



# Career Life Education 10B (Grade 10)

CHARTING SUCCESS BEYOND GRADUATION

## Grade 10 Students

1. Have students visit [www.myBlueprint.ca](http://www.myBlueprint.ca), and enter their email and password to log in.
2. **Forgotten password?** Students can reset their passwords by clicking on the 'Forgot your password?' link in the green Existing User box.
3. **Students link their account to their advisory teacher, their counsellor by alpha, and Ms. MacPherson (Click your picture/name in the top right corner → settings → account settings → my links → add teachers & counsellors)**
4. **ATTENTION STUDENTS: THERE WILL BE PRESENTATIONS/ACTIVITIES THROUGHOUT THE YEAR THAT MAY NOT BE LISTED HERE THAT YOU WILL BE ASKED TO REFLECT ON IN YOUR PORTFOLIO.**
5. Students may also want to create a separate portfolio to document their learning in their SUBJECT CLASSES and a portfolio for WEX.

TERM 1	STUDENT ACTIVITY
<p><b>Big Idea: Personal Development</b></p> <p>✓ to identify factors that have shaped who they are and are likely to shape who they become over time</p> <p>September Weeks 1-2</p>	<p><b>ACTIVITY: Knowledge and Motivations Assessment – If student took these surveys in grade 9, have them RE-DO the surveys and add to their NEW CLE 10B (grade 10) portfolio.</b></p> <ol style="list-style-type: none"> <li>1. Select <b>Who Am I?</b> from the navigation menu on the left hand side of your screen. Select <b>Surveys</b></li> <li>2. <b>Re-do the surveys from grade 9 (Learning Styles, Personality, Interests). Create a journal box. Title: How I have Changed Since Grade 9. Reflection:</b> Describe any changes in your learning style, personality, and interests.</li> <li>3. Complete the <b>Knowledge</b> questions to receive your results.</li> <li>4. Review the <b>full report</b> to learn more about your top three subject areas and the types of occupations that are well suited to your interests. Add <b>Knowledge survey to portfolio. Reflection:</b> What occupations are suited to your interests? Were there careers suggested that you had never considered before?</li> <li>5. Add your Interests to <b>My CLE 10B Portfolio.</b></li> <li>6. Complete the <b>Motivations</b> survey to receive your results. Review the full report to learn more about your top two motivation factors and the types of opportunities that are well suited to your interests. Write a brief <b>reflection</b> (Do you agree? Disagree? Why or why not? What did you learn?) <i>What suggested careers most closely align with your passions and what you are good at?</i> <b>Note: Grade 10 Advisory teachers will teach FTF lessons 5-8 in September. Review: How to write a thorough reflection.</b></li> </ol> <p><b>**Students interested in WEX placement: Must be signed up by September 28<sup>th</sup>!</b></p> <p><b>7. Students in WEX: Complete Safety Package (see Ms. MacPherson's Activity in myblueprint)</b></p>
<p>Transition and change – learning how to deal</p> <p>September Weeks 3-4</p> <p>September 27 CLE Assembly</p>	<p><b>PUSH-IN LESSON/ASSEMBLY (Student Services Team): The Process of Change</b></p> <ol style="list-style-type: none"> <li>1. Anxiety is a typical emotion connected to change.</li> <li>2. Change is a constant in life.</li> <li>3. Resiliency skills can be learned and aid in the overcoming of obstacles.</li> </ol> <p><b>Note: Grade 10 advisory teachers will teach FTF lessons 5-8 in September – INCLUDED IN TEACHER GUIDE (BINDER)</b></p> <p>➤ <b>Complete Life Map</b> (see lesson in Teacher Guide); students can find lesson in Compass Course → Studentshare</p>

	<p>➤ <b>Journal Box: Title: Life Map. Reflection:</b> What accomplishment are you most proud of? Why? What obstacle was the hardest to overcome? Why? What strategies did you use to manage the changes in your life?</p>
<p><b>Big Idea: Personal Development</b>  ✓ to learn more about your interests and passions   September Weeks 3-4</p>	<p><b>ACTIVITY: Create 2 Custom Boxes In My Portfolio</b></p> <ol style="list-style-type: none"> <li>1. Select <b>Home</b> from the navigation menu on the left hand side of your screen. Select <b>Portfolios</b></li> <li>2. Add <b>Two</b> custom boxes titled “<b>WHO AM I?</b>” and upload a picture or video of something that best <b>describes who you are / what makes you happy / what is your passion?</b></li> <li>3. Add a title and a description.</li> <li>4. Add a reflection (Why did you choose to share this? Why is it important to you?)</li> </ol>
<p><b>Big Idea: Personal Development</b>  To learn about opportunities and strategies   October-November</p>	<p><b>Activity: Create 2 Custom Boxes in My Portfolio</b></p> <ol style="list-style-type: none"> <li>1. <b>Create a journal box in portfolio. Title: WEX/Apprenticeship. Reflection:</b> What do you now know about Work Experience and/or Apprenticeship opportunities? Which opportunities are you interested in pursuing? How is a Work Experience placement and/or apprenticeship useful/valuable?</li> <li>2. <b>Create a journal box in portfolio. Title: Mental Health. Description: Presentation’s topic. Reflection:</b> What did you learn about in today’s mental health presentation? What coping strategies or resources are available to you? What are ways in which we can maintain or achieve good mental health?</li> </ol>
<b>TERM 2</b>	<b>STUDENT ACTIVITY</b>
<p><b>Learning Goal:</b>  ✓ to learn more about creating SMART goals and action plans   Nov-Dec</p>	<p><b>ACTIVITY: Goal Setting</b></p> <ol style="list-style-type: none"> <li>1. Select <b>Home</b> from the navigation menu on the left hand side of your screen and select <b>Goals</b></li> <li>2. Add <b>One Academic Goal (Short Term)</b> and include an Action Plan for how you intend to achieve it. This can be around Learning Skills or to improve on a specific subject area.</li> <li>3. Add <b>One Other Goal (short term)</b> and include an Action Plan for how you intend to achieve it. This can be about anything else in your life that you would like to improve.</li> <li>4. In the <b>What is your goal?</b> box, write a brief <b>reflection</b> about why you’ve set these goals (What are you trying to achieve? Why? How does it fit your bigger plan?). Do this for all goals.</li> </ol>
<p><b>Learning Goals:</b>  ✓ to explore and prepare for next year  ✓ to add courses that align with the knowledge results  ✓ to relate attributes to goals   Dec-Jan</p>	<p><b>ACTIVITY: High School Planning</b></p> <ol style="list-style-type: none"> <li>1. <b>Review the prerequisite courses necessary for your postsecondary plans</b> (i.e. college, university, apprenticeship, work): on the left-hand menu, click <b>Post-Secondary</b>. Choose <b>Apprenticeship, College &amp; University, or Workplace</b>. Search for program(s) or career(s) that interest you. Or, on the left-hand menu, click <b>Work</b>. Search <b>Occupations</b>. When you choose an occupation, click on <b>Requirements</b>.</li> <li>2. Select <b>High School Planner</b> from the navigation menu on the left hand side of your screen.</li> <li>3. Select <b>Courses. Add courses from grade 9</b> and your current <b>grade 10</b> courses. <b>Add grade 11 courses</b> based on compulsory courses and electives that interest you.</li> </ol>

	<p>4. Review grade 12 courses that you are interested in, and make sure that you have the prerequisites selected in grade 11.</p> <p>5. <b>Create a journal box</b> labelled “Course Planning”. Reflect on how and why you chose your courses. How do they fit into a bigger plan?</p>
<p><b>Learning Goals:</b></p> <ul style="list-style-type: none"> <li>✓ to learn more about yourself and the person you want to become</li> <li>✓ to reflect on personal growth by researching the life of a successful person</li> </ul>	<p><b>ACTIVITY: Create A Custom Box In My Portfolio</b></p> <ol style="list-style-type: none"> <li>1. Select <b>Home</b> from the navigation menu on the left hand side of your screen and select <b>Portfolios</b></li> <li>2. Add a <b>Custom Box</b> called “<b>WHO DO I WANT TO BECOME?</b>” and upload a picture or video of something that best <b>describes who you want to become – this is not an occupation, but rather a character strength</b></li> <li>3. Add a title and a description.</li> <li>4. Write a <b>reflection</b> on why you chose this picture or video. Explain why this trait or characteristic is important to you. Who has modelled this for you? How will you show this character strength now and in the years to come?</li> </ol>
<b>TERM 3</b>	<b>STUDENT ACTIVITY</b>
<p><b>Big Idea: Employability Skills</b></p> <ul style="list-style-type: none"> <li>✓ to start tracking experiences, dates and key information</li> <li>✓ to identify key resume elements that strengthen an application</li> </ul> <p>Jan-Feb</p>	<p><b>ACTIVITY: Resume</b></p> <ol style="list-style-type: none"> <li>1. Select <b>Guides &amp; Articles</b> from the navigation menu on the left hand side of your screen. Under <b>Categories</b>, select <b>Jobs</b>. Read article, <b>The Secret of a Great Resume</b>, to learn more about effective resume building.</li> <li>2. Select <b>Work</b> from the navigation menu on the left hand side of your screen and select <b>Resumes</b>.</li> <li>3. If you haven’t already, add your <b>Contact</b> information; fill in the <b>Education</b>, and <b>Extra Curricular</b> activities sections.</li> <li>4. Identify a job posting (can use job finder sites, or can use the myBlueprint Occupation Planner to find real-time job postings from Simply Hired)</li> <li>5. Add an <b>Objective</b> to your resume for the job posting you selected.</li> <li>6. Add any <b>additional experiences</b> (clubs, awards, certificates) that you’d like to record.</li> <li>7. Add <b>extra-curricular activities</b> (work, volunteering, sports, and hobbies).</li> <li>8. Add two non-family members as <b>references</b>. Include their name, job title, relationship to you, and contact information (phone, email, address).</li> </ol>
<p><b>Learning Goal:</b></p> <ul style="list-style-type: none"> <li>✓ to practice self-assessment and reflection</li> <li>✓ to develop or improve on time management and organization skills</li> </ul> <p>Jan-Feb</p>	<p><b>ACTIVITY: Review Goal Setting</b></p> <ol style="list-style-type: none"> <li>1. Review goals set in November. Add a second reflection to each goal.</li> <li>2. Check off the completed boxes in your ‘tasks’ and / or reflect... how are they going? Completed?</li> <li>3. Set <b>One new Short Term goal</b> and add <b>One Medium Term goal</b> that you would like to accomplish before the end of high school.</li> <li>4. In the <b>What is your goal?</b> box, write a brief <b>reflection</b> about why you’ve set these goals (What are you trying to achieve? Why? How does it fit in a bigger plan?).</li> </ol>

<p><b>Learning Goal:</b></p> <ul style="list-style-type: none"> <li>✓ to explore and discover various occupations in the real world</li> <li>✓ to relate personal attributes to career goals</li> </ul> <p>Feb-March</p>	<p><b>ACTIVITY: Occupation Planning</b></p> <ol style="list-style-type: none"> <li>1. Select <b>Work</b> from the navigation menu on the left hand side of your screen and select <b>Occupations</b>.</li> <li>2. Enter <b>Occupation Name or Keyword</b> and click <b>Search</b> when you are ready.</li> <li>3. Find 3 Occupations that want to know more about. Click the check boxes to the left of the occupation names and then click <b>compare</b> to view the occupations in a chart.</li> <li>4. Alternately, click <b>Who Am I</b> on the left-hand menu. Click <b>Match Results</b>. Favourite (click the heart) three occupation matches.</li> <li>5. Click on the job title. <b>Add to portfolio</b>.</li> <li>6. Create a <b>journal box</b> in portfolio. Title: <b>Occupation Comparison</b>. <b>Description:</b> the three jobs you compared.</li> <li>7. In your reflection, consider and compare the following: <ol style="list-style-type: none"> <li>a. Salary comparison</li> <li>b. Level of education required</li> <li>c. Number of years of post-secondary education (if this applies)</li> <li>d. Pros and cons of each job.</li> <li>e. Why each occupation interests you/how it is suited to your strengths.</li> </ol> </li> </ol>
<p><b>Course Planning (Grade 10s) February - March</b></p> <p><b>Interview with counsellor or Ms. MacPherson</b></p>	<ol style="list-style-type: none"> <li>1. Hand in <b>course selection form</b> to advisory teacher or alpha counsellor <b>COMPLETE AND ON TIME</b>.</li> <li>2. Students are <b>interviewed</b> by a member of student services. <ol style="list-style-type: none"> <li>2b. Course selection is reviewed.</li> </ol> </li> </ol>
<p><b>TERM 4</b></p>	<p><b>STUDENT ACTIVITY</b></p>
<p><b>Big Idea: Career Development</b></p> <ul style="list-style-type: none"> <li>✓ to discover post-secondary options that align with personal interests</li> <li>✓ to explore different post-secondary pathways</li> </ul> <p>Apr-June</p>	<p><b>ACTIVITY: Explore Post-Secondary Planner</b></p> <ol style="list-style-type: none"> <li>1. Select <b>Post-Secondary Planner</b> from the navigation menu on the left hand side of your screen and select <b>Apprenticeship</b> followed by <b>College &amp; University (pathways)</b>.</li> <li>2. Find three opportunities from any pathway that interest you and click <b>Favourite</b> (There are suggestions based on the <b>Career Spectrum</b> surveys below the <b>Smart Filter Table</b>)</li> <li>3. Alternately, click <b>Who Am I</b> on the left-hand menu. Click <b>Match Results</b>. Click <b>Post-Secondary Matches</b>. Add to <b>Favourites</b>. Add to <b>Portfolio</b>.</li> <li>4. Add three opportunities to <b>My Portfolio</b> (click icon <b>Add to Portfolio</b>)</li> <li>5. Create <b>journal box</b>. Add a <b>reflection</b> to <b>My Portfolio</b> (<i>What is it about these opportunities that interests you? Why do you want to pursue each opportunity? Compare and contrast considerations such as tuition, program length, overall costs, and prerequisites.</i>)</li> </ol>

<p><b>Learning Goal:</b>  ✓ to practice self-assessment and reflection</p>	<p><b>ACTIVITY: Review Goals</b></p> <ol style="list-style-type: none"> <li>1. Create a journal box titled <b>Goals</b>. Review the goals you created this year and write a <b>reflection</b> on your progress/achievement/improvements for each goal.</li> <li>2. Look at your <b>Portfolio</b> and all of the boxes you've added and ensure each box has at least one <b>reflection</b>.</li> </ol>
<p><b>Learning Goals:</b>  ✓ to practice self-assessment and reflection  ✓ to be active participants in creating their portfolio and showcasing their story</p>	<p><b>*CULMINATING ACTIVITY: My Portfolio</b></p> <ol style="list-style-type: none"> <li>1. Add <b>one</b> custom box – upload images or documents or link videos of something that happened to you this year that you would like to share (i.e. field trip, job shadowing, cool project, etc.).</li> <li>2. Write a <b>reflection</b> about why you wanted to share this experience.</li> </ol>
<p>To be active participants in creating and showcasing their own learning and passion</p>	<p><b>*CULMINATING ACTIVITY: Introduction to Capstone and Inquiry Based Learning</b></p> <ol style="list-style-type: none"> <li>3. <b>Introduction to Inquiry</b> based learning (presentation by student services and followed up by teachers). Watch “If Students Designed Their Own Schools...” on YouTube → <a href="https://www.youtube.com/watch?v=REIUmGI5gLc">https://www.youtube.com/watch?v=REIUmGI5gLc</a></li> <li>4. <b>Consider</b> something you're passionate about – it can be academic (subject-based), related to the arts (art, music, drama), or related to a personal hobby or interest of yours. Come up with inquiry questions in several different areas that you'd be interested in researching, creating a project for, and being mentored in with the goal of presenting your learning at the end of your grade 12 year.</li> <li>5. Add <b>another</b> custom box. Title: <b>Inquiry Questions</b>. In a reflection, <b>Design</b> at least four questions in four different learning areas (ex. Literature, math, playing a musical instrument, a societal/sociological concern). Identify possible <b>mentor(s)</b> that could help you in your journey to answer these questions. Finally, describe what you are passionate about and how these questions could lead to your <b>capstone (“passion project”)</b>.</li> </ol>