



CALM Verbal Assessment

Student Name _____

Module 1-

Outcome	Excellent	Good	Adequate	Refusal
Demonstrates a clear understanding of personal habits and choices that contribute to success (e.g., organization, energy levels, sleep patterns, relaxation strategies).				
Articulates a personal goal and outlines a plan to achieve it using the SMART goal-setting framework.				
Identifies key elements of a healthy relationship and explains potential consequences of unhealthy relationship dynamics.				
Shares personal perspectives on why individuals may choose to consume or abstain from alcohol, including when and why someone might refuse.				
Analyzes both the positive and negative outcomes associated with alcohol use, abstinence, and overconsumption.				
Demonstrates comprehensive knowledge of tobacco use and effectively communicates its risks.				
Defines addiction and identifies at least three common forms it may take.				
Describes the stages involved in the process of addiction.				
Provides a clear explanation of what depression is and identifies early warning signs of depressive symptoms.				
Can name appropriate contacts or resources available for mental health support.				

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Module 2-

Outcome	Excellent	Good	Adequate	Refusal
Demonstrates strong understanding of advertising techniques and the impact of consumerism.				
Explains various influences that can affect purchasing decisions.				
Identifies key questions to consider before making a purchase to ensure it's a wise choice.				
Understands and articulates the importance of honesty in personal and social settings.				
Defines the concept of conflict and explains its impact on relationships.				
Describes effective strategies for resolving conflicts in a respectful and mature manner.				
Identifies characteristics of poor communication skills.				
Identifies characteristics of good communication skills.				
Outlines their personal decision-making process when making purchases.				
Describes future strategies they plan to use for budgeting and saving money.				
Can identify possible contacts if they need mental health assistance.				

Module 3-

Outcome	Excellent	Good	Adequate	Refusal
Has an understanding of positive and negative attitudes.				
Can express positive attitudes they have on themselves as a learner.				
Can express negative attitudes they have on themselves as a learner.				
Identifies strategies to shift or improve negative attitudes.				
Can explain behaviours that are personally important to them. (ie. being with family, making money, being creative)				
Defines the S.M.A.R.T goal framework and understands each of its components.				
Can create a S.M.A.R.T goal.				
Identifies and explains the five steps involved in effective decision-making.				
Describes the benefits of evaluating decisions and learning from outcomes.				
Student explains what transferable skills are.				
Provides examples of transferable skills they currently possess.				
Can identify transferable skills that they have gained from subjects in school. (ie. Math, science, social, art ,music)				
Explains the steps to begin a job search effectively.				
Can identify where to look for jobs.				
Understands appropriate attire and presentation for a job interview.				
Demonstrates understanding of how to accurately complete a job application form.				
Can list ideas on how to prepare for an interview.				
Recognizes common interview questions and provides sample responses.				
Can explain WHMIS and its importance.				

Module 4-

Outcome	Excellent	Good	Adequate	Refusal
Has an understanding of job shadowing and how it can benefit them.				
Explains the purpose of volunteering and provides examples of motivations for doing so.				
Identifies and discusses their top three abilities.				
Expresses 5 work values that are important to them. (ie. Adaptability, creativity, teamwork)				
Reflects on 2 significant experiences that may help them in deciding a career path.				
Describes the difference between a skill and an ability.				
Identifies their top 3 skills.				
Defines what traits are.				
Identifies their top 3 traits.				
Shares a vision for their future life, including aspirations around career, home, family, and finances.				
Reflects on the importance of regularly reassessing interests, abilities, and skills as they grow.				
Explains what being resourceful is and why it may be important.				
Verbally lists the components that belong on a resume and why they are important.				
Verbally lists what the components are on a cover letter and what each paragraph should include.				
Can distinguish the difference between a resume and a portfolio.				
Identifies what belongs in a career portfolio.				