

## How does a Specialist High Skills Major benefit students?

- It allows students to experience a range of customized learning opportunities in an area that interests them
- The program gives students the opportunity to explore career goals and make informed decisions related to post-secondary education or training
- It helps students gain confidence in their ability to succeed and see the connections between their studies and the real world
- The program enables students to develop Essential Skills and work habits
- It allows students to establish relationships and networks in their chosen field

## How can a SHSM benefit YOU?

The program allows you to specialize and to find out if this is the right path for you. If it is not, you can opt out and continue your regular program. If you are thinking about a career in the Health and Wellness Sector, our SHSM may be for you.

*"I would recommend this experience...because it gives the student a chance to see what it is actually like to be in a healthcare setting."*



Specialist High Skills Major students receiving First Aid training.



For more information on the Specialist High Skills Major please contact

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**SPECIALIST HIGH SKILLS MAJOR**

# Health and Wellness



Student Success is about meeting the individual learning needs of each student. Schools are providing more opportunities to customize their high school experience and build on their strengths and interests. One of those options is the Specialist High Skills Major.

**The Specialist High Skills Major (SHSM)** is a ministry-approved program that allows students to focus their learning on a specific sector while meeting the requirements for their Ontario Secondary School Diploma (OSSD) and assist in their transition from secondary school to apprenticeship training, college, university or the workplace.

**The Health and Wellness SHSM** offered by the Bruce-Grey Catholic District School Board will focus on the preventative side of health including healthcare, fitness, and child development.



*"This experience helped me choose a career path. If I want to go into the medical field then I need to understand what a human body looks like inside and out, and this gave me a really good idea of what to expect."*

Our SHSM includes the following five components.

1. A bundle of 9 Grade 11 and Grade 12 credits that includes:
  - I. 4 major credits that provide sector-specific knowledge and skills
  - ii. 3 other required credits, from the Ontario curriculum, in which some expectations are met through learning activities contextualized to the sector
  - iii. 2 cooperative education credits that provide authentic learning experiences in a workplace setting enabling students to refine, extend, and practise sector-specific knowledge and skills
2. Completion of 4 compulsory and 3 optional sector-recognized certifications and/or training courses such as CPR, WHMIS, Infection Control, Standard First Aid
3. Experiential learning and career exploration activities within the sector
4. "Reach Ahead" experiences connected with the student's chosen post-secondary pathway, such as visits to college and university classes, and exposure to guest speakers and health fairs
5. Development of Essential Skills and work habits and the use of the Ontario Skills Passport (OSP) for purposes of documentation

*"This...showed me the different opportunities I could pursue in the healthcare field. It opened my eyes to different positions that are available in a hospital setting and what kind of work is associated with that job."*

## Examples of Possible Careers

### Apprenticeship

- Early Childhood Educator
- Educational Assistant

### College

- Massage Therapist
- Dental Hygienist
- Registered Practical Nurse
- Veterinary Technician
- Dietary Technologist
- Leisure Co-ordinator
- Recreation Consultant
- Personal Support Worker
- Paramedic
- Medical Laboratory Technician

### University

- Physician
- Registered Nurse
- Kinesiologist
- Physiotherapist
- Dietician
- Occupational Therapist
- Physical Education Teacher



### Workplace

- Athlete
- Camp Co-ordinator
- Camp Counsellor
- Ski Instructor
- Sports Referee/Judge
- Coach