



Matthew Halton High School
CALM 20 – Career and Life Management
Course Outline
2022-2023

General Information

- Instructors – N. Lamont, B. Whitford,
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Course Content

CALM is a 3-credit course, and is a mandatory requirement toward earning an Alberta High School Diploma. At Matthew Halton, students have the opportunity to combine their CALM studies with related outcomes to earn an additional 3 credits.

The aim of 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 explore these ideas through study of three primary topics:

- Outcome 1: Personal Choices
 - Emotional, psychological, intellectual, social, spiritual and physical dimensions of health in managing personal well-being.
 - Study in this topic can be applied to meet the requirements for HSS1040: Developing Maturity and Independence, in order to earn an additional credit.
- Outcome 2: Resources Choices
 - Responsible decision making in the use of finances.
 - Study in this topic can be applied to meet the requirements for FIN1010: Personal Finance, in order to earn an additional credit.
- Outcome 3: Career and Life Choices
 - Development and application of processes for managing personal, lifelong career development.
 - Study in this topic can be applied to meet the requirements for CTR1010: Job Preparation, in order to earn an additional credit.

Evaluation

The overall CALM mark will be determined by weighting each of the three outcomes describe above equally. Each outcome will be assessed through project work, as outlined in the google classroom.