

**ALBERTA EDUCATION CTS PROGRAM / SAFETY IN SCHOOLS FOUNDATION  
CURRICULUM ALIGNMENT (October 2019)**

**ALBERTA EDUCATION CAREER AND LIFE MANAGEMENT**

ALBERTA EDUCATION CALM OUTCOMES	SAFETY IN SCHOOLS COURSES
<b>GENERAL OUTCOME 1: PERSONAL CHOICES</b>	
<b>P1. analyze the dimensions of health and their interrelatedness, the impact of the determinants of health, and the dynamic nature of balance in life</b>	
<b>P2. evaluate choices and combinations of choices that can create barriers to achieving and maintaining health, and identify actions to improve health</b>	
<b>P3. develop and assess personal strategies to enhance creative thinking skills</b>	
<b>P4. develop approaches/tactics for creative problem solving and decision making</b>	
<b>P5. apply a variety of strategies for lifelong learning</b>	
<b>P6. determine practices and behaviours that contribute to optimal physical well-being</b>	
<b>P7. analyze a variety of strategies to achieve and enhance emotional and spiritual well-being</b>	
<b>P8. develop and assess strategies for anticipating, identifying, managing and embracing change</b> <ul style="list-style-type: none"> <li>• recognize that change and stress are inevitable in life</li> <li>• develop strategies for managing stress; and investigate the benefits and limitations of stress and the negative, stressful and harmful responses to stress</li> <li>• explain role conflict and role transition</li> <li>• identify skills for continual change and growth, including ongoing communication with self</li> <li>• examine the dynamic nature of balance and the ongoing importance of balance</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Your Mental Health and Well-Being</b> (coming soon)</li> </ul>
<b>P9. demonstrate and apply effective communication, conflict resolution and team-building skills</b>	

<b>P10. examine various attitudes, values and behaviours for developing meaningful interpersonal relationships</b>	
<b>P11. examine the relationship between commitment and intimacy in all its levels</b>	
<b>P12. examine aspects of healthy sexuality and responsible sexual behaviour</b>	
<b>P13. investigate how science, technology and media affect wellness</b>	
<b>P14. evaluate resources and support systems for each dimension of health and well-being for self and others</b>	
<b>GENERAL OUTCOME 2: RESOURCE CHOICES</b>	
<b>R1. identify personal resources, and explain how they could be of value to self and others</b>	
<b>R2. compare needs, wants and consequences, with consideration of self, others and society</b>	
<b>R3. examine sources of lifestyle aspirations, and relate these to personal resources</b>	
<b>R4. demonstrate knowledge of and a commitment to achieving personal financial goals</b>	
<b>R5. determine the varied implications and challenges of independent/interdependent living</b>	
<b>R6. develop strategies to be informed consumers</b>	
<b>R7. evaluate the services and costs of various types of financial institutions</b>	
<b>R8. evaluate the advantages and disadvantages of credit</b>	
<b>R9. examine various types of investments and the practical and ethical issues of investing</b>	
<b>R10. identify and analyze a variety of types of insurance</b>	
<b>R11. develop strategies to overcome potential resource challenges</b>	
<b>GENERAL OUTCOME 3: CAREER AND LIFE CHOICES</b>	
<b>C1. examine the components of effective career development as a lifelong process</b>	

<b>C2. update and expand a personal profile related to potential career choices</b>	
<b>C3. examine the relationship among career planning, career decisions and lifestyles</b>	
<b>C4. develop strategies to deal with the transition from senior high school to post-secondary education/training and/or the world of work</b>	
<b>C5. develop a quality career portfolio</b>	
<b>C6. investigate the range of learning opportunities in post-secondary programs, on-the-job training and apprenticeship training programs</b>	
<b>C7. analyze variations in employment and the implications in the life career process</b>	
<b>C8. determine skills, attitudes and behaviours necessary to getting a position</b>	
<b>C9. determine the skills, attitudes and behaviours necessary for retaining a job</b>	
<b>C10. investigate employer and employee ethics, rights and responsibilities</b> <ul style="list-style-type: none"> <li>• examine the responsibilities and rights of employers</li> <li>• investigate issues and regulations regarding health and safety on the job</li> <li>• examine the responsibilities and rights of employees, and suggest strategies for realizing these</li> <li>• generate a list of strategies for identifying and dealing with discrimination in the workplace</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Your Rights &amp; Responsibilities at Work</b></li> </ul>
<b>C11. design a plan for turning life goals and aspirations into reality</b>	

The source of the materials is

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