

Student Planner

SHSM Components

1. A bundle of Grade 11 and Grade 12 credits

Major Credits

Four Grade 11 and 12 credits that build a foundation of sector-focused knowledge and skills before entering a postsecondary destination; at least one of the credits must be Grade 12. An extra co-op credit (beyond the two credits required below) may count for one of these major credits.

*Plan at least four credits (check four)
 (at least one must be from the Grade 12 column)*

GRADE 11	GRADE 12
<input type="checkbox"/> Healthy Active Living PPL 30 <input type="checkbox"/> Health for Life PPZ 3C <input type="checkbox"/> Hockey Skills PAL 30 <input type="checkbox"/> Biology SBI 3C/3U <input type="checkbox"/> Chemistry SCH 3U <input type="checkbox"/> Physics SPH 3U <input type="checkbox"/> Canadian Law CLU 3M <input type="checkbox"/> Marketing BMI 3C <input type="checkbox"/> Leadership and Peer Support GPP 30	<input type="checkbox"/> Healthy Active Living PPL 40 <input type="checkbox"/> Introductory Kinesiology PSK 4U <input type="checkbox"/> Hockey Skills PAL 40 <input type="checkbox"/> Biology SBI 4U <input type="checkbox"/> Chemistry SCH 4C/4U <input type="checkbox"/> Physics SPH 4U <input type="checkbox"/> Canadian Law CLN 4U <input type="checkbox"/> Writer's Craft EWC 4C/4U <input type="checkbox"/> Loyalist College Dual Credit TOE 4T <input type="checkbox"/> An extra coop credit

Cooperative Education Credits

Two credits that provide authentic learning experiences in a workplace setting, enabling students to refine, extend, apply and practice the sector-specific knowledge and skills acquired in the major credits. A third and/or fourth coop credit may be substituted for one of the major credits above and/or the related other required credit below.

Plan at least two credits (check one)

GRADE 11	GRADE 12
<input type="checkbox"/> One 2-credit coop placement (a.m. or p.m.)	<input type="checkbox"/> One 2-credit coop placement (a.m. or p.m.)
<i>or</i>	
<input type="checkbox"/> Two 1-credit coop placements, one in Grade 11 (regular or summer) and one in Grade 12	

Other Required Credits with CLAs

One Grade 11 World Religions credit, one Grade 11 math credit and one Grade 12 English credit; these credits are already required credits for St Theresa and the OSSD.

For each of these three other required credits, a Contextualized Learning Activity for the sector must be completed. CLAs enable students to connect their learning to their SHSM sector.

Plan to complete Contextualized Learning Activities (CLAs) in these three classes

GRADE 11	GRADE 12
<input checked="" type="checkbox"/> World Religions 3O/3M <input checked="" type="checkbox"/> Grade 11 Math 3C/3E/3M/3U	<input checked="" type="checkbox"/> Grade 12 English ENG 4C/4E/4U

Sample Timetable Plans by Destination

Apprenticeship/Workplace/College (with 4 coop credits)	
GRADE 11	GRADE 12
Religion (incl. CLA)	Religion
English	English (incl. CLA)
Math (incl. CLA)	Major Credit
Major Credit	Coop
Major Credit	Coop
Coop	Elective
Coop	
Elective	

The third and fourth coop credits count as a major credit and other required credit. One four-credit coop is also an option.

Apprenticeship/Workplace/College (with 2 coop credits)	
GRADE 11	GRADE 12
Religion (incl. CLA)	Religion
English	English (incl. CLA)
Math (incl. CLA)	Major Credit
Major Credit	Major Credit
Major Credit	Coop
Other Required Credit (incl. CLA)	Coop
Elective	
Elective	

Coop may be taken in Grade 11 instead, with electives taken in Grade 12.

University (with one 2-credit coop)	
GRADE 11	GRADE 12
Religion (incl. CLA)	Religion
English	English (incl. CLA)
Math (incl. CLA)	Major Credit
Major Credit	Major Credit
Major Credit	Elective
Other Required Subject (incl. CLA)	Elective
Coop	
Coop	

Coop should be taken in Grade 11 to allow for the Grade 12 courses needed for university admission.

University (with two 1-credit coop)	
GRADE 11	GRADE 12
Religion (incl. CLA)	Religion
English	English (incl. CLA)
Math	Major Credit
Major Credit	Major Credit
Major Credit	Elective
Other Required Subject (incl. CLA)	Elective
Coop	Coop
Elective	

Summer coop is also an option to replace one of the coop credits shown.

2. Certifications and/or training courses/programs

Seven industry-recognized certifications that provide knowledge and skills related to safe work habits and sector-specific training and give students an advantage when entering the workforce. For instance, Standard First Aid, CPR Level C (including AED), and WHMIS generic instruction are compulsory certifications for the Sports SHSM.

3. Experiential learning and career exploration

Activities that take place outside the traditional classroom setting and allow students to observe, participate in, and reflect on a variety of sector-specific experiences and careers. Examples include job shadowing, job twinning, worksite tours, and attendance at career fairs, conferences or competitions hosted by the sector.

4. Reach ahead experiences

Experiences connected with students' postsecondary plans that provide them with an opportunity to experience the next step in their chosen pathway. Examples include tours of colleges, universities, training facilities and workplaces, interviews of employees in the sector or students studying in the field, and dual credit courses.

5. Ontario Skills Passport

The development and demonstration of Essential Skills and work habits required in the sector, assessed and recorded using the tools in the Ontario Skills Passport (OSP), that allow students to learn about occupation-related tasks and careers in the field. The OSP will be completed during the sector-related coop placement.

My Course Plan

GRADE 11	GRADE 12
Religion (incl. CLA)	Religion
English	English (incl. CLA)
Math (incl. CLA)	

Also plan for your courses and other learning opportunities in your Individual Pathways Plan (IPP).



The future is yours