



**ALBERTA EDUCATION CTS PROGRAM / SAFETY IN SCHOOLS
FOUNDATION CURRICULUM ALIGNMENT (Updated April 2023)**

ALBERTA EDUCATION CAREER AND LIFE MANAGEMENT

ALBERTA EDUCATION CALM OUTCOMES	SAFETY IN SCHOOLS COURSES
GENERAL OUTCOME 1: PERSONAL CHOICES	
P1. analyze the dimensions of health and their interrelatedness, the impact of the determinants of health, and the dynamic nature of balance in life	• Your Mental Health and Well-being
P2. evaluate choices and combinations of choices that can create barriers to achieving and maintaining health, and identify actions to improve health	• Your Mental Health and Well-being • Productivity Diet • Understanding Sleep
P3. develop and assess personal strategies to enhance creative thinking skills	
P4. develop approaches/tactics for creative problem solving and decision making	
P5. apply a variety of strategies for lifelong learning	
P6. determine practices and behaviours that contribute to optimal physical well-being	• Your Mental Health and Well-being • Nutrition • Understanding Sleep



P7. analyze a variety of strategies to achieve and enhance emotional and spiritual well-being	
P8. develop and assess strategies for anticipating, identifying, managing and embracing change • recognize that change and stress are inevitable in life • develop strategies for managing stress; and investigate the benefits and limitations of stress and the negative, stressful and harmful responses to stress • explain role conflict and role transition • identify skills for continual change and growth, including ongoing communication with self • examine the dynamic nature of balance and the ongoing importance of balance	• Your Mental Health and Well-Being • Psychosocial Workplace Safety
P9. demonstrate and apply effective communication, conflict resolution and team-building skills	SAHARA 4 • Service Hospitality and Tourism • Welding • Energy and Resources
P10. examine various attitudes, values and behaviours for developing meaningful interpersonal relationships	
P11. examine the relationship between commitment and intimacy in all its levels	
P12. examine aspects of healthy sexuality and responsible sexual behaviour	
P13. investigate how science, technology and media affect wellness	• Cyberbullying and Digital Citizenship



P14. evaluate resources and support systems for each dimension of health and well-being for self and others	• Your Mental Health and Well-being
GENERAL OUTCOME 2: RESOURCE CHOICES	
R1. identify personal resources, and explain how they could be of value to self and others	
R2. compare needs, wants and consequences, with consideration of self, others and society	
R3. examine sources of lifestyle aspirations, and relate these to personal resources	
R4. demonstrate knowledge of and a commitment to achieving personal financial goals	
R5. determine the varied implications and challenges of independent/interdependent living	• SAHARA 4 CFD Residential Fire Safety
R6. develop strategies to be informed consumers	• Energy Sustainability
R7. evaluate the services and costs of various types of financial institutions	
R8. evaluate the advantages and disadvantages of credit	



R9. examine various types of investments and the practical and ethical issues of investing	
R10. identify and analyze a variety of types of insurance	
R11. develop strategies to overcome potential resource challenges	
GENERAL OUTCOME 3: CAREER AND LIFE CHOICES	
C1. examine the components of effective career development as a lifelong process	
C2. update and expand a personal profile related to potential career choices	• Energy Literacy
C3. examine the relationship among career planning, career decisions and lifestyles	
C4. develop strategies to deal with the transition from senior high school to post-secondary education/training and/or the world of work	• Energy Literacy
C5. develop a quality career portfolio	• Energy Literacy
C6. investigate the range of learning opportunities in post-secondary programs, on-the-job training and apprenticeship training programs	• Energy Literacy



C7. analyze variations in employment and the implications in the life career process	
C8. determine skills, attitudes and behaviours necessary to getting a position	
C9. determine the skills, attitudes and behaviours necessary for retaining a job	
C10. investigate employer and employee ethics, rights and responsibilities • examine the responsibilities and rights of employers • investigate issues and regulations regarding health and safety on the job • examine the responsibilities and rights of employees, and suggest strategies for realizing these • generate a list of strategies for identifying and dealing with discrimination in the workplace	• Your Rights & Responsibilities at Work • SAHARA 4 Welding, Energy and Resources Service Hospitality and Tourism
C11. design a plan for turning life goals and aspirations into reality	

The source of the materials is

<http://www.learnalberta.ca/ProgramOfStudy.aspx?lang=en&ProgramId=317412#>