Life Transitions 30



Warman High School

This course is setup to be a guided self-reflection meeting the outcomes for Life Transitions 30 of life roles, health self-care, conflict in relationships, money management, and career planning. The optional areas may be explored in consultation with the teacher.

The Four Areas of Emphasis
outcomes and indicators :

Personal Development (Personal)
**Life roles** and orientation to life transitions
       Personal Self-knowledge
      **Health and Self Care**
      Time Management
      Life Balance
Interpersonal relationships(Family)
        **Conflict in relationships**
        Parenting (optional)
        Human sexuality/sexual and reproductive health (optional)
Resource management (Community)
        **Money Management**
        Community Issues and ethics
        Independent Living

Career Development (Career)
       Career Self-Knowledge
        **Career Planning**
        Job search
        Career services and support  (optional )

Evaluation
All assignments and final exam are worth 10% each so you must complete 9 assignments and the final exam to complete the course. They will be graded using a four point rubric.

**Aim**

The aim of Life Transitions is to enable students to reflect and refine the knowledge, skills and abilities

to plan and enhance their personal health, family life, community life, and career development in order to

effectively manage the change encountered in the transitions they will face throughout life.

**Goals**

**Life Transitions centers on personal health, family, community and career, while providing students the

opportunity to:**

• develop a positive self-concept and the skills necessary to maintain it

• develop the attitude and skills to grow with change

• acquire and practice the skills needed to progress from dependence to independence

• apply knowledge and skills to take charge of their lives in achieving and maintaining a positive

lifestyle

• examine, reflect and act upon their personal goals and level of well-being in managing their lives as

purposeful, contributing members of society.