

# CALM CHECKLIST - 2017-2018

\*All assignments MUST be uploaded into [IRIS](#)

## Outcome 1: Personal Choices - Managing Personal Well-being

- Learner Profile Update on [Iris - Begin With the End in Mind](#)
- Sexual Health Education reflection or [Alternate Sexual Health assignment](#) (this should be uploaded on IRIS from grade 10; if it's not then complete the alternate assignment)
- Wellness Plan Under Construction ( will be on the term 4 report card)**
- Attend 3 [Wellness Talks](#) (or alternate session agreed upon with your teacher):
  - Topic: \_\_\_\_\_
  - Topic: \_\_\_\_\_
  - Topic: \_\_\_\_\_

## Outcome 2 : Resource Choices - Responsible Financial Decisions

- Participate in [Money Mentors Sessions](#) & Complete Reflection
- Financial Literacy concepts quiz 1 - Edmodo
- Financial Literacy concepts quiz 2- Edmodo
- Financial Literacy concepts part 3 - Edmodo
- Keep CALM and Deduct On - Personal Finance Reflection- Edmodo
- Keep CALM and Deduct On - Census Analysis- Edmodo

## Outcome 3: Career Choices - Lifelong Career Development

- Update Your Resume , [Resume writing resources](#)
- Cover letter - [What is a cover letter?](#) [Cover letter template](#)
- Job application- [Dealing with application forms](#) Sample [Application form](#)
- [Mock Interview](#)
- [Career Choices Assessment](#) (checklists)
- Attend 3 [CSI Presentations](#) (or alternate session agreed upon with your teacher):
  - Topic: \_\_\_\_\_
  - Topic: \_\_\_\_\_
  - Topic: \_\_\_\_\_

## Competencies

- Personal Growth and Well-being self-reflection
- Managing Information self- reflection
- Communication self- reflection

## Other tasks/ activities your teacher may add/ substitute:

- [Perseverance Reflection](#)
- Career Matchmaker (from Grade 10)
- ?