

CALM 20

"Whenever you see a successful person, you only see the public glories, never the private sacrifices to reach them." --Vaibhav Shah

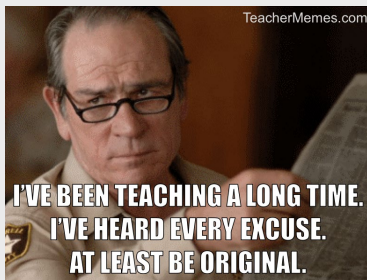
CLASS RULES

- 1 Be on-time, on-task, & prepared to learn **EVERYDAY**
- 2 Keep all personal electronics **PUT AWAY!**
- 3 **BE RESPONSIBLE** ← for your own learning
- 4 **RESPECT** the teacher
the classroom
other students
- 5 Trash goes in the trashcan!
#NOTYOURMAID

Class Expectations

A more comprehensive list of classroom rules can be found here:

<http://rcarr.weebly.com/carrs-class-rules.html>



Teacher Page

<http://rcarr.weebly.com/calm-20.html>



Course Description

The aim of Career and Life Management (CALM) is to enable students to make well-informed, considered decisions and choices in all aspects of their lives and to develop behaviors and attitudes that contribute to the well-being and respect of self and others, now and in the future.

Students will have the opportunity to:

- Realistically set and plan for personal goals
- Assess and consider their own abilities
- Determine how their personal characteristics affect their learning and decision-making processes
- Test their ideas and current expectations in a non-judgmental and safe environment

A Word From Our Sponsors

Check here for specific curricular outcomes of CALM 20:

<http://www.learnalberta.ca/ProgramOfStudy.aspx?lang=en&ProgramId=317412#>

What are the consequences if I don't follow class rules?

1. Warning: the teacher provides a verbal reprimand/reminder to student
2. Exercise – swearing (within my earshot) will automatically mean 10 push ups, sit ups or jumping jacks.
3. Lunch Detention: short time spent during lunch to contemplate conduct.
4. Parent Contact: Parent will be contacted. by phone/email about conduct.
5. Referral to Administration: a student will be immediately referred to administration for severe or ongoing behavior problems.

Specific Topics

Career and Life Choices

✓ *Career Planning Process* including:

- ✓ *Résumé*
- ✓ *Cover Letter*
- ✓ *Interviews*
- ✓ *Personal Career Plan based on skills, values and interests*
- ✓ *Establishing and Implementing a Career*
- ✓ *Portfolio*
- ✓ *Work Ethic**

Resource Choices

Lifestyle Choices

- ✓ Buying a car
 - ✓ Finding and furnishing an apartment
 - ✓ Tenancy Laws
 - ✓ Living with someone
 - ✓ Labour laws
- Personal Financial Management
- ✓ Budgeting
 - ✓ Credit
 - ✓ Investments
 - ✓ Banking



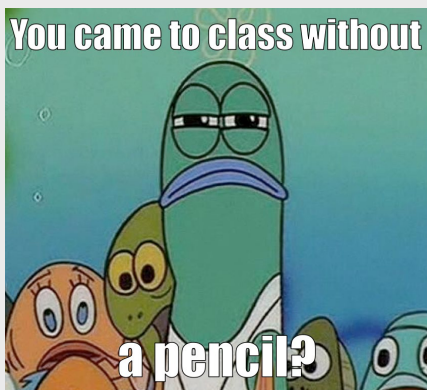
Grade Breakdown

•Portfolio and Careers (Summative)	35%
•Well Being Presentation (Summative)	20%
•Resource Choices - Twenty Something Project (Summative)	20%
•Classroom assignments (Formative)	0%
•Reflections & Participation	5%
•Work Ethic	5%
•Final Writing Assignment (Summative) – must be written to pass class	15%
•Total Mark	100%






A Note To Parents:

I believe strong parent-teacher communication will help your child excel. Please contact me if you have any questions or concerns during the year. I can be reached at the school at Rebecca.Carr@pembinahills.ca or 780-674-8522, ext. 6959 or <https://rcarr.weebly.com/calm-20.html>

Call the school office at 780-674-8522 to obtain your Power School password. This enables you to follow your child's achievement online.



Supplies

-  Pencils, pens, erasers
-  Binder
-  Small supply of lined paper
-  Memory Stick (helpful, not a necessity)
-  Clear Sheet Protectors

Specific Topics continued

Personal Choices

- ✓ Building Communication Skills – Listening & Speaking, Body Language
- ✓ Building Self – Awareness
- ✓ Nature of Well-Being and Healthy Lifestyle
- ✓ Factors Affecting Personal Well-being – Diet, Exercise, Drugs, etc.
- ✓ Maintaining and Enhancing Personal Well-being
- ✓ Understanding Relationships – Friends, partners, parents, siblings, teachers, coaches, employers, etc.
- ✓ Recognizing Commitments and Expectations
- ✓ Developing, Maintaining and Enhancing Stable and Satisfying Relationships
- ✓ Dealing with Grief and Loss

*Due to the nature of this area, some content may be considered controversial & therefore may be offensive to some people. If you feel that you may have a concern in this regard, please contact the teacher ASAP. Again all material covered will be done so in a non-judgmental and safe environment *

What do I do if I am absent?

Check Google Classroom for **assignments missed** due to absence. Students are responsible for **all** assigned work, whether in attendance or not. Please inform me if you know ahead of time that you will be absent and I will get your work together for you.

Excessive tardiness (lateness to class) and/or absences may result in administrative intervention and possible removal from the course.

A parent/guardian signed note/email is required for lates/absences or appointments. Or call the office at 780-674-8522, please.

And, If I Really Mess Up?

Complete and submit all assignments in the proper format and on time.

Assume all assignments are due at the beginning of the next class unless told otherwise. *Assignments not present when marked in class may receive a score of "0"*.

Re-doing assignments: students will be asked to redo assignments that are not satisfactory. Students may request to re-do an assignment by immediately discussing this with Mrs. Carr. **Assignment re-dos and/or late assignments must be completed within 1 week of the assignment's original due date to be marked.** Ultimately, assignments that are not handed in will receive a mark of zero.

Homework

Most work will be completed in class or in alternating spares. If a student is really struggling or not using class time effectively, there may be a small amount of homework, but the goal is to have the majority of work completed during class time.

The Bottom Line

- If this course can reiterate things you've learned at home, then it is successful.
- If this course can teach you something new, then it is more successful.
- If this course enlightens your thinking; teaches you more than one thing new, then it's highly successful.
- The bottom line though is, if you think something hasn't been covered that you want to discuss – ASK!**

PLEASE READ THE COURSE INFORMATION, SIGN, AND RETURN THIS SHEET TO MRS. CARR.

Students:

Please sign below to signify that you have read the course sheet for Mrs. Carr's class, will keep it at the front of your binder, and will be responsible for the information throughout the year, and checking **PowerSchool at least once per month.**

Student printed name

Student signature

Parents/Guardians:

CALM has been switched to a 3 credit, alternating day course at BCHS. Students will be marked "E" or Excused on days they are not scheduled to be in class. A sheet of proposed class dates will be given out on the 1st day, but it is subject to change. Date changes will be posted to Google Classroom.

Check all the statements that apply to how you would like to communicate with Mrs. Carr about your student's progress. I will, of course, call for major concerns or accomplishments, but with 100+ students per semester, I like to know how you'd prefer to communicate.

_____ I/We have internet access at home, so we will check Powerschool at least once per month to check on my/our student's progress. I/We will contact Mrs. Carr about any concerns we have.

_____ I/We plan to email Mrs. Carr monthly for an update.

_____ I/We do not have internet access at home, but I/we would like to have regular contact with Mrs. Carr.

_____ I/we will call for an update on a regular basis.

_____ Other: _____

Please sign below to indicate that you have read the course sheet for Mrs. Carr's class and that you will help your child be accountable for the information. If you have questions about the course or your child's work, please do not hesitate to contact me; **email is the best way to reach me quickly @ Rebecca.Carr@pembinahills.ca**

Parent/Guardian printed name

Parent/Guardian signature

Parent/Guardian **e-mail**
(please print)

Parent/Guardian **daytime** phone number

Parents and guardians, please CIRCLE the best way for me to contact you:
e-mail **phone**

PLEASE READ THE QUESTIONNAIRE BELOW, COMPLETE, AND RETURN
THIS SHEET TO MRS. CARR.

My Child Through My Eyes

Three words to describe my child:

My/Our goal for my/our child in the new school year is:

This is what I/we will do at home to achieve this goal:

1.

2.

3.