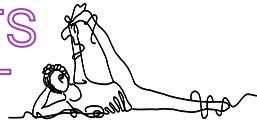


# SHSM

SPECIALIST HIGH SKILLS MAJOR

## REQUIREMENTS CHEAT SHEET



# 1

### REQUIRED CREDITS

(Bundle of Credits)

- 4 Health & Wellness major credits (Gr. 11 & 12)
- 1 English credit (Gr. 11 or 12)
- 1 Math credit (Gr. 11 or 12)
- 1 Science or Social sciences & humanities or additional Co-op Credit (Gr. 11 or 12)
- 2 Cooperative education credits (Gr. 11 or 12)

## Health and Wellness

# 2

### CERTIFICATION WORKSHOPS

(Sector-recognized certifications & training)

#### COMPULSORY

Must complete the following:

- Cardiopulmonary Resuscitation (CPR) Level C- includes automated external defibrillation (AED)
- Infection Control
- Standard First Aid
- Workplace Hazardous Materials Information System (WHMIS) - generic (i.e., not site-specific) instruction

#### ELECTIVES

Must complete three (or more) of the following:

- |  |   |
|--|---|
| <input type="checkbox"/> Advanced training in a technique      | <input type="checkbox"/> Leadership skills                              |
| <input type="checkbox"/> Advanced training in a technology     | <input type="checkbox"/> Marine and wilderness first aid                |
| <input type="checkbox"/> Allergy awareness                     | <input type="checkbox"/> Medical terminology                            |
| <input type="checkbox"/> Ambulation, lifting, & transfers      | <input type="checkbox"/> Mental health awareness                        |
| <input type="checkbox"/> Animal first aid                      | <input type="checkbox"/> Mental Health First Aid                        |
| <input type="checkbox"/> Anti-oppression & allyship training   | <input type="checkbox"/> Non-violent crisis intervention                |
| <input type="checkbox"/> Approaches to healing                 | <input type="checkbox"/> Personal training                              |
| <input type="checkbox"/> Babysitting                           | <input type="checkbox"/> Personality inventory                          |
| <input type="checkbox"/> Behaviour management                  | <input type="checkbox"/> Portfolio development                          |
| <input type="checkbox"/> Child safety and injury prevention    | <input type="checkbox"/> Project management                             |
| <input type="checkbox"/> Communication skills                  | <input type="checkbox"/> Safe body mechanics                            |
| <input type="checkbox"/> Concussion awareness                  | <input type="checkbox"/> Safe food handling - basic                     |
| <input type="checkbox"/> Conflict resolution                   | <input type="checkbox"/> Sign language                                  |
| <input type="checkbox"/> Customer service                      | <input type="checkbox"/> Spa service                                    |
| <input type="checkbox"/> Dietary considerations                | <input type="checkbox"/> Specialized care                               |
| <input type="checkbox"/> Equity and inclusion                  | <input type="checkbox"/> Sterile techniques                             |
| <input type="checkbox"/> Ethical considerations                | <input type="checkbox"/> Stress management techniques                   |
| <input type="checkbox"/> Fire safety and fire extinguisher use | <input type="checkbox"/> Waste management                               |
| <input type="checkbox"/> First aid/CPR/AED awareness           | <input type="checkbox"/> Wrapping and taping for performance and injury |
| <input type="checkbox"/> Fitness                               |   |
| <input type="checkbox"/> Food Handler Certification            |   |
| <input type="checkbox"/> Group dynamics                        |   |
| <input type="checkbox"/> Lab practices                         |   |

# 3

### EXPERIENTIAL LEARNING

(And career exploration activities)

Do at least one. Examples?

- Job Shadowing
- 1-2 Weeks in the field
- Other unique experiences

# 4

### REACH AHEADS

(Experiences to try out your path)

Attend at least one. Examples?

- Career panel or speaker
- Interview with current students or employees
- Campus or job site visit

# 5

### SECTOR-PARTNERED EXPERIENCE (SPE)

(Industry-relevant activities)

Do at least one of these trainings:

- Industry-relevant coding
- Industry-relevant mathematical literacy
- I.C.E. (Innovation, Creativity, & Entrepreneurship) Training

