

Career Life Education 10

Learning Outcomes: The activities in this course are based on the core competencies and curricular competencies as provided by the Ministry of Education of BC. The goal of CLE 10 is to support students in the process of becoming successful, educated citizens by providing them with opportunities to explore a variety of careers and options for their future. Career Education helps students to discover a bridge between classroom learning and workplace and post-secondary realities and is intended to make their learning meaningful and relevant.

View the complete Ministry of Education learning outcomes for this course: [Career Life Education 10](#)

Resources: All other resources are provided within the course. Students will need good access to the Internet and will be required to use online tools.

Communication: Assignments are submitted directly through your course. Constant communication with your teacher is key to success in a DL course. Phone or email or message your teacher for help whenever necessary.

Goal Setting: This course is self-paced and self-directed. Students should plan on working 5-6 hours a week on this course. It is highly recommended that the student creates a calendar of monthly, weekly and even daily goals. Contact your teacher if help is needed doing this.

Unit 1: Who am I?

- Communication Competency Profiles
- Who am I?
- 1.1 Reflection – About Your Ancestry
- 1.2 Assignment – Illustrate, Write, Record “Who Am I”
- Creating Your E-Portfolio
- 1.3 Build Your E-Portfolio

Unit 2: Finding a Balance

- Work and Life Balance
- 2.1 Assignment – Work Life Balance
- Mental Health
- 2.2 Reflection – Mental Wellness

Unit 3: Connections with Community

- How Connected Am I?
- 3.1 Assignment – My Connections

Unit 4: What do I have to Learn?

- Cellphone & the Best Available Plan
- 4.1 Reflection – Rookie Error
- 4.2 Assignment – My Findings
- Learning to Drive!
- 4.3 Reflection – Why?
- 4.4 Assignment – What’s Your Plan?
- Safety in the World Today
- 4.5 Reflection – Using Instagram
- 4.6 Reflection- Trace My Shadow
- 4.7 Assignment – Digital Footprint
- Finance and You
- 4.8 Reflection – Security Check
- 4.9 Assignment – Create a Simple Budget
- 4.10 Assignment – Case Study
- 4.11 Assignment – Do the Research
- Money Smarts

Unit 5: Change and Awareness

- Why is Change Inevitable?
- 5.1 Reflection – Are High School Students Ready for Real Life?
- 5.2 Assignment – Skills for Success

Unit 6: Career Choices and Planning

- Exploring My Potential
- 6.1 Assignment – A Bit More About Me
- 6.2 Assignment – Prepare a Resume
- 6.3 Assignment – Create a Cover Letter
- 6.4 Reflection – My Transferable Skills
- Work Safety
- 6.5 Assignment – Safety Video
- Career Exploration
- 6.6 Assignment – Fact Sheet
- Goal Setting
- 6.7 Assignment – S.M.A.R.T. Goals
- 6.8 Reflection – Sharing Your Learning Through Your E-Portfolio

Assessment

This 4-credit course will be broken down as follows:

Reflections - 20% of the overall grade.

Assignments - 80% of the overall grade.