

## **CALM 20 (CAREER AND LIFE MANAGEMENT)**

- This is a mandatory course for an Alberta High School Diploma.
- It is a 3 credit, half-semester course and is designed for Grade 11 students, although Grade 12s often register in this course, because of a full course-load in Grade 11.
- It is not recommended for Grade 10 students as the subject matter is for more mature students.

### **CALM 20 IN-CLASS**

CALM is a life skills course in which the student examines aspects of themselves within the context of life issues, such as, happiness, values, passions, addictions, mental illness, bullying, relationships, human sexuality, career exploration, résumé building, and financial literacy. The student is introduced to a variety of activities and techniques which foster emotional wellness and well-being.

### **CALM 20 ONLINE**

CALM is also offered through Aberhart Online (full semester) or through CBELearn (half semester).

#### **ABERHART CALM 20 ONLINE**

- This is a 3 credit, full semester course, which replaces 60 hours of in-class time. It reflects the course as it is taught in the classroom.
- Because it is stretched over a full semester, it enables the student more flexibility in time management.
- The teacher is in the school, and the students have access to help and support from the Aberhart CALM teacher.
- Registration is through the Aberhart Guidance Office.
- A student might take this course because he/she cannot fit CALM into their regular course timetable. The benefit of this course is access to the Aberhart CALM teacher and the 6 hours spanning the full semester.

#### **CBELEARN CALM 20 ONLINE**

- This is a 3 credit, half semester course and replaces 60 hours of class time. The teacher is outside the school, and the teacher is not known to the student.
- The student does not have access to the Aberhart CALM teacher.
- This course is a more generic than the Aberhart CALM Online course.
- Registration is through CBELearn.
- A student might take this course because he/she cannot fit this into their regular course timetable. The benefit of this course is that the student can get it done as quickly as possible.