**Career-Life Connections Module 1: Personal Development**

**This first module in Career Life Connections 11 (CLC 12A) is focused on helping you discover and explore aspects of your personal development as a life-long learner and as a member of society. Through reflections, class discussions and activities, you will have an opportunity to think about the similarities and differences between yourself and others.**

**Your activities will explore the following areas:**

* **Activity 1: Core Competencies and your education**
* **Activity 2: Your Personal Well-being**
* **Activity 3: Life-Long Learning and Growth Mindset**
* **Activity 4: Representing Yourself**

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| **BIG IDEAS:** |
| **Career-life development**includes ongoing cycles of exploring, planning, reflecting,adapting, and deciding. | **Career-life decisions** influence and are influenced by **internal and external factors,** including**local and global trends.** | A sense of purpose and career-life balance support **well-being.** | Lifelong learning and active citizenship foster **career-life****opportunities** for people andcommunities. |
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| **CURRICULAR COMPETENCIES:** |
| Assess personal transferable skills, and identify strengths and those skills that require further refinement  | Analyze internal and external factors to inform personal career-life choices for post-graduation planning | Explore and evaluate personal strategies, including social, physical, and financial, to maintain well-being | Create and critique personal and public profiles for self-advocacy and marketing purposes |
| Reflect on experiences in school and out of school, assess development in the Core Competencies, and share highlights of their learning journey  | Demonstrate and reflect on inclusive, respectful, and safe interactions in  multiple career-life contexts  | Identify and apply preferred approaches to learning for ongoing career-life development and self-advocacy  |  |