

Flex Career Life Education Curriculum Outline & Assessment

- Career-life choices are made in a recurring cycle of planning, reflecting, adapting, and deciding.
- Career-life decisions are influenced by internal and external factors, including local and global trends.
- Cultivating networks and reciprocal relationships can support and broaden career-life awareness and options.
- Finding balance between personal and work life promotes well-being.
- Lifelong learning fosters career-life opportunities.

This curriculum is embedded within the philosophy, framework and organization of the Flexible Studies program through service to others, and connection to community through all other curricula, as well a focussed attention in the following areas over two years:

Year 1 (Change)	Year 2 (Balance)
Personal Exploration What do you want to DO? myBlueprint Surveys Bucket List Movie Create Bucket List End in Mind Powerpoint	Personal Exploration Who do you want to BE? myBlueprint Surveys update Pay it Forward Movie Create Values List Life Story/Timeline
Goal Setting & Planning Planning Reflecting Adapting Deciding	Goal Setting & Planning Planning Reflecting Adapting Deciding
Career Exploration Career Search (opportunities, outlook, market trends, etc) Post-Secondary Plans	Career Exploration Career Search (opportunities, outlook, market trends, etc) Post-Secondary Plans
Workplace Preparation Resume Cover Letter Interviews Employability Skills Essential Skills Competencies of the Educated Citizen Aboriginal Worldviews	Workplace Preparation Resume Cover Letter Interviews Workplace Etiquette Workpace Health & Safety Work-Life Balance
Money Matters (with Math classes)	Healthy Living (with PE classes)

Budget Mortgage	Healthy Living Plan Balance
Networks: Connections & Experience Passion Project Volunteering Community Projects	Networks: Connections & Experience Passion Project Volunteering Community Projects
Lifelong Learning Passion Project	Lifelong Learning Passion Project
Authentic Career-Life Evidence myBlueprint Account- journals, portfolios, videos, blogs, photos, etc.	Authentic Career-Life Evidence myBlueprint Account- journals, portfolios, videos, blogs, photos, etc.

This curriculum is very personal to the student regarding their planning for a healthy future. As long as the student thoroughly engages in the program and responds well to feedback given they will maintain 100% in this course.