



Grade 10

Career Pathways is a means of exploring and learning to manage one's pathway through life and the world of work. Investigating various careers is an important piece in terms of preparing for life after high school. [LRSD](#) provides assistance to students through encouragement, advice, and practical experiences

Curriculum Connection - Alberta Learning

Career and Life Management

- Students will be aware of how choices affect personal well being in relation to transitioning to employment and post-secondary.
- Students will be aware of resources available to achieve personal success.
- Students will develop and apply processes for managing personal, lifelong career development.

General Outcome 1: Personal Choices

- P8. develop and assess strategies for anticipating, identifying, managing and embracing change
- P9. demonstrate and apply effective communication, conflict resolution and team-building skills
- P10. examine various attitudes, values and behaviours for developing meaningful interpersonal relationships

General Outcome 2: Resource Choices

- R1. identify personal resources, and explain how they could be of value to self and others
- R2. compare needs, wants and consequences, with consideration of self, others and society
- R3. examine sources of lifestyle aspirations, and relate these to personal resources



General Outcome 3: Career and Life Choices

- C1. examine the components of effective career development as a lifelong process
- C2. update and expand a personal profile related to potential career choices
- C3. examine the relationship among career planning, career decisions and lifestyles
- C4. develop strategies to deal with the transition from senior high school to post-secondary education/training and/or the world of work
- C5. develop a quality career portfolio
- C6. investigate the range of learning opportunities in post-secondary programs, on-the-job training and apprenticeship training programs
- C7. analyze variations in employment and the implications in the life career process
- C8. determine skills, attitudes and behaviours necessary to getting a position
- C9. determine the skills, attitudes and behaviours necessary for retaining a job
- C10. investigate employer and employee ethics, rights and responsibilities
- C11. design a plan for turning life goals and aspirations into reality

Career Transition Courses

- CTR 1010: Job Preparation
- CTR 2010: Job Maintenance
- CTR 2310: Career Directions - Expansion
- CTR 3010: Preparing for Change
- CTR 3310: Career Directions - Transitions

Timeline

September -November	December-January	February-April	May-June

Career Practitioner Goals

1. Develop a 2 and 5 year plan
2. Selecting a career path
3. Complete personality, value and interest assessments
4. Examine post secondary options including entrance requirements
5. Develop and understanding of workplace safety

For more information contact Christy Bazell bazellc@lrsd.ab.ca



Tools

Career Cruising

Each student has an account set up with the username of LRSD. They are given a student number and a preset password. If you do not have a login for Career Cruising, please contact Julie Hutchinson at hutchinsonj@lrzd.ab.ca

Personal Management

- 1.3 Develop abilities to maintain positive self-image
- 2.3 Develop abilities for building positive relationships in one's life and work
- 3.3 Learn to respond to change and growth

Learning and Work Exploration

- 4.3 Link lifelong learning to one's career building process
- 5.3 Locate, interpret, evaluate and use life/work information
- 6.3 Understand how societal and economic needs influence the nature and structure of work

Life/Work Building

- 7.3 Develop abilities to seek, obtain/create and maintain work
- 8.3 Engage in life/work decision making
- 9.3 Link lifestyles and life stages to life/work building
- 10.3 Understand and learn to overcome stereotypes in life/work building
- 11.3 Recognize and take charge of one's life/work building process

Career Cruising Training Resources

For links to Career Cruising training videos, webinars, knowledge base and implementation links please you can log in through the intranet - [Click here](#)

CAREER PATHWAYS



Portfolio

from Career Cruising

SAMPLE PORTFOLIO COMPLETION STANDARDS

Criteria	Grade Level			
	7	8	9	CALM
Career and Education Exploration	7	8	9	CALM
Career Matchmaker		✓		✓
My Skills				✓
Learning Styles	✓			
Careers of Interest	✓	✓	✓	✓
Minimum number of careers	1	3	5	7
Career Selector			✓	
Schools of Interest				✓
Minimum number of schools				2
Programs of Interest				✓
Minimum number of programs				2
Apprenticeships of Interest				✓
Minimum number of apprenticeships				2
Career Planning	7	8	9	11
Career Cluster / Pathway Selection		✓		✓
Career Planning Activities*		✓		✓
Minimum number of activities		1		5
Post-Secondary Plan				✓
Career and Life Goals		✓	✓	✓
Activities and Abilities	7	8	9	11
Extracurricular Activities		✓	✓	✓
Minimum number of activities		1	1	1
Hobbies & Interests	✓	✓	✓	✓
Minimum number of activities	1	1	1	1
Skills and Abilities			✓	✓
Minimum number of skills/abilities			5	5
Awards and Certificates				✓
Work Experience				✓
Volunteer Experience				✓
Minimum number of hours				
Annual Portfolio Review (done by teacher)	✓	✓	✓	✓

Career Planning Activities

from Career Cruising

Criteria	Grade Level			
	7	8	9	CALM
Career Planning Activities				
Attend a career/job fair				✓
Complete interest		✓		✓
Complete or update interviewing skills			✓	✓
Complete or update resume			✓	✓
Discuss career options with a career advisor				✓
Explore an apprenticeship program				✓
Job shadowing program				✓
Practice completing job applications			✓	✓
Take part in community service	✓	✓	✓	✓

CALM - Tools for Teachers

This T4T course consists of [35 lessons](#) organized into three modules: Personal Choices; Resource Choices; Career and Life Choices. Correlated assignments and keys; sample final test and key; multimedia segments; optional modules; and information about the course are available. (Requires Learn Alberta Sign In)

World of Skills ([link](#))

Skills competitors demonstrate high standards of skill, competence and excellence. Video clips feature contests in auto body repair; auto service; baking; cabinet making; carpentry; culinary arts; graphic design; hairstyling; IT network support; IT software applications; mechanical CADD; precision machining; Web site development; welding; and women’s apparel design. Profiles of contestants identify training and educational requirements associated with different occupations.

Take Our Class to Work ([Link](#))

Integrated with the grade 10 Careers Studies curriculum, this program is a new way for business and education to collaborate, as students explore their career interests and learn from their future employers.



Turning Points

The [Turning Points program](#) is a character awareness and literacy program that provides opportunities for students in Grades 6 - 12 to read, write and think about their fundamental values. A process of self-reflection and discussions with teachers and peers leads to writing a narrative essay about a significant event - a turning point - in which students organize and express their thoughts about the principles that guide their lives.

The Be Real Game

(please ask your administrator for the username and password)

- [Details](#)
- [The game](#)

Activities

- Complete Career Matchmaker
- Career Portfolio
- Complete My Skills Assessment
- Search for a job of interest in the community
- Explore the recommended college/university programs in a chosen field
- Complete the Post-Secondary Plan
- Update/create cover letter and resume
- Participate in mock interviews.
- [Career Cruising Group Activities](#)

One week Job

- [Curriculum](#)
- [Video order](#)
- [Career Crate](#)
- Search Youtube, for one week job segments with Sean Aiken

Resources

- [Skills Plan](#)
- The changing nature of work, employment, and education in Canada, 2006 Census ([view](#))

- Class of 2000 — Student loans ([view](#)) *Canadian Social Trends, Autumn 2004*
- Feminization of work ([view](#)) *Canadian Social Trends, Spring 2004*
- Taking charge: Perceptions of control over life chances ([view](#)) *Canadian Social Trends, May 2006*
- Studying and working: The busy lives of students with paid employment ([view](#)) *Canadian Social Trends, Winter 2003*

Mypass

Mypass is an Alberta Education secure self-service website for Alberta students to:

- View diploma exam results and request rescores
- Register to write a diploma exam
- Order high school transcripts
- View progress towards a credential (diploma or certificate)
- View and print a Detailed Academic Report (DAR)
- Order additional copies of an awarded credential
- View student personal information

Events and Opportunities

- Divisional post-secondary fair
- [Alis - Educators and Counsellors](#)
- [Job shadows](#) - Career Transitions
- [Discovery Health Days](#) - U of C
- [Olds College](#) Open House
- [Women in Engineering](#) - U of C
- [Lethbridge College](#) Open House
- [SAIT](#) Open House
- [University of Lethbridge Grade 11 Merit Award](#)
- [Youth Exploring Trades and Technology](#)
- [Health Care Expo](#)
- Cruise the College - Lethbridge college
- [World of Choice](#) - Junior Achievement
- [RCMP Youth Camp](#) - Two per year. One specifically for Aboriginal Youth.
- Summer job search

Off Campus Coordinators

- Registered Trades Apprenticeship
- Green Certificate
- Work Experience



Literacy Connections

- Post secondary viewbooks
- [Seven Habits of Highly Effective Teens](#) by Sean Covey
- [What Colour is Your Parachute for Teens](#)
- [How to Win Friends and Influence People](#) (in the Digital Age)

Financial Literacy Connection

Junior Achievement

“JA started with a vision to help teach young people about business and free enterprise. That was back in 1919, before JA became a global leader in educating youth about financial literacy, work readiness, and entrepreneurship. Now in over 121 countries, JA brings volunteers together with over 10.2 million of our future leaders.” Junior Achievement Southern Alberta Website

Company Program

According to a Gallup survey, 45 percent of pre-college students said they plan to start their own business, while 42 percent said they will invent something that changes the world. However, most students don't learn the skills they need to successfully create a business in school.

Over a four-month period, JA's Company Program teaches grade 9-12 students how to organize and operate a real business. Volunteers from the local business community work with students to launch and run a small enterprise. This gives students the real-world skills and experience that they need to achieve their dreams of becoming entrepreneurs.

Investment Strategies

The earlier youth learn financial literacy, the more likely they are to invest and save later in life. Recent U.S. research has found that “people who have had financial education participate more often in retirement programs, make larger contributions and have a much higher savings rate than others”.

JA's Investment Strategies program (ISP) teaches students how to save and invest for the future. The program includes both interactive classroom lessons and an online stock market simulation, Invest JA, where students manage their own simulated stock

portfolio. The simulation is linked to live data from North American stock markets and is an exciting, risk-free way for students to apply the investing principles they learn in the program.

TITAN – becoming Canada’s next CEO

Empowering Grade 10-12 Students to Become Canada’s Next CEOs

Many of today’s youth have the passion, drive and creativity to launch businesses. In fact, an Intuit Canada survey called Millennials the “Start Up Generation”, as they are twice as likely as the average Canadian to start a business within the next year.

JA’s TITAN program gives grade 10-12 students the confidence to go after their entrepreneurial dreams. Students take part in an interactive online challenge where they become CEOs of their own company. They must create a business strategy and strive to succeed in a highly competitive industry.