

Student Planner

SHSM Components

1. A bundle of Grade 11 and Grade 12 credits

Major Credits

Four Grade 11 and 12 credits that build a foundation of sector-focused knowledge and skills before entering a postsecondary destination; at least one of the credits must be Grade 12. Since the required Grade 11 World Religions course counts as one major credit, only three more are needed. An extra Co-op credit (beyond the two credits required below) may count for one of these major credits. If necessary, see your guidance counsellor for more courses that will satisfy this requirement.

Based on the major credits chosen, students can focus on one of these areas within the Health & Wellness sector: health care, childcare and family services, and fitness.

Plan at least four credits (check four)
 (at least one must be from the Grade 12 column)

GRADE 11	GRADE 12
<input checked="" type="checkbox"/> World Religions HRF 30/HRT 3M <input type="checkbox"/> Biology SBI 3C/3U <input type="checkbox"/> Chemistry SCH 3U <input type="checkbox"/> Physics SPH 3U <input type="checkbox"/> Healthy Active Living PPL 3O <input type="checkbox"/> Personal & Fitness Activities PAF 3O <input type="checkbox"/> Anthropology, Psychology, & Sociology HSP 3C/3U <input type="checkbox"/> Working with Infants & Young Children HPW 3C <input type="checkbox"/> Leadership & Peer Support GPP 3O	<input type="checkbox"/> Biology SBI 4U <input type="checkbox"/> Chemistry SCH 4C/4U <input type="checkbox"/> Physics SPH 4U <input type="checkbox"/> Healthy Active Living PPL 4O <input type="checkbox"/> Personal & Fitness Activities PAF 4O <input type="checkbox"/> Recreation & Leadership PLF 4M <input type="checkbox"/> Introductory Kinesiology PSK 4U <input type="checkbox"/> Families in Canada HHS 4C/4U <input type="checkbox"/> Challenge & Change in Society HSB 4U <input type="checkbox"/> An eligible Dual Credit <input type="checkbox"/> An extra Co-op credit

Co-operative Education Credits

Two credits that provide authentic learning experiences in a workplace setting, enabling students to refine, extend, apply and practice the sector-specific knowledge and skills acquired in the major credits. A third and/or fourth Co-op credit may be substituted for one of the major credits above and/or the related other required credit below.

Plan at least two credits (check one)

GRADE 11	GRADE 12
<input type="checkbox"/> One 2-credit Co-op placement (a.m. or p.m.)	<input type="checkbox"/> One 2-credit Co-op placement (a.m. or p.m.)
<input type="checkbox"/> Summer Co-op, starting after Grade 10, total of 2 credits	

Other Required Credits

One Grade 11 English: Understanding Contemporary FNMI Voices (NBE), one Grade 11 math credit and one Grade 12 English (ENG) credit; these credits are already required credits for St Paul and the OSSD.

GRADE 11	GRADE 12
<input checked="" type="checkbox"/> English: Understanding Contemporary FNMI Voices NBE 3C/3E/3U <input checked="" type="checkbox"/> Math 3C/3E/3M/3U	<input checked="" type="checkbox"/> English ENG 4C/4E/4U

Sample Timetable Plans by Destination

Apprenticeship/Workplace/College (with 4 Co-op credits)	
GRADE 11	GRADE 12
Religion	Religion
English	English
Math	Major Credit
Major Credit	Co-op
Major Credit	Co-op
Co-op	Elective
Co-op	
Elective	

The third and fourth Co-op credits count as a major credit and other required credit. One four-credit Co-op is also an option.

Apprenticeship/Workplace/College (with 2 Co-op credits)	
GRADE 11	GRADE 12
Religion	Religion
English	English
Math	Major Credit
Major Credit	Co-op
Major Credit	Co-op
Elective	Elective
Elective	
Elective	

Co-op may be taken in Grade 11 instead, with electives taken in Grade 12.

University (with one 2-credit Co-op)	
GRADE 11	GRADE 12
Religion	Religion
English	English
Math	Major Credit
Major Credit	Elective
Major Credit	Elective
Co-op	Elective
Co-op	
Elective	

Co-op should be taken in Grade 11 to allow for the Grade 12 courses needed for university admission.

University (with summer Co-op)	
GRADE 11	GRADE 12
Religion	Religion
English	English
Math	Major Credit
Major Credit	Co-op
Major Credit	Elective
Co-op	Elective
Elective	Elective
Elective	

Summer Co-op can be taken between Grade 10 and 11 and/or between Grade 11 and 12 instead.

2. Certifications and/or training courses/programs

Seven industry-recognized certifications that provide knowledge and skills related to safe work habits and sector-specific training and give students an advantage when entering the workforce. For instance, Standard First Aid, CPR Level C (including AED), WHMIS generic instruction and infection control are compulsory certifications for Health & Wellness.

3. Experiential learning and career exploration

Activities that take place outside the traditional classroom setting and allow students to observe, participate in, and reflect on a variety of sector-specific experiences and careers. Examples include job shadowing, job twinning, worksite tours, and attendance at career fairs, conferences or competitions hosted by the sector.

4. Reach ahead experiences

Experiences connected with students' postsecondary plans that provide them with an opportunity to experience the next step in their chosen pathway. Examples include tours of colleges, universities, training facilities and workplaces, interviews of employees in the sector or students studying in the field, and dual credit courses.

5. Sector-partnered experiences

Activities that take a process-based approach to innovation, creativity and entrepreneurship by encouraging the application of key skills to a unique experience solving real-world, sector-relevant challenges, developed and delivered in collaboration with employers and community partners.

My Course Plan

GRADE 11	GRADE 12
Religion	Religion
English	English
Math	

Also plan for your courses and other learning opportunities in your Individual Pathways Plan (IPP).



The future is yours