

## Abbotsford Scope and Sequence for Career Education –Grades 9-12

9	10	11	12
<p>Personal Development:</p> <ul style="list-style-type: none"> <li>● Reflective learning: assessing essential skills, strengths, developing gaps</li> <li>● Mapping your goals</li> <li>● Assessing and developing soft skills (core competencies)</li> <li>● Community connections-who is in my network?</li> </ul>	<p>Personal Development:</p> <ul style="list-style-type: none"> <li>● Decision making</li> <li>● Post-secondary options and budgeting</li> <li>● Scholarship planning</li> <li>● Passion and purpose in life</li> </ul>	<p>Personal Development:</p> <ul style="list-style-type: none"> <li>● Work life balance</li> <li>● Lifelong learning fosters career opportunities</li> <li>● Committed and ethical citizenship</li> <li>● Career, life, and education opportunities change over time</li> <li>● Connecting passions to purpose</li> <li>● Personal leadership development</li> <li>● Budget development for life beyond high school</li> </ul>	<p>Personal Development:</p> <ul style="list-style-type: none"> <li>● Skills for work life balance, transition planning, and mental well-being</li> <li>● Transition skills development</li> <li>● Lifeskills: taxes, loans, buying a car, having a roommate, credit cards, financial planning</li> <li>● Budgets- update for graduation and post-high school life</li> <li>● Personal reflections on strengths, areas for ongoing development/needs</li> </ul>
<p>Career Development:</p> <ul style="list-style-type: none"> <li>● TOKTW Day with reflection</li> <li>● Interviews and reflections on careers and lifestyles</li> <li>● Connecting career areas to values/beliefs</li> <li>● Understanding career zones/areas</li> <li>● Professional dress</li> <li>● Service learning opportunities</li> </ul>	<p>Career Development:</p> <ul style="list-style-type: none"> <li>● Resume, cover letter, job applications, and interview skills</li> <li>● Workplace etiquette and professional communication</li> <li>● Employment safety and standards</li> <li>● Post-secondary PSI info sessions, campus tours and career exploration field trips (or guest speakers from colleges, universities or art institutes)</li> <li>● Connecting career areas with personal interests, skills, values, beliefs, and desired lifestyle</li> <li>● Course planning with career options in mind</li> <li>● Application process and pre-requisites for post-secondary studies (grade 11?)</li> </ul>	<p>Career Development:</p> <ul style="list-style-type: none"> <li>● Collecting reference letters</li> <li>● Essential and transition skills</li> <li>● Public speaking skills</li> <li>● Communication skills</li> <li>● Researching career labour market trends (local and global)</li> <li>● Ongoing career development and transition plans</li> <li>● Entrepreneurship and innovation skills</li> <li>● Gig economy</li> <li>● PSI info sessions, campus tours, and guest speakers</li> <li>● Career Education Fair</li> <li>● Volunteerism</li> <li>● Peer mentorship, social engagement</li> </ul>	<p>Career Development:</p> <ul style="list-style-type: none"> <li>● Scholarship applications and letter</li> <li>● Student loan information</li> <li>● Professional presentation skills</li> <li>● PSI info sessions, campus tours/guest speakers</li> <li>● Post-secondary or work application forms</li> <li>● Personal leadership profile development</li> <li>● Fraser Valley Career Connection Conference (local job-focused)</li> </ul>
<p>My Capstone Preparation:</p> <ul style="list-style-type: none"> <li>● Collect artefacts of learning, growth, achievements, milestones, self-awareness, skills, passions, career ideas, core competencies in portfolio</li> </ul>	<p>My Capstone Preparations:</p> <ul style="list-style-type: none"> <li>● Collect artefacts of learning, growth, achievements, milestones, self-awareness, skills, passions, career ideas, core competencies in portfolio</li> <li>● Complete a mini-capstone inquiry or service learning project</li> <li>● Identify and develop mentoring networks</li> </ul>	<p>My Capstone Preparations:</p> <ul style="list-style-type: none"> <li>● Make adjustments to Capstone as needed</li> <li>● Engaging with mentorship relationships and community connections</li> <li>● Upload documents that support Capstone (class projects, personal artefacts/photos, etc)</li> <li>● Connect with mentor(s) re: Capstone development</li> <li>● Capstone development and research- approx.. 40 hours</li> </ul>	<p>My Capstone Preparations:</p> <ul style="list-style-type: none"> <li>● Prepare Capstone Presentation</li> <li>● Complete final reflections and finalize Capstone documentation</li> <li>● Capstone Presentation to panel</li> </ul>
<p>Optional:</p> <ul style="list-style-type: none"> <li>● Find Your Fit (Work BC)</li> <li>● Service learning opportunities (ex Menno hospital, reading to elem. students, etc.)</li> <li>● Police Liason Officer (drug use, exploitation)</li> <li>● Safe teen: sexual exploitation</li> <li>● Mental health: DBT curriculum (stress management, communication skills)</li> <li>● WorkBC lesson plans</li> <li>● DiscoverSkillsBC</li> <li>● Jr. Achievers</li> </ul>	<p>Optional:</p> <ul style="list-style-type: none"> <li>● Careertrek.bc.ca</li> <li>● WorksafeBC</li> <li>● Jr. Achievers</li> <li>● Find Your Fit (Work BC) <a href="https://www.workbc.ca/Jobs-Careers/Find-Your-Fit-Tour/Request-a-Tour-Form-Page.aspx">https://www.workbc.ca/Jobs-Careers/Find-Your-Fit-Tour/Request-a-Tour-Form-Page.aspx</a></li> <li>● Work BC lesson plans</li> <li>● DBT Curriculum (mental health)</li> <li>● Valley Driving School presentation on road safety</li> <li>● Art Institute, College and University tours and/or presenters</li> <li>● Career Programs Presentation</li> <li>● Provincial Skills comp</li> <li>● Service Learning (Menno hospital, Circle F Ranch, Reading to elem. students, etc)</li> <li>● YPI Project- social innovation project around a local charity/ organization</li> <li>● ITA training resources- trades related</li> <li>● Tech Skills courses such as : Women in Trades course (STX)</li> </ul>	<p>Optional:</p> <ul style="list-style-type: none"> <li>● Credentialing: OHS, WHIMS, Flagging, FoodSafe, OFA Level 1, Serving It Right, WorldHost (cost approx.. \$50/student)- contact Work Safety Solutions (<a href="http://www.worksafet.ca">www.worksafet.ca</a>)</li> <li>● ITA training resources (trade related)</li> <li>● “Women in Trades” course</li> </ul>	<p>Optional:</p> <ul style="list-style-type: none"> <li>● ITA training resources (trade related)</li> <li>● Tech skills courses</li> <li>● “Women in Trades” course</li> </ul>

- Create Mentorship Guidelines for grade 11 and 12: Perhaps a profile form to see what skills/passions/previous experiences that staff may have; facilitator roles