**LIFE WORK EXPLORATION ‐ LF10S**

*This 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 10 Life Work curriculum is designed to prepare students for the challenges of the modern economy, emphasizing both personal development and practical skills. The content in this course places a greater emphasis on student outcomes related to communication skills, work information, work trends, self-assessment, matching personal skills to occupations, issues in the workplace, and work-search tools.*

**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 the significance of having a positive self-image and how it shapes one's life path. Students will be equipped with skills to help them build skills in effective communication, teamwork, and leadership. This unit will also address the challenges of change and personal growth throughout life's stages, underscoring the necessity of personal management skills for success in work, learning, and life.

**Career Exploration**

The learning experiences in this unit will assist students with the knowledge and skills needed to be able to locate and effectively use life/work information and to understand the relationship between work, society, and the economy.

**Learning and Planning**

This unit has been designed to help students develop the ability to make effective decisions, set goals, make plans, and act on, evaluate, and modify plans to adjust to change. Students will learn how to engage in and manage the life/work building process.

**Job Seeking Skills and Job Maintenance**

This unit covers essential skills like resume writing, crafting cover letters, and the essential skills needed to do well in job interviews. Additionally, students learn about career management, setting them up for success in the labor market.

**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. By utilizing community resources, students will explore occupations and work roles that align with their goals, while also assessing skills and attitudes observed. They'll also discuss the importance of personal skill development in relation to their overall career journey.

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