Skills
  - Network Map
3. Career-Life Planning
  - Decision Making Factors
  - Post-Secondary Plan
4. Capstone Project Presentation and Reflection

**Textbook:**

No textbook is required for this course.

**Course Design:**

This course is designed so students will gain an understanding of their own career-life development based on the attributes they possess. Through the course, you will learn strategies for your journey into adulthood. Students are marked on both worksheets and theme projects. The projects are intended to be a demonstration of your knowledge of the material covered within each of the four main themes of the course.

The culminating Capstone Project allows you to showcase the learning you have done both in and out of school in an area of interest to you. Ideally, this project reflects an area of interest that you are passionate about and in which you are hoping to pursue further education and/or a career. Early in the course, students will present their Capstone Proposal and work on the Capstone is meant to extend throughout the course.

**Grading:**

This course works on a mastery system. You must pass the mastery worksheets in each unit to the 80% level before you can go on. In addition, there are projects at the end of each major theme. Your projects can only be submitted once, so be sure to do your best work on them. Your class mark for the course is based 60% on the unit worksheets and 40% on the theme projects. The Capstone Project is a Pass or Fail mark.

**Goal:**

The goal of this unit is for you to recognize your skills, interests, and learning styles and how their development can be affected by mindset.

**Objectives:**

By the end of this unit you should be able to:

- Demonstrate an understanding of your preferred learning style, skills and abilities.
- Demonstrate a knowledge of different personality types and how those could influence career choices.
- Recognize your own mindset and how it relates to success in life.
- Understand the attributes of an Educated Citizen.

**What to Do in this Unit:**

- Ask your teacher for the Unit 1 Worksheet and complete all the work as directed there.
- When you are ready, submit all of your work for Unit 1 to your teacher for marking.

**Goal:**

The goal of this unit is for you to consider their presentation of self through investigation of your digital footprint and how these "footprints" can positively and negatively affect career opportunities.

**Objectives:**

By the end of this unit you should be able to:

- Demonstrate how digital footprints can be used for marketing purposes and aid in getting a job.
- Understand how to change your online presence in order to improve your presentation of professionalism and self.
- Recognize how your social media profile may have a negative impact on their future aspirations.
- Consider how personal and public profiles may change depending on the context.

**What to Do in this Unit:**

- Ask your teacher for the Unit 2 Worksheet and complete all the work as directed there.
- When you are ready, submit all of your work for Unit 2 to your teacher for marking.

**Goal:**

The goal of this unit is to further research and develop career choices that are of interest to you. You will gain an understanding of what it means to have a healthy work-life balance.

**Objectives:**

By the end of this unit you should be able to:

- Identify, based on your skills and abilities, which career choice would be a better fit for you.
- Demonstrate an understanding of where you are at with your career choice and present your plans.
- Understand the concept of having a work and life balance.

**What to Do in this Unit:**

- Ask your teacher for the Unit 3 Worksheet and complete all the work as directed there.
- When you are ready, submit all of your Unit 3 work to your teacher for marking.

**Goal:**

The goal of this unit is to create a Capstone Project Proposal.

**Objectives:**

By the end of this unit you should be able to:

- Make a plan to demonstrate personal learning and accomplishments both in school and in the community.
- Recognize and identify your core strengths and how they relate to the career path chosen.
- Reflect on your post-secondary plan.
- Reflect on how the Capstone Project demonstrates the qualities of an educated citizen.

**What to Do in this Unit:**

- Ask your teacher for the Unit 4 Worksheet and complete all the work as directed there.
- When ready, submit your work for Unit 4 to your teacher for marking.
  
- Go over your work from Units 1-4. When you are ready, ask your teacher for Project #1 – Self-Awareness.

**Goal:**

The goal of this unit is to explore the idea of highlighting your skills and abilities for future employers and to learn about workplace essential skills.

**Objectives:**

By the end of this unit you should be able to:

- Reflect on any career experiences you may have had.
- Learn more about the communication and collaboration skills needed for certain jobs.
- Demonstrate an understanding of your own employability skills.
- Recognize those skills that may need improvement.
- Connect the Circle of Courage with career aspirations and skills.

**What to Do in this Unit:**

- Ask your teacher for the Unit 5 Worksheet and complete all the work as directed there.
- When ready, submit your work for Unit 5 to your teacher for marking.

**Goal:**

The goal of this unit is to improve upon the collaboration and communication skills that are essential to a variety of careers.

**Objectives:**

By the end of this unit you should be able to:

- Recognize areas you could improve in and ways of improving your collaboration and communication skills.
- Update your resume and cover letter so that they are more specific to your career of choice.

**What to Do in this Unit:**

- Ask your teacher for the Unit 6 Worksheet and complete all the work as directed there.
- When you are ready, submit all of your Unit 6 work to your teacher for marking.
- Go over your work from Units 4-6. When you are ready, ask your teacher for Project #2 – Working With Others.

**Goal:**

The goal of this unit is to extend your support networks in order to support their career focus.

**Objectives:**

By the end of this unit you should be able to:

- Demonstrate an understanding of your own support networks and resources within your community.
- Describe resources available to you for pursuing education and career goals.
- Expand your network in order to support your career of choice.
- Identify and include mentors who support your choices and career focus.

**What to Do in this Unit:**

- Ask your teacher for the Unit 7 Worksheet and complete all the work as directed there.
- When ready, submit all of your work from Unit 7 to your teacher for marking.

**Goal:**

The goal of this unit is to learn more about the factors that go into making a career decision and to further explore your post-high school education plan.

**Objectives:**

By the end of this unit you should be able to:

- Demonstrate your knowledge of the internal and external factors that may affect career choices.
- Recognize the impact technology has on the future of work.
- Demonstrate an understanding of the BC Labour Market.
- Demonstrate a more detailed exploration of potential career choices.

**What to Do in this Unit:**

- Ask your teacher for the Unit 8 Worksheet and complete all the work as directed there.
- When you are ready, submit your Unit 8 work to your teacher for marking.

**Goal:**

The goal of this unit is to create an integrated post-secondary plan for the career path of your choice.

**Objectives:**

By the end of this unit you should be able to:

- Demonstrate and present your evidence and reasoning for your choices.
- Recognize and identify your core strengths and how they relate to the career path chosen.

**What to Do in this Unit:**

- Ask your teacher for the Unit 9 Worksheet and complete all the work as directed there.
- When you are ready, submit your Unit 9 work to your teacher for marking.
- Go over your work from Units 1-9. When you are ready, ask your teacher for Project #3 – Capstone Presentation and Reflection.

**Congratulations, you have finished Career Life Connections 12!**