

Central Interior Distance Education (CIDES)
Planning 10
Course Outline

Prescribed Learning Outcomes:

http://www.bced.gov.bc.ca/irp/pdfs/health_career_education/2007planning10.pdf

Welcome to Planning 10. I hope this will be both a fun and successful course for you. Planning 10 is designed to help students make educated decisions, develop their skills in goal setting, planning, and assessing information, and explore health issues as well as career and educational opportunities.

This course consists of 6 modules.

Module 1: Planning to Graduate

- 1.1 Planning to Graduate
- 1.2 Provincial Exams
- 1.3 Graduation Transitions

Module 2: Planning Your Work World

- 2.1 Finding a Job
- 2.2 Employment Options
- 2.3 Employability Skills
- 2.4 Resume, Reference Letters
- 2.5 Cover Letters
- 2.6 Preparing for a Job Interview
- 2.7 Worker's Rights
- 2.8 Workplace Safety

Module 3: Planning Your Lifestyle

- 3.1 Eating to Achieve
- 3.2 Moving to Achieve
- 3.3 Mental Fitness
- 3.4 Substance Abuse
- 3.5 Earning Your Driver's License

Module 4: Relationship Planning

- 4.1 Healthy Relationships
- 4.2 Communication Skills
- 4.3 Healthy Sexuality
- 4.4 STIs, HIV, and AIDS

Module 5: Financial Planning

- 5.1 Money Sense
- 5.2 Credit Cards and Debt
- 5.3 Post-Secondary Education and Training
- 5.4 Budgeting
- 5.5 Taxes

Module 6: Transition Planning

- 6.1 Assessing Strengths
- 6.2 Where am I Going? Career Plans
- 6.3 Graduation Transitions

Materials and Resources

Access to a computer and the internet

Access to Moodle given to you when you have registered. Each module includes assignments and quizzes that you will complete in Moodle.

Evaluation

1 Registration Assignment	5% of the course activities.
20 Assignments	35%
22 Quizzes and 2 Tests	60% (1 Midterm and 1 Final Test)