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**St. Robert
Catholic High School**

**Live to 100
Health and Wellness
Specialist High
Skills Major**



What is a Specialist High Skills Major (SHSM)?

The SHSM is a Ministry-approved program offered to students at **no cost**, that helps students make successful transitions to a variety of post-secondary destinations. It is designed to meet the needs of students who would like to pursue an apprenticeship, college or university studies or employment in a specific sector. Students who successfully complete all program components will earn a Red Seal on their OSSD which indicates that the student has focused his/her high school experience on a career path that matches his/her skills and interests.



Components of the SHSM

CONTEXTUALIZED LEARNING ACTIVITY (CLA): Over the course of Grade 11 and 12, students will complete an assignment that connects various subject areas to the Health and Wellness sector.

FREE CERTIFICATIONS AWARENESS, TRAINING	EXPERIENTIAL LEARNING	“REACH AHEAD” EXPERIENCES	SECTOR PARTNER CONTEXTUALIZED EXPERIENCE
4 Compulsory + 3 Electives <input type="checkbox"/> CPR Level C <input type="checkbox"/> Standard First Aid <input type="checkbox"/> Infection Control <input type="checkbox"/> WHMIS <input type="checkbox"/> Fitness <input type="checkbox"/> Leadership <input type="checkbox"/> Ethics <input type="checkbox"/> Customer Service <input type="checkbox"/> Conflict Resolution <input type="checkbox"/> Effective Communication	Participate in activities that provide opportunities to explore and reflect on a variety of sector-specific experiences and careers (e.g., guest speakers, job shadow)	Explore and experience the different post-secondary destinations within the sector (e.g., field trip to a university, college, or clinic).	Learn new skills with a community partner: 1 Compulsory: <input type="checkbox"/> Innovation, Creativity & Entrepreneurship (ICE) <input type="checkbox"/> Coding <input type="checkbox"/> Math Literacy

BUNDLE OF COURSES

Major Credits	Other Required Credits			Cooperative Education																																																																																												
Choose 4 courses. At least ONE must be a Gr. 11 course and ONE must be a Gr. 12 course. See over for Dual Credit courses	Any ONE Gr. 12 English	Any ONE Gr. 11 Math	ONE of the following:	TWO Co-op credits earned at a placement within the sector. *Additional Co-op credits may count towards ONE major, and/or one OTHER (no substitutions for ENG or MATH)																																																																																												
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Post-Secondary Opportunities

Graduates with a SHSM in Health and Wellness will not only finish with an enhanced resume of experiences but they will also be prepared for careers or post-secondary studies in the health care, fitness, and childcare and family services. A small sample of careers in this field includes:

Child and Youth Worker
Dietician
Registered Nurse
Kinesiologist

Dental Hygienist
Fitness Instructor
Personal Support Worker
Radiologist

Demand for employees in this sector will be great for years to come due to many current employees working in this sector nearing retirement age and an aging population which will put increased demands on the healthcare sector.



Dual Credits

Health and Wellness SHSM students are automatically eligible to enrol in dual high school/ college credit courses during their co-op placements. These courses are taught on a college campus. Choosing this option will reap several benefits:

- Health and Wellness-related dual credits are considered a grade 12 SHSM major
- Taking a dual credit at a college campus is also considered a reach ahead activity
- Students earn a free post-secondary credit and a high school credit before graduating from high school and gain access to all campus resources for the entire semester

College Course Title	College	College Course Code
Interpersonal Communications	Seneca College York Campus	HDC4T
Introduction to Psychology	Seneca College Markham Campus	HBB4T
Principles of Psychology	Centennial College Progress Campus	HBF4T
Lifestyle Management	Centennial College Progress Campus	PPH4T
Health Care in Canada	Centennial College Progress Campus	PHM4T
Sociology	Centennial College Progress Campus	HSS4T
Early Childhood – Promoting H & S	Humber College North Campus	PPO4T
Intro to Spa Management	Humber College North Campus	TXG4T
Social Psychology	Humber College Lakeshore Campus	HBC4T

For more information, contact your guidance counsellor