



## Career Life Education Course Outline

### BIG IDEAS

Finding a balance between work and personal life is essential to good physical and mental health	A network of family, friends and community members can support and broaden our career awareness and options.	Learning how to learn prepares us to be lifelong learners who can adapt to changing career opportunities
The global economy affects our personal, social, and economic lives and prospects.	Effective career planning considers both internal and external factors.	Successful career and education paths require planning, evaluating and adapting.

### Course Layout

Unit	Topic
1	Who am I?
2	How connected am I?
3	What do I have to learn?
4	What would I like to do?
5	How does today's world influence my career choices?
6	What can I see myself doing?

**Grading** *Your grade for this course will be calculated as follows:*

Item	Weight
Reflections	10%
Assignments	90%

**Resources:**

There is NO textbook required for this course. You can complete work in Microsoft Office (Word, Excel, PowerPoint) or free download Libre Office (<https://www.libreoffice.org/>) There are many online tools that can be used as well. If you have any questions, check with your teacher.

**Keys to Success:**

1. Actively work through each lesson reflecting on material.
2. Make sure you understand what is being asked of you. If you have any questions, ask.
3. Be sure to use your Moodle message system for regular communication with your teacher.