

## Careers Planning

### Careers 8 – MyBlueprint Based

#### Resources:

- Dollars with Sense- <https://jabc.ca/programs/dws/>
- Careers Site: <https://www.comoxvalleyschools.ca/career-programs/careers-lessons/grade-8/>

### Careers 9- MyBlueprint Based

- JABC: <https://jabc.ca/programs/>
- Careers Site: <https://www.comoxvalleyschools.ca/career-programs/careers-lessons/grade-9/>

### Careers 10 - Away from MyBlueprint

#### Resources for lessons:

- Work BC: <https://www.workbc.ca/plan-career/explore-careers>
- Education Planner
- Chatter High (Interest Quiz: Taxes – Starting to Work [4 modules])
- Resume/Cover Letter through Canva (<https://www.canva.com/>)
  - Create account – “Other” – “MS Office” – Log in with District Email
- How the Market Works (Budgeting) - <https://www.howthemarketworks.com/>
  - Create account (no last name – last initial)
- Intro to Public Speaking - [https://www.jacampus.org/explore-all-programs/?dm=self\\_directed](https://www.jacampus.org/explore-all-programs/?dm=self_directed) (bottom row, on right)
- CFEE – Canadian Foundation Economic Education (FINLIT 101) <https://cfee.org/our-programs/>
- CFEE – Youth and Money <https://moneyandyouth.com/>
- Spark Cards – Peter Isfeld
- Mindfulness Mondays (10 mins of class students present method of de-stress/anxiety)
- Inner Explorer, Mindfulness <https://web.innerexplorer.org/compass/login> (need district log in)

- Work Safe BC: <https://www.worksafebc.com/en>
  - <https://www.jobbank.gc.ca/home>
  - <https://www.mynextmove.org/explore/ip>
- Social Dilemma- <https://www.thesocialdilemma.com/> (Check with your English Department first)

Current	Proposed	Content (Curriculum)
<ol style="list-style-type: none"> <li>1. Blueprint Surveys</li> <li>2. Goals</li> <li>3. Resume, Cover Letter</li> <li>4. Interview</li> <li>5. Workplace Safety</li> <li>6. Budgeting</li> <li>7. Post-Secondary Planning (Final Project)</li> <li>8. Interview- Interview someone in a field of interest (call, email, in person)</li> </ol>	<ul style="list-style-type: none"> <li>• Chatter High Daily Interest Surveys</li> <li>• Chatter High Workplace Safety Modules</li> <li>• WorkBC surveys (not Blueprint)</li> <li>• WorkBC Career Trek Career videos after career search.</li> <li>• Starbucks Application</li> <li>• Resume through Canva</li> <li>• Stock Market</li> <li>• Fin Lit 101</li> <li>• Mental Health</li> <li>• Guest Speakers</li> <li>• Intro to Taxes</li> </ul>	<ul style="list-style-type: none"> <li>• Strategies for maintaining well-bringing (Balance)</li> <li>• Preferred ways of knowing and learning (Work BC)</li> <li>• Competencies, employability, and essential skills.</li> <li>• Self-assessment and reflection</li> <li>• Ways to represent themselves both publicly and personally (interviews with community)</li> <li>• Appropriate workplace behaviour and safety (Work BC)</li> <li>• Factors that inform career life choices...</li> <li>• Ways to contribute to community and society that take cultural influences into consideration (presenter portal)</li> <li>• Value of volunteerism</li> <li>• Career-life development research</li> <li>• Methods of organizing and maintaining...</li> <li>• Models of decision making and innovating... goal setting</li> <li>• Financial planning tools, pre and post grad opportunities...</li> </ul>

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Resources for lessons:

- Canva – Resumes

- Youthfully: [What's Your Goal? – Youthfully](#)
- Be a Better Human Videos: <https://ideas.ted.com/tag/how-to-be-a-better-human/>
- Education Planner – course planning
- Video: "Childhood 2.0"- Social media and Phone Addiction (You Tube)
- Post-Secondary Tour (Day school dependent)
- Presenters in the classroom
- Interview 2 Adults (questions to ask, get it ready, review it, perform the interview)
- Career Fair at school (all Grade 11/12)
- Chatter High (Money Management + Taxes)
- Guest Speaker: From the Bank
- JABC: <https://jabc.ca/programs/>
- The Designing Your Life Workbook (Odyssey) – <http://lifedesignlab.stanford.edu/resources>  
(<https://www.youtube.com/watch?v=wTZX7NfVeE8&list=PLjwFGCpXfsbeqOfcEdEWWzsgTvPDB-ACN&index=1> )
- Mental Health: “Anxiety is Really Strange” by Steve Haines (Resources: SD71 Learns – Search “Anxiety”)

Topics	Proposed Assignments	Content (Curriculum)
1. Careers Preparation (Updated Cover letter, resume, thank you <b>through Canva</b> ) 2. B.C Planner (2x): Scavenger/Planning (move to grade 10) 3. Careers Fair: Networking, Mentoring & Financial) 4. Core Competencies (table: growth/improve) 5. Chatter High Taxes	<ul style="list-style-type: none"> <li>• Canva Resume/Cover Letter Update</li> <li>• Interview- Interview someone in a field of interest (call, email, in person)</li> <li>• Mental Health</li> <li>• Next steps preparation -Banking -Post Sec tours (check with Careers Office, we do many)</li> <li>• Chatter High – Money management.</li> </ul>	<ul style="list-style-type: none"> <li>• Mentorship Opportunities</li> <li>• Strategies for maintaining well-bringing (Balance)</li> <li>• Self-assessment and reflection</li> <li>• Ways to represent themselves both publicly and personally (students go interview people about their job).</li> <li>• Inclusive practices...</li> <li>• Personal networking and employment marketing (careers Presenters – career week)</li> <li>• Factors that inform career life choices...</li> <li>• Ways to contribute to community and society that take cultural influences into consideration (presenter portal)</li> <li>• Financial planning tools, pre and post grad opportunities...</li> </ul>

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### Resources:

- Chatter High (Taxes [review], Insurance, Money Management[review])
- Taxes: Government: <https://www.canada.ca/en/revenue-agency/services/tax/individuals/educational-programs.html>
  - Wealth Simple: Do two. 1. Student 2. Adult
- Adulting 101:
  - <https://library.nic.bc.ca/realadulting101> (NIC)
  - <https://www.uvic.ca/gustavson/undergraduate/future/info-sessions-workshops/index.php> (UVic)
- UVIC Business School (Zoom Session)- Finances and next steps, <https://www.uvic.ca/gustavson/undergraduate/future/info-sessions-workshops/index.php> Email [bcomrecruit@uvic.ca](mailto:bcomrecruit@uvic.ca).
- Mental Health
  - CAMH: <https://www.camh.ca/en/health-info/mental-illness-and-addiction-index> (Greg Lesson Activity)
  - Core Competencies (6 questions)
  - Health – Bipolar Babe (Guest Speaker) <https://www.bipolarbabe.com/>
  - EFT Tapping: <https://www.healthline.com/health/eft-tapping>
- PBS: The Secret History of Credit Cards (Not Vetted)
  - <https://www.pbs.org/wgbh/pages/frontline/teach/>

## 12 Careers

1. Chatter High Insurance Literacy
2. Chatter High Money Management after High School **or** Government Taxes
3. 30 Hours
4. Careers Fair
5. Core Competencies
6. Student Learning Plan: Survey + Updated Canva Cover Letter/Canva