



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). Students complete a bundle of courses and gain valuable work experience through Co-op. SHSM programs lead to all post-secondary pathways – university, college, apprenticeship, and the workplace.

Why consider SHSM – Health and Wellness?

This program enables students to:

- Customize their secondary school education to suit their interests and skills
- Complete sector recognized certifications to build their résumé
- Prepare for post-secondary opportunities
- Explore and refine their career goals
- Earn the SHSM Red Seal designation on their OSSD

Required Certifications (4)

CPR-C with AED

Standard First Aid

generic WHMIS

infection control

Elective Certifications (choose 3)

advanced training
(feeding, airway, IV, etc)

allergy awareness

ambulation, lifting,
transfers

animal first aid

babysitting

behaviour management

child safety and injury
prevention

communication skills

concussion awareness

conflict resolution

customer service

dietary considerations

equity and inclusion

ethical considerations

fire safety/extinguisher
use

fitness

Food Handler

group dynamics

lab practices

leadership skills

marine/wilderness first
aid

medical terminology

mental health
awareness*

Mental Health First Aid

non-violent crisis
intervention

personal training

personality inventory

portfolio development

project management

safe body mechanics

safe food handling basic

sign language

specialized care
(nutrition, dementia, etc)

sterile techniques

stress management
techniques

waste management

wrap/tape for
performance/injury

(*approved by and delivered under the direction of the school board's Mental Health leader)

1 Sector-Partnered Experience

ICE training
innovation creativity entrepreneurship

contextualized coding

mathematical literacy

Apply at: bit.ly/YRDSBSHSMapp



2 Reach Ahead events

examples include:

- Campus/Program tours (in person/virtual)
- post-secondary fair (OUF, OCIF, in-school)
- College/University application workshops
- Scholarship seminars

2 Experiential Learning events

examples include:

- Science Olympics
- P.A.R.T.Y. program, HOSA
- job shadow / part time job in sector
- career fair, professional conference
- employee interview

2 Cooperative Education Credits

example Co-op Placements:

hospital
rehab center
elementary school

veterinary clinic
fitness facility
food services

seniors home
research lab
pharmacy

physiotherapy
dental office
HPA

4 HEALTH & WELLNESS Major Credits

Grade 11 (select at least 1):

HLS3O	SBI3C/3U
HPW3C	SCH3U
HSP3U	SPH3U
HZB3M	
PAF3O	
PPL3O	

Grade 12 (select at least 1):

HFA4U	PAF4O
HHG4M	PPL4O
HHS4U	PLF4M
HSE4M	SBI4U
HZT4U	SCH4C/4U
PSK4U	SPH4C/4U

**Dual Credit courses may also apply

Plus: Select at least 1 of...

HPW3C	SBI3C/3U	GLE4O	OLC4O
HSP3U	SCH3U	HFA4U	PSK4U
HZB3M	SPH3U	HHG4M	SBI4U
ICS3U		HHS4U	SCH4C/4U
NBE3C		HSE4M	SES4U
		HZT4U	SPH4C/4U
		ICS4U	

1 Required Math

MEL3E

MBF3C

MCF3M

MCR3U

1 Required English

ENG3E

ENG3C

ENG3U

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