



APPLY TO SHSM- <https://bit.ly/YRDSBSHSMapp>

Student SHSM website: <https://sites.google.com/gapps.yrdsb.ca/shsm-student>

(complete certifications, reach aheads & experiential learning online and self-report!)

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 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 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

Compulsory Certifications (4)

- CPR level C (with AED)
 Standard First Aid
 generic WHMIS
 infection control

Elective Certifications (choose any 3)

<input type="checkbox"/> advanced training in a technique (e.g., feeding, assistance, airway management, IV insertion)	<input type="checkbox"/> advanced training in a technology (309)	<input type="checkbox"/> allergy awareness	<input type="checkbox"/> ambulation, lifting, and transfers
<input type="checkbox"/> animal first aid	<input type="checkbox"/> anti-oppression and allyship training	<input type="checkbox"/> approaches to healing	<input type="checkbox"/> babysitting
<input type="checkbox"/> behaviour management	<input type="checkbox"/> child safety and injury prevention	<input type="checkbox"/> communication skills	<input type="checkbox"/> concussion awareness
<input type="checkbox"/> conflict resolution	<input type="checkbox"/> customer service	<input type="checkbox"/> dietary considerations	<input type="checkbox"/> equity and inclusion
<input type="checkbox"/> ethical considerations	<input type="checkbox"/> fire safety and fire extinguisher use	<input type="checkbox"/> first aid/CPR/AED awareness	<input type="checkbox"/> fitness
<input type="checkbox"/> Food Handler Certification	<input type="checkbox"/> group dynamics	<input type="checkbox"/> lab practices	<input type="checkbox"/> leadership skills
<input type="checkbox"/> marine and wilderness first aid	<input type="checkbox"/> medical terminology	<input type="checkbox"/> mental health awareness*	<input type="checkbox"/> Mental Health First Aid
<input type="checkbox"/> non-violent crisis intervention	<input type="checkbox"/> personal training	<input type="checkbox"/> personality inventory	<input type="checkbox"/> portfolio development
<input type="checkbox"/> project management	<input type="checkbox"/> safe body mechanics	<input type="checkbox"/> safe food handling – basic	<input type="checkbox"/> sign language
<input type="checkbox"/> spa service (208)	<input type="checkbox"/> specialized care (e.g., diabetes, dementia, nutrition)	<input type="checkbox"/> sterile techniques	<input type="checkbox"/> stress management techniques
<input type="checkbox"/> waste management	<input type="checkbox"/> wrapping and taping for performance and injury		



Reach Aheads (2) examples include:		Experiential Learning (2) examples include:	
<input type="checkbox"/> campus/program tours (in person/virtual)	<input type="checkbox"/> application workshops <input type="checkbox"/> scholarship workshops	<input type="checkbox"/> Science Olympics <input type="checkbox"/> P.A.R.T.Y program, HOSA <input type="checkbox"/> job shadowing <input type="checkbox"/> professional conference	<input type="checkbox"/> employee interview <input type="checkbox"/> skills competitions
<input type="checkbox"/> post-secondary fair (OUF, OCIF, CCUF, in-school)			

Sector Partnered Experience (1)

I.C.E. / design thinking mathematical literacy coding/computational thinking

Co-op Placements (minimum 2 credits- ½ a day for 1 semester)
Students apply their learning from a 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):

- Biomedical Engineering Technologist
- Medical Secretary
- Child & Youth Worker/Counselor
- Nurse
- Certified Personal Trainer
- Dentist/Medical Doctor
- Personal Support Worker
- Midwife
- Community & Social Service Worker
- Early Childhood Education
- Pharmacist
- Nutritionist
- Education Assistant
- Physiotherapist
- Occupational Therapist
- Hair Stylist
- Veterinary Medicine
- Optometrist
- Primary Care Paramedic

4 Health & Wellness Major Credits between grade 11 and 12

<p>Grade 11 (select at least 1)</p> <ul style="list-style-type: none"> <input type="checkbox"/> HSP3U- Sociology, Anthropology, Psychology <input type="checkbox"/> HZB3M - Philosophy <input type="checkbox"/> PAF30- Personal Fitness <input type="checkbox"/> PAL30- Large Group Activities: Basketball <input type="checkbox"/> PPL30- Healthy & Active Living <input type="checkbox"/> SBI3C- Biology <input type="checkbox"/> SBI3U- Biology <input type="checkbox"/> SCH3U- Chemistry <input type="checkbox"/> SPH3U- Physics <input type="checkbox"/> HPC30- Raising Healthy Children 	<p>Grade 12 (select at least 1)</p> <ul style="list-style-type: none"> <input type="checkbox"/> HHG4M- Human Development <input type="checkbox"/> HSE4M-Equity and Social Justice <input type="checkbox"/> HZT4U - Philosophy <input type="checkbox"/> PAF40- Personal Fitness <input type="checkbox"/> PAL40- Large Group Activities: Basketball <input type="checkbox"/> PPL40- Healthy & Active Living <input type="checkbox"/> PSK4U- Kinesiology <input type="checkbox"/> SBI4U- Biology <input type="checkbox"/> SCH4C- Chemistry <input type="checkbox"/> SCH4U- Chemistry <input type="checkbox"/> SPH4C- Physics <input type="checkbox"/> SPH4U- Physics <p style="text-align: right;"><i>DUAL CREDIT COURSES Available- See your guidance counsellor</i></p>
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1 additional Social Science or Science in grade 11 OR grade 12



<p>Grade 11:</p> <p>HSP3U HZB3M ICS3U NBE3C/3U</p> <p>SBI3C/3U SCH3U SPH3U</p>	<p>Grade 12:</p> <p>GLE40 HHG4M HPD4C HSE4M</p> <p>HZT4U ICS4U OLC40 PSK4U</p> <p>SBI4U SCH4C/4U SPH4C/4U</p>
<p><input type="checkbox"/> 1 Required Math</p>	<p><input type="checkbox"/> 1 Required English</p>
<p>MBF3C or MEL3E/4E or MCF3M or MCR3U</p>	<p>NBE3E or NBE3C or NBE3U or NBE3UE</p>