

## **CALM 20**

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**Schedule:** Tuesday/Thursday

### **Description:**

CALM 20 is a mandatory requirement for all high school students, acting as an essential component to health education. Through it, students will learn and acquire the skills and knowledge to help them maintain a healthy and balanced lifestyle, not only while they are students, but also for the rest of their lives.

**Objective:** By the end of this course, students will

- Recognize and develop strategies for maintaining a healthy lifestyle (physically, emotionally, socially).
- Learn about their roles as citizens within the digital landscape of the 21<sup>st</sup> century.
- Recognize and develop the tools and resources for establishing and maintaining a healthy and responsible adult lifestyle.
- Develop and apply essential competencies for the transition to adult roles, future learning, and the workplace.

This year we will be offering CALM 20 as an online course to be completed at the student's own pace. It is being offered as a "Moodle" course, and students will be required to have an internet connection in order to access the resources and assignments. It can be accessed at <http://moodle.rockyview.ab.ca> . Students will already have been assigned a log-in (firstnamemiddleinitiallastname) and password (student ID number). If there are any complications, please let me know as soon as possible.

## **Breakdown**

CALM 20 is divided into three separate modules:

1. Personal Choices
2. Resource Choices
3. Career and Life Choices

### **Personal Choices**

“Students will apply an understanding of the emotional/psychological, intellectual, social, spiritual and physical dimensions of health—and the dynamic interplay of these factors—in managing personal well-being.”<sup>1</sup>

This unit is solely on Moodle, and consists of reading and viewing material, assignments, as well as forum discussions.

### **Resource Choices**

“Students will make responsible decisions in the use of finances and other resources that reflect personal values and goals and demonstrate commitment to self and others.”<sup>2</sup>

We will be using the online financial education resource “The City” to complete this module. The link and description can be found in the “Resources” section of the Moodle course.

### **Career and Life Choices**

“Students will develop and apply processes for managing personal, lifelong career development.”<sup>3</sup>

This unit is also on Moodle, with links to other online resources and materials.

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<sup>1</sup> Alberta Education “Career and Life Management” curricular guide

<sup>2</sup> Ibid

<sup>3</sup> Ibid

## **Assessment**

This course is designed to provide flexibility of approach, so as to allow students to work on and complete assignments at their own pace. . Assignment weightings are as follows with approximate due dates:

**Module 1: Personal Choices (30%)**

**Module 2: Resource Choices (35%)**

**Module 3: Career and Life Choices (35%)**