

### What is SHSM?

Specialist High Skills Majors let students focus on a career path that matches their skills and interests while meeting the requirements of the Ontario Secondary School Diploma (OSSD)

### Why consider SHSM – Health & Wellness

This program enables students to:

- Customize their secondary school education to suit their interests and skills
- Complete sector recognized certifications to build their resume
- Prepare for post-secondary opportunities
- Explore and refine their career goals
- Earn the SHSM Distinction on their OSSD
- Engage in experiential learning with like-minded peers

#### Required Certifications

- CPR level C (with AED)
- Standard First Aid
- WHMIS generic
- Infection Control

#### Elective Certifications (pick 2)

- Customer Service
- Personal inventory
- Safe Food Handling
- Wrapping and taping for performance & injury
- Conflict resolution
- Sterile techniques
- Suicide Prevention

#### Possible Reach Ahead / Experiential Learning Field Trips

- university/college workshops
- industry tours
- skills competitions
- career fairs
- guest speakers
- P.A.R.T.Y. Program

### Co-op Placements (minimum 2 credits- ½ a day for 1 semester)

Students apply their learning from an SHSM pathway course in an authentic learning environment. Future careers may include one of the following (this is not a complete list of careers for this sector):

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| <ul style="list-style-type: none"> <li>● Biomedical Engineering</li> <li>● Medical Secretary</li> <li>● Child &amp; Youth Worker</li> <li>● Nursing</li> <li>● Dentist</li> <li>● Personal Support Worker</li> </ul> | <ul style="list-style-type: none"> <li>● Early Childhood Education</li> <li>● Child and Youth Workers</li> <li>● Pharmacist</li> <li>● Education Assistant</li> <li>● Physiotherapist</li> <li>● Hairstylist</li> <li>● Veterinary Medicine</li> </ul> |
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**APPLY TO SHSM!**  
[bit.ly/YRDSBSHSMapp](http://bit.ly/YRDSBSHSMapp)

How many credits do I take in this section?	Choose from the following courses:	Also remember for this section...
4	HFA4C/U (Nutrition and Health) HFC3M (Food & Culture) HHS4C/U (Families in Canada) HPC3O (Parenting) HPW3C (Working with Children) HSP3C/U (Anthro/Psych/Soc) PAF3O/4O (Fitness) PAI4O (Badminton) PAL3O/4O (Volleyball) PAD3O/4O (Outdoor Ed) PLF4M (Leadership) PPL3O/4O (Phys Ed) PSK4U (Exercise Science) SCH3U/4C/U (Chemistry) SBI3C/U/4C/U (Biology) SNC4M (Health Sciences) TXJ3E (Hairstyling)	<ul style="list-style-type: none"> <li>• This section is called "<u>Major Credits</u>"</li> <li>• You need at least one credit at the Grade 11 level</li> <li>• You need at least one credit at the Grade 12 level</li> <li>• Many Dual Credit Courses, offered through the YRDSB's Dual Credit Program, also count in this category</li> <li>• Courses in this category <b>must</b> be taken at Trudeau</li> <li>• Students who take 4 credit co-op may count one credit towards the Major Credits or Related Credits section</li> </ul>
1	BDI3C (Entrepreneurship) HFA4C/U (Nutrition and Health) HHS4C/U (Families in Canada) HPC3O (Parenting) HPW3C (Working with Children) HSB4U (Challenge & Change) HSP3C/U (Anthro/Psych/Soc) HZB3M/HZT4U (Philosophy) PSK4U (Exercise Science) SBI3C/U (Biology) SCH3U/4C(U) (Chemistry) SPH3U/4C/4U (Physics) SVN3E/M (Environmental Science) SES4U (Earth and Space Science)	<ul style="list-style-type: none"> <li>• This section is called "<u>Related Credits</u>"</li> <li>• You will do a CLA (Contextualized Learning Activity) in this course</li> <li>• Remind your teacher you will need a CLA in this course at the beginning of the semester</li> </ul>
1	ENG3C/E/U	<ul style="list-style-type: none"> <li>• You will do a CLA (Contextualized Learning Activity) in this course, please remind your teacher at the beginning of the semester</li> <li>• Can <b>NOT</b> be taken at private school</li> </ul>
1	MBF3C MCF3M MCR3U MEL3E	<ul style="list-style-type: none"> <li>• You will do a CLA in this course</li> <li>• Remind your teacher you will need a CLA at the beginning of the semester</li> <li>• Can <b>NOT</b> be taken at private school</li> </ul>