**LIFE WORK EXPLORATION ‐ LF10S**

*The Life/Work courses are designed to help bridge the gap between school learning and the realities of the workplace and labor market in Manitoba. Its primary goal is to assist students on their path to graduation and ensure a smoother transition to post-secondary education and work. The curriculum highlights experiential learning, allowing students to explore potential occupations and apply essential employability skills.*

*The Grade 9 curriculum provides students with an overview of career development outcomes with emphasis on building a positive self-esteem, exploring self-assessment, locating work information, and selecting high school courses.*

**Course Work**

This course is designed to prepare you for the workplace, and to help you make yourself employable. It is important that you remain caught up with the assignments.

**This Course Contains Five Units:**

**Personal Management**

This unit focuses on developing students' self-awareness and interpersonal skills. It emphasizes building a positive self-image, effective communication, teamwork, and financial management. The unit also addresses managing change, stress, and understanding the impact of personal behaviors on mental and physical health.

**Career Exploration**

The learning experiences in this unit will assist students with identifying career options and understanding their societal and economic impacts. Students learn to research different occupations, assess educational pathways, and explore the balance between life and work roles. The unit also addresses changing career dynamics and challenges related to workplace stereotypes and biases.

**Learning and Planning**

This unit has been designed to help students understand the importance of lifelong learning in achieving life and work goals. Students explore graduation requirements, effective learning styles, and the transferability of academic and practical skills to various work contexts.

**Job Seeking Skills and Job Maintenance**

This unit focuses on the essential skills and knowledge required for securing and sustaining employment. It covers exploring personal qualities necessary for work, understanding the value of cooperation and diversity in the workplace, and re-evaluating personal experiences to identify impactful abilities.

**Career and Community Experiences**

This unit offers students community experiences, primarily through presentations and observations that are designed to help them better understanding the realities of the workplace. There will also be an emphasis on understanding workplace safety, health regulations, employment laws, and the role of labor unions.

**Evaluation** – Based on submitted assignment work.