



Bur Oak Secondary School

Guidance Department Course Outline

How to Survive and Thrive as a Millennial

How To Survive and Thrive as a Millennial: IDC301

a.k.a. Surviving in Today's World

This course is designed to help students make the transition to adult life. Divided into five key areas of study, the course will explore: personal identity; mental wellbeing; nutritional wellbeing; physical wellbeing and financial wellbeing.



Do you want to learn how to:

- create a personal budget
- plan for shopping and making meals
 - figure out who I am
 - develop a personal fitness plan
- build resiliency or personal wellbeing
 - figure out the “real world”

If you answered “YES”, then this course is for you!



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COURSE CODE: IDC301

TEACHERS: T.B.D.

CREDIT VALUE: 1.0

GRADE LEVEL: 11

COURSE DESCRIPTION/RATIONALE:

The focus of Bur Oak Secondary Schools IDC30, “How to Survive and Thrive as a Millennial”, is to support students as they develop the skills necessary to become successful, independent and lifelong learners. While students will investigate their own identity both in the “real” world and the “electronic” world while exploring their emotional, physical, nutritional and financial well-being. The emphasis in this course is on helping students make a successful transition from secondary education into their post-secondary pathway.

UNITS OF STUDY:

1. Identity
2. Mental/Emotional Well-being
3. Nutritional Well-being
4. Physical Well-being
5. Financial Well-being

EVALUATION:

Students will participate in a variety of exercises and types of evaluation. Grading may include written assignments, tests/quizzes, oral presentations, self-evaluation, online journal responses, and teacher observations and end-of-year summative projects such as interpersonal communication skills.

ACHIEVEMENT CATEGORY	PERCENTAGE OF MARK
KNOWLEDGE & UNDERSTANDING	18%
APPLICATION	18%
THINKING & INQUIRY	17%
COMMUNICATION	17%
CULMINATING ACTIVITIES	30% (2 x 15%)



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Please note: There is no final exam for this course, there will be two culminating activities (one individual and one group) in which each student will be marked on their personal contributions. Students will be asked to enroll in our Google Classroom to access class handouts and rubrics and to access evaluations and teacher feedback.

Attendance: Regular attendance is essential for success in this course. After an absence, students are expected to show the teacher an admit slip on the day of their return. Please review the school's attendance/absence policy.

Punctuality: On-time arrival is expected as a courtesy to the rest of the class. When a student arrives late, it disrupts the class. Late arrivals will be noted. If they occur regularly, the situation will be discussed with the student and if the situation cannot be remedied, it will be discussed with a parent/guardian and possibly a school administrator.

Completion of Work: Students are responsible for the completion of all work. If a class is missed it is the student's responsibility to find out what was missed, what was expected and to show the teacher the completed work. The Google Classroom is always available! It is the student's responsibility to upload the assignment to their teacher by the scheduled class time if absent on an assignment due date. If a student misses a scheduled test/assignment they may receive a grade of zero. A valid excuse for the absence must be provided. **A doctor's note which explains the absence must be presented to the teacher upon return to class in order to write a makeup test or hand in a late submission.** Repeated absences on scheduled test/assignment days will be investigated.

Homework: It is expected that homework will be completed regularly. It will be checked periodically and, on occasion, will be graded. If it has not been attempted it will receive a mark of zero.

Classroom Behaviour: Behaviour appropriate to a high school class is expected, including demonstration of respect to yourself, fellow students and the teacher. If a student does not follow safety rules during labs, he/she will be removed from the class.

Extra Help: Students can make an appointment for extra help. These sessions are only helpful if students come prepared in advance.