

Career Choices/Health Syllabus

Course Description:

The purpose of this course is to introduce a number of health and career related topics to students and demonstrate the importance of these topics in their daily life. The first semester will cover the career choices curriculum and the second semester will cover the health curriculum, however, the two curriculums may overlap throughout the school year.

The career choices curriculum will focus on the development of a 10 year education, career and life plan. The 10 year plan that each student creates will be available online for personal use throughout their life. The health curriculum will allow students to consider two major concepts. First, that health is largely a matter of one's own responsibility and secondly, the choices made about one's lifestyle during teenage years will have important long term effects. The units of study for health will include personal health, physical fitness, nutrition, communication skills, mental and emotional health, drug information and family life education. Additionally, throughout the semester there will be various guest speaker presentations.

Materials:

Students should come to class each day prepared with pen or pencil and paper. Students will need a journal or small notebook that will be left in the classroom. This will be used for daily bellringer's. All students will be supplied with a "Career Choices" workbook, textbook as well as a health textbook. We will be covering chapters 1-3, 6-7, 9-13, 15, 18 and 21 in the health textbook and chapters 1-12 in the Career Choices textbook.

Expectations:

Students are always expected to act as respectful members of the community and are expected to:

1. Come to class physically and mentally prepared to take part in class discussions and activities
2. Be respectful at all times to yourself, your peers, the staff and the school property
3. Bring all necessary materials to class and leave with all belongings
4. Be seated when the bell rings and working on bellringer. If late, enter the room quietly and sign in tardy. *If you are not in your seat working when the bell rings you will be marked tardy.*
5. Follow all school rules and policies as stated in the Buena handbook
6. Personal technology is to remain in bags or pockets and out of sight during class time including but not limited to cell phones and headphones. *Personal technology items will be confiscated if used during instructional time without permission.*
7. Follow all directions the first time

Grading:

The overall grade will be based on the following:

1. In-Class Assignments
2. Homework
3. Tests
4. Projects
5. Daily Journal (Bellringers...etc.)
6. Participation, In-Class Discussions, Question Answer Sessions

Grade is calculated by the number of points earned out of the total points (the more points earned, the higher your grade).

Grading Scale				
A = 90 -100%	B = 80 – 89%	C = 70 – 79%	D = 60 – 69%	F = 59% - BELOW

Assignments:

Late assignments will receive a 5% reduction in grade each day. Sloppy, crinkled or torn work will not be accepted. Students are expected to take pride in their work.

Guest Speakers

- Break free Foundation – Human Trafficking
 - www.3StrandsGlobal.com
- Interface – Teen Dating Violence Prevention
 - <http://www.icfs.org/>
- Straight Up / Reality Improv Connection – Social Change Interactive Theater (Drug/Alcohol)
- Straight Up – Game Show About Drugs and Alcohol
 - <http://www.straightupvc.org/>
- Ventura County Public Health (HIV/AIDS)
- Ventura County Public Health or Planned Parenthood (STI's/STD's & Prevention, Types of Birth Control, Male/Female Reproductive System)

*Guest speaker presentations are subject to change during the school year.