



## Career and Life Management (CALM)

### OVERVIEW

(5 Credits )



Career and Life Management is about:

- Discovering more about yourself and the world of work
- Understanding the basics of career exploration
- Making connectors between who you are and who you will become
- Personal growth and development including relationship building
- Expanding career planning and job search skills
- Managing personal resources (Example: money and time)
- Exploring the costs of “independent living”

Successful completion of CALM is a requirement for an Alberta high school diploma. It is recommended that students take the course during their Grade 11 year.