



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
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Elective Certifications (choose 3)

advanced training (feeding, airway, IV, etc)	allergy awareness	ambulation, lifting, transfers	animal first aid
anti-oppression and allyship training	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	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
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Apply at: <https://bit.ly/YRDSBSHSMapp> or





A minimum of 1 Reach Ahead event

examples include:

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

A minimum of 1 Experiential Learning event

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
 pet care

4 HEALTH & WELLNESS Major Credits

Grade 11 (select at least 1):

GPP30	PAF30
HPW3C	PPL30
HFC3M	SBI3C/3U
HSP3U	SCH3U
IDC3O	SPH3U
PAL3O	

Grade 12 (select at least 1):

HFA4C/4U	PLF4M
HHG4M	PSK4U
IDC4O	SBI4U
IDC4U/UE	SCH4C/4U
PAF4O	SPH4C/4U
PPL4O	

****Dual credit courses may also apply****

Plus: Select at least 1 of...

HSP3C/3U	GLE4O/GLS4O	MEL4E
ICS3C/3U	HFA4C/4U	OLC4O
SBI3C/3U	HHG4M	SBI4U
SCH3U	HSB4U	SCH4U/4C
SPH3U	HZT4U	SPH4U/4C

1 Required Math

MEL3E	MBF3C	MCF3M	MCR3U
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1 Required English

ENG3E/NBE3E	ENG3C/NBE3C	ENG3U/NBE3U
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