

CALM - Description

Career and Life Management (CALM) is the core course for health literacy at the senior high school level in Alberta. The course is designed to help students make well-informed, thoughtful decisions and choices in all aspects of their lives and to develop behaviours and attitudes contributing to well-being and respect of self and others now and in the future. This course covers three themes in three modules: Resource Choices, Career and Life Choices, and Personal Choices. CALM is required for an Alberta High School Diploma. There is a final exam.

Career and Life Management (CALM) includes three instructional Modules and seven Assignment Booklets. Students must choose between Part A: Human Sexuality (Assignment Booklet Part A) or Part B: Relationships (Assignment Booklet B). Assignment Booklet 1A includes a declaration form to be completed, signed, and returned with that booklet to indicate the choice of Part A or Part B.

Available in print or on-line.

Three credits

Prerequisite: None