

Specialist High Skills Major: Health and Wellness PARENT GUIDE

How does it work?

Students take a bundle of courses in Grade 11 and 12 that includes:

- 4 Health and Wellness major credits
- 3 other required credits in English, Mathematics, and one in either Social Sciences and Humanities or Science
- At least 2 Co-Operative Education credits and get valuable experience related to the Health and Wellness Economic Sector
- 7 sector-recognized certifications and/or training courses/programs (4 compulsory and 3 electives)
- Reach ahead opportunities
- Experiential learning opportunities outside of Co-operative Education
- Development of Essential Skills and work habits required in the sector, and documentation of them using the Ontario Skills Passport

What does the Red Seal mean?

Employers and post-secondary institutions recognize that a student has participated in a specialized, career focused program.

Students enrolled in an SHSM program receive an SHSM record card outlining their accomplishments.

This unique OSSD helps students stand out from the crowd.

Add Value to your Education

All credits earned in the SHSM program count towards the completion of a standard Ontario Secondary School Diploma.

Any certification or training gained will hold a student in good stead for part-time employment or work placements.

Co-op is a valuable experience, allowing a student to discover what they like doing, and just as importantly, what they don't like doing.

What are the advantages?

SHSM students will:

HEAR and **SEE** first hand what a career in Health and Wellness looks and feels like

DISCOVER the connection between school and careers

NETWORK with post-secondary institutions, local industries and Health and Wellness businesses

GAIN confidence in their ability to succeed

COMPLETE industry recognized certifications and training

OPEN doors for summer jobs and future employment

EARN a **RED SEAL** designation on their Ontario Secondary School Diploma

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How to plan for SHSM

Plan ahead by encouraging your son or daughter to...

GRADE 8

Investigate his or her interests and passions inside and outside of school.

Use myblueprint.ca/tcdsb to start his/her secondary school education plan.

Attend Grade 8 information nights to consult with teachers and guidance counsellors.

GRADE 9

Enroll in courses that align his/her interests, skills and academic abilities.

Review and update his/her education plan on myblueprint.ca/tcdsb.

Discuss program options with teachers making sure he/she has the interest and skills to pursue a career in the Health and Wellness sector.

Consult with guidance counsellors to ensure he/she has the correct prerequisite courses.

Encourage your child to attend all Health and Wellness Students' Assemblies and listen for sector announcements.

GRADE 10

Explore Health and Wellness career opportunities in Career Studies course.

Use myblueprint.ca/tcdsb to align his/her post-secondary plans with his/her current secondary school education plan.

Begin the SHSM application process by talking to their Guidance counsellor.

Attend all SHSM Assemblies.

Work with the Guidance counsellor or the Health and Wellness Department to select the appropriate Grade 11 courses for SHSM.

Planning early will allow students to...

GRADE 11

Enrol in the SHSM program. Start to earn sector recognized certificates.

Participate in Health and Wellness experiential learning opportunities.

Engage in Health and Wellness courses that they are interested in and passionate about.

Select appropriate Grade 12 SHSM courses.

GRADE 12

Complete all SHSM requirements.

Apply to post-secondary opportunities.

Gain an understanding of their career choices.

Graduate with OSSD SHSM Diploma.

