

Career Life Connections (CLC) 10

Course Outline/Scope and Sequence

Introduction to Career Education:	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. 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.	
Students are expected to:	Content:	Activities Grade 10:
Examine	Recognize personal views and perspectives and consider their influence on your values, actions, and preferred futures Analyze internal and external factors to inform personal <u>career-life choices</u> for post-graduation planning Assess personal transferable skills, and identify strengths and those skills that require further refinement Explore and evaluate personal strategies, including social, physical, and financial, to maintain well-being	Reflect Discuss with others Goal setting Survey's Tours Shadowing Interviews Presentations
Interact	Collaborate with a <u>mentor</u> to inform career-life development and exploration Engage with personal, education, and employment networks to cultivate <u>post-graduation resources</u> and social capital Create and critique personal and public profiles for self-advocacy and marketing purposes Demonstrate and reflect on inclusive, respectful, and safe interactions in multiple <u>career-life contexts</u>	With themselves With their peers With their teachers With presenters
Experience	Explore possibilities for preferred personal and education/employment futures, using creative and innovative thinking Identify and apply preferred approaches to learning for ongoing career-life development and self-advocacy Engage in, reflect on, and evaluate <u>career-life exploration</u>	myBlueprint activities Personality survey Post Secondary Institute Tour Work BC Try-A-Trade OC Campuses Work BC BC Federation of Labour Career Spotlights Job Shadowing MADD Student-for-a-day
Share	Reflect on experiences in school and out of school, assess development in the Core Competencies, and share highlights of their learning journey Design, assemble, and present content learned	myBlueprint content– reflection additions, goal setting Assignments
Assessment and Evaluation	myBlueprint submissions Assignments Participation on fieldtrips A – 86-100 B – 73-85 C+ - 68-72 C – 60-67 C- - 50-59 D – 0-49	

Students are to:	Attend:	Dates:	Activities:
	myBlueprint Sessions	October - please listen to announcements for upcoming dates and times for events and presentations. November December January February March April May June	Career Contact • Goal setting term 1 • PSI tour • Tolko Experience • Dual credit night -Salmon Arm and Armstrong • Interior Health Presentation • Green jobs in forestry • Work Safe BC • Interior health fieldtrip • Centre for Arts and Technology • Forestry/Wildfire Day • TRU fieldtrip • Applications to dual credit programs Career Contact • Reflection Core Competencies#1 • TA Structures spotlight • Food Science UBCO lab at Fortune • University of Calgary • Avalanche Canada • Hairdressing Open House • PSI presentation Indigenous • Jill of All Trades Vernon • Sparkling Hill spotlight • Applications to dual credit programs Career Contact • Goal setting term 2 • Food Safe • RCMP visit (TBA)/ RCMP Camp applications • OC Vernon and Kelowna tours (TBA) • TRU presentation • Occupational Investigation Assignment (hand in) • Applications to dual credit programs Career Contact • Reflection Core Competencies#2 • PSI worksheet (hand in) • Applications to dual credit programs Career Contact • Goal Setting term 3 • PC1 Open house (TBA) • ACRT Open house (TBA) • Experience UBCO (TBA) • Resumes (hand in) • Applications to dual credit programs Career Contact • Budget worksheet (hand in) Career Contact • Reflection Core Competencies#3 Career Contact • Goal setting term 4 • RCMP camp (TBA) Career Contact • Reflection Core Competencies#4

Grade 10 CAREER LIFE EDUCATION

Let's Get Started

- Students visit 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 10 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, Personality, and Interests** 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: Knowledge Assessment

- Select **Portfolios** from the tab menu in the home section.
- Add a new portfolio (+ **Add Portfolio**) titled "About Me Portfolio" -Description – **Grade 10!** 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 **Knowledge** 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 **Knowledge** to your **About Me Portfolio**.
- Write a brief **reflection** (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 10 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?

Grade 10 CAREER LIFE EDUCATION

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 10 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!

ACTIVITY #2: My Summer!

1. Select **Portfolios** from the tab menu on your dashboard. Select your **About Me** portfolio
2. Add 2 custom boxes (click + **Add Box**, **Add Media** +) titled "My Summer" and upload a picture or video of something that you did this summer. One box sharing a summer event/activity that you experienced, another box sharing something or somewhere you hope you get to participate in or experience next summer.
3. Add a title and a description.
4. Add a **reflection** (Explain your additions).

Do you have any Career Life Education experiences to add? If so, create a box in your **About Me Grade 10 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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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 Investigation

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 in the Search Bar and clicking **Search**. Too many options? Use the **Smart Filters** to help narrow your results. Be sure you look at the Education filter...choose **at least** one that requires college or university. You can even filter based on your salary desires. If you are unsure, try investigating careers *areas* that interest you. For example, look up "Career Clusters" – Health Sciences for jobs in health but related to science education. This will give you a selection to choose from, remember this is research!
3. **Find 3 Occupations** that you want to learn more about. These occupations **MUST BE DIFFERENT** than the ones you chose in grade 9. Click 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.
4. Consider and compare the following, complete the worksheet attached.
 - a. What do they do?
 - b. Level of education required.
 - c. Outlook?
 - d. Salary?
 - e. Describe the workplace.
 - f. Skill sets that you should possess.
 - g. Whether this job is a match for you based on your **Who Am I** results?
 - h. Requirements?
 - i. Potential Post-Secondary programs – program name and institution
5. Click the heart icon below the Occupation Title to favourite attractive options.
6. Repeat steps 2-5 for different Occupation options. Rank your top three choices by selecting **FAVOURITES** in the navigation menu. Click and drag your top three choices into the slots.

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7. 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**.
8. Add a **reflection** to each of the three boxes in **your Portfolio** (What is it about this occupation that interests me? What are the pros and cons of each one?)

HOMEWORK: Hand in your Occupational Investigation Chart to the Career Centre.

Do you have any Career Life Education experiences to add? If so, create a box in your **About Me Grade 10 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, carpentry, HVAC 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.

Grade 10 CAREER LIFE EDUCATION Occupational Investigation Worksheet

Name (first and last) _____

	Occupation #1	Occupation #2	Occupation #3
Occupation name			
What do they do in their job?			
Level of education required?			
Outlook?			
Salary?			
Workplace description?			
Useful skill sets?			
Are you a match?			
Requirements?			
Potential Programs? • Program name • Institution			

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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 10 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!

ACTIVITY #2: Post-Secondary Research Comparison

1. Select **Post-Secondary** from the left hand navigation menu on your dashboard.
2. Select Apprenticeships, College/University or Workplace.
3. Find two opportunities *from one pathway* that interests you and click the heart icon beside the program title to add it to your list of **Favourites**. Use the **Smart Filters** to help narrow your results. *Think of the occupations you looked at earlier, does the job have an educational program you could look up.*
4. In the navigation menu, select **FAVOURITES** to review your selected opportunities (click on the **Apprenticeships/Programs or Workplaces** tab). Click the three grey dots to the right of the opportunities you favourited today, select the **Compare** button, and then click the blue **Compare** button at the top of the screen to view the opportunities side by side. They will only compare if they are in the same category.
5. Consider and compare the following, also complete the attached Post secondary Program worksheet attached....
 - a. Post secondary institution name
 - b. Location
 - c. Program name
 - d. What does the person do?
 - e. Program Length
 - f. Tuition cost
 - g. Is there residence/cost?
 - h. Admission requirements
 - i. Related Occupations – do you like anything? This could be a comment in your reflections.
6. In the navigation menu, select **FAVOURITES** and rank your top three post-Secondary opportunities by clicking and dragging them into the first, second, and third place spot.
7. Add your recently “favourited” opportunities to your portfolio (About Me Portfolio, grade 10) by clicking on the three grey dots to the right of the opportunity title and selecting the **Add** button.
8. Add a **reflection** to each of the three boxes in **your About Me Portfolio** (Do you need to take any specific courses in high school?).

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 10 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?

Grade 10 CAREER LIFE EDUCATION Post Secondary Institute Worksheet

Name (first and last) _____

	Post Secondary Institute #1	Post Secondary Institute #2
PSI name:		
PSI location:		
PSI program name:		
What does a person in this program do (see program overview):		
Length of program:		
Cost of tuition:		
Cost of residence:		
Admission requirements:		
Why I like this program:		
Why I like this PSI and/or the location?		
Identify ONE related occupation to your field of study:		
Identify one high school course that would help you in this program:		

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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 9. If you haven't already, update or add your **Contact** information; fill in the **Objective, Education, Work Experience, Skills and Abilities**, 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"
5. Please consider this a resume you are going to use to search for a summer job this spring. Be sure your objective is clear for your employer...do you want a fulltime summer job, or part time, an after-school job? What skills sets do you have that an employer would be interested in....do you have computer skills, can you use tools, do you have a driver's license?

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!

Do you have any Career Life Education experiences to add? If so, create a box in your **About Me Grade 10 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?

Grade 10 CAREER LIFE EDUCATION

MARCH

ACTIVITY #1: : Budget

1. Select **Money** from the navigation menu.
2. Click on **Budget and Finance Guide**, review the content in the “Income ad Expenses” and “Credit and Debt” sections.
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.

Blake is a high school graduate who works part-time at Starbucks, earning \$250 a week. On top of this, they receive tips of \$85 a week. They also attend the local college, part time with tuition being \$800 for two semesters (but they won a \$400 bursary). They attend school from September to December, then January to April. From May to August they work full time, making \$1600 a month. They live at home at the moment in order to save money but do buy their own food that is on average \$400 a month. They spend \$50 a week on Amazon and \$40 on eating out; and \$30 a week for games, movies and other forms of entertainment. They also own a car which draws annual expenses of \$1500 for insurance and \$300 for maintenance, and weekly gas cost of \$40 for travel to and from school/work. For their phone and internet, they ar on the \$60 a month phone and internet bundle with unlimited use. They deposit whatever money they have left over into their savings bank account.

5. Add your budget to your grade 10 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 10 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?

Grade 10 CAREER LIFE EDUCATION

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 10 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!

ACTIVITY #2: Looking forward to Graduation

1. Select **Home** from the navigation menu, click on **Portfolio**
2. Choose your portfolio (About Me Portfolio – grade 10).
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 grade 11 year. Are you looking ahead to college? What courses are you wanting/needing to take to meet entrance requirements. Your write up could include thoughts on the following:
 - a. What are you looking forward to next school year?
 - b. Are you worried about anything?
 - c. What are two obstacles you may face?
 - d. How can you overcome these obstacles?
 - e. Who could you turn to for a support system and why?
 - f. Are there courses that you need to take to meet entrance requirements for a program?
 - g. Is there any job shadowing you want to do or school you want to visit?
 - h. Is there any sport or club you wish was offered in the school?
 - i. Are there any subjects/classes you would like to see offered at Fortune?

Grade 10 CAREER LIFE EDUCATION

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 10 Portfolio**.
3. **Review** your year of boxes, additions, reflections. **Please be sure you handed in all required assignments to the Career Centre: Occupational Investigation worksheet, Post Secondary Institute Research worksheet, Resume and Budget assignment**

Do you have any Career Life Education experiences to add? If so, create a box in your **About Me Grade 10 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 10 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!

Congratulations, you have completed Career Life Education 10!