

Health and Career Education (CLE) 7

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 7:
Examine	Examine the influences of <u>personal and public profiles</u> on career-life opportunities Identify <u>risks</u> and appreciate benefits associated with personal and public digital footprints Consider the role of <u>personal and employment networks</u> in exploring career-life opportunities	With themselves With teachers With Career Staff With presenters With their peers With their parents With Work BC
Interact	Apply a <u>mentor's</u> guidance in career-life exploration Collaborate with <u>supportive community</u> members to explore the <u>reciprocal influences</u> of career-life choices Communicate with the intent to highlight personal strengths, talents, accomplishments, and abilities	With themselves With their peers With their teachers With Career Staff With presenters With their family
Experience	Demonstrate inclusive, respectful, and safe interactions in diverse career-life <u>environments</u> Identify career-life challenges and opportunities, and generate and apply strategies Explore and connect experiential learning both inside and outside of school with possible and preferred career-life pathways Practise effective strategies for healthy school/work/life balance	myBlueprint activities Work BC Try-A-Trade BC Federation of Labour Career Spotlights Avalanche Canada Safer Schools Volunteer work Grade 7 camp Goal setting/organizational strategies
Initiate	Explore and reflect on <u>career-life roles</u>, personal growth, and initial planning for preferred career-life pathways Develop preliminary profiles and flexible plans for career-life learning journeys	myBlueprint content– reflection additions, goal setting Assignments
Assessment and Evaluation	myBlueprint submissions Assignments Participation on fieldtrips Extending Proficient Developing Emerging	

Students are expected to:	Attend:	Dates:	Activities:
	myBlueprint Sessions	September – follow classroom teacher instructions for scheduling, presentations will be announced in class and on the PA announcements. October November December January February March April May June	Career Contact • Grade 7 camp Career Contact • Goal Setting • Dual Credit Night Career Contact • Avalanche Canada • Reflection of Core Competencies Career Contact • Goal setting • Food Safe Career Contact • PSI presentation - OC Career Contact • Reflection of Core Competencies • Resume (hand in) • ACRT Open House • PC1 Open House Career Contact • Occupation Comparison worksheet (hand in) Career Contact • Goal setting • Money activity in myBlueprint Career Contact • Culminating activity Career Contact • Reflection of Core Competencies

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Let's Get Started

1. 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 7 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

ACTIVITY: Learning Styles Assessment

1. Select **Portfolios** from the tab menu in the home section.
2. Add a new portfolio (+ **Add Portfolio**) titled 'About Me Portfolio grade 7'. This portfolio will allow you to showcase your interests, passions, goals, and career interests.
3. Select **Who Am I** from the navigation menu on the left-hand side of your screen. Then select the tab **Surveys**.
4. Complete **ONLY** the **Learning Styles** survey to receive your results
5. Review the **Study Tips** for your Learning Style (s) and try one out this month!
6. Add your Learning Style to your **About Me Portfolio**
7. Write a brief **reflection** (Did you learn something new about yourself? Do you agree or disagree? Why or why not?)

ACTIVITY #2: Goal Setting for Term 1

1. Select **Home** from the navigation menu on the left-hand side of your screen. Then select the tab **Goals**.
2. 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.
3. Add this academic goal to your **About Me Portfolio**.
4. 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.
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 term.

Do you have any Career Life Education experiences to add? If so, create a box in your **About Me Grade 7 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

1. Select **Home** from the navigation menu on the left-hand side of your screen. Then select the tab **Portfolios**.
2. Open your **Grade 7** 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: Create 2 Custom Boxes in Portfolios

1. Select **Home** from the navigation menu on the left-hand side of your screen. Then select the tab **Portfolios**. Click on your **About Me** portfolio.
2. Add 2 custom boxes titled “**WHO AM I?**” and upload a picture or video of something that best **describes who you are / what makes you happy / what is your passion?**
3. Add a title and a description.
4. Add a **reflection** (why did you choose to share this? Why is it important to you?)

Do you have any Career Life Education experiences to add? If so, create a box in your **About Me Grade 7 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: Occupations

1. Select **Work** from the left-hand navigation menu or your screen. Select **Occupations**.
2. To get started with **Occupations**, Enter **Opportunity Name or Keyword** and click **Search** when you are ready.
3. Pick **THREE (3)** opportunities that interest you and "favourite" them (this is clicking the heart).
4. Add the 3 occupations to your **About Me Portfolio** and write a brief reflection for each on why you chose the occupation.

Do you have any Career Life Education experiences to add? If so, create a box in your **About Me Grade 7 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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JANUARY

ACTIVITY #1: College Ideas

1. You will attend an Okanagan College Presentation during this month.

HOMEWORK: Add a box in your **About Me Grade 7 Portfolio** and add a picture or symbol of Okanagan College and add a reflection regarding your experience. **Hint:** What did you like about the presentation? What do you want to learn more about? Is there a program that interested you? Was there anything that surprised you?

Do you have any other Career Life Education experiences to add? If so, create a box in your **About Me Grade 7 Portfolio** and add a picture or symbol about your experience and add a reflection regarding your experience.

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FEBRUARY

ACTIVITY #1: Reflection of Core Competencies #2

1. Select **Home** from the navigation menu on the left-hand side of your screen. Then select the tab **Portfolios**.
2. Open your **Grade 7 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: 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 resume.** 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 your classroom teacher. 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 7 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: Occupations

1. Select **Favourites** from the navigation menu on the left-hand side of your screen.
2. Find the 3 Occupations that you saved in December. **Choose two occupations that you would like to compare.**
3. **Compare** them by clicking the  menu on the right-hand side of the occupation you would like to compare. A drop-down menu will appear. Select compare. *Repeat this process for the other occupation you would like to compare.*
NOTE: At the top of your page, your compared items will appear. Select the blue compare button to view a side-by-side comparison of your selections.
4. Consider and compare the following :
 - a. Job title
 - b. What do they do
 - c. Education needed
 - d. Outlook
 - e. Salary range
 - f. What is the job environment like
 - g. Skills needed
 - h. High school courses you could take that might help you or are required
 - i. What you like/dislike about this job
5. Add your top 3 occupations to your **About Me Portfolio** and use the reflection box to compare (Pros vs Cons)

HOMEWORK: Complete the Occupation Assignment sheet attached and hand it in to your classroom teacher with your name on it.

Do you have any Career Life Education experiences to add? If so, create a box in your **About Me Grade 7 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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OCCUPATION ASSIGNMENT SHEET

Name (first and last) _____

	Occupation #1	Occupation #2
What is the Job Title		
What do they do		
Education needed		
Outlook		
Salary Range		
What is the job environment like		
Skills needed		
High school courses you could take that might help you or are required		
What you like/dislike about this job		

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APRIL

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?
3. If you have achieved your term 2 goal, please 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. If you have NOT achieved your goal from term 2, 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 3. 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: Money

1. Select Money from the navigation menu on the left-hand side of your screen.
2. Select Budget and Finance on the right-hand side of your screen.
3. Read the "overview" and "income and expenses".
4. After reading the information you are now going to click "add budget".
5. Use the following information to complete your budget.
 - Budget name – winter 2026
 - Expense – ski pass - \$500
 - Income – work- \$250
 - Income – parent/family - \$50
 - Income – savings - \$200
6. On your budget, click the 3 grey dots on the right and add it to your grade 7 portfolio.

HOMEWORK: Now that you have experience with creating a budget, feel free to make yourself a real-life budget and add it to your portfolio.

Do you have any Career Life Education experiences to add? If so, create a box in your **About Me Grade 7 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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MAY

ACTIVITY #1: CULMINATING ACTIVITY: Portfolios

1. Add 2 more custom boxes – upload images or documents or link videos of something that happened to you this year that you would like to share (i.e., field trip, job shadowing, cool project, etc.)
2. Write a reflection about why you wanted to share this experience

Look at your **About Me Portfolio** and all of the boxes you've added and ensure each box has a reflection

Do you have any Career Life Education experiences to add? If so, create a box in your **About Me Grade 7 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?

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 7 Portfolio**.
3. **Review** your year of boxes, additions, reflections. **Please be sure you handed in all required assignments to your classroom teacher: Resume and Occupational assignment.**

Do you have any Career Life Education experiences to add? If so, create a box in your **About Me Grade 7 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 #3

1. Select **Home** from the navigation menu on the left-hand side of your screen. Then select the tab **Portfolios**.
2. Open your **Grade 7 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!

Congratulations, you are done your Health and Career Education 7!