



# Participation Form

Submit this Form to Your Guidance Department

First Name: \_\_\_\_\_  
*Please Print Clearly*

Last Name: \_\_\_\_\_

Date of Birth: Year \_\_\_\_\_ Month \_\_\_\_\_ Day \_\_\_\_\_

Grade: (circle one) 9 10 11 12

### Select ONE Sector Area:

- Arts and Culture       Business       Construction
- Energy       Environment       Health and Wellness
- Hospitality and Tourism       Information and Communications Technology       Justice, Community Safety, and Emergency Services
- Manufacturing       Transportation

### Where do you plan to go right after high school: (select one)

- Workplace       Apprenticeship       College       University

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*The information collected on this form will be used to help us advise you about which SHSM trips and training sessions would be most useful to you. We will also use it to advise you on course selection. If you have questions about this form or the information being collected, please contact:*

**Tara Fitzgerald**, Waterloo Catholic District School Board  
[Tara.fitzgerald@wcdsb.ca](mailto:Tara.fitzgerald@wcdsb.ca) Tel: (519) 578-3660 ext. 2549

**St. Benedict Catholic Secondary School**



# Specialist High Skills Major

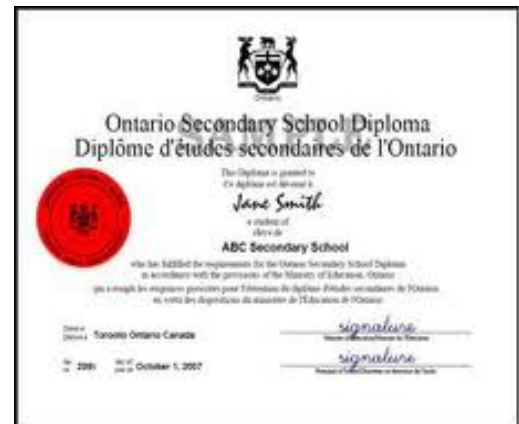
## WHAT IS SPECIALIST HIGH SKILLS MAJOR (SHSM)?

The Specialist High Skills Major (SHSM) is a Ministry approved program that encourages students to focus their education on a specific employment sector.

Components include:

1. A bundle of courses related to a major
2. Co-op experience in an area of interest
3. Industry-recognized certifications related to the employment sector

Students who successfully complete all components of the program earn a **Specialist High Skills Major (Red Seal)** designation on their Diploma.



## WHY SHOULD MY SON/DAUGHTER GET INVOLVED?

No matter which path your son or daughter follows after high school, they will have a better idea of their direction and future career choice when graduating with a SHSM red seal.

Your son/daughter will:

- understanding how and why their classes apply to their future career
- obtain training and certifications from experienced industry staff (ex. First Aid & CPR)
- learn on the job skills during a co-op placement,
- gain experience in their field of interest

### Majors offered at St. Benedict's C.S.S:

- Arts & Culture
- Business
- Construction
- Energy
- Environment
- Health & Wellness
- Hospitality & Tourism
- Information & Communications
- Justice, Community Safety
- Manufacturing
- Transportation

### HOW AND WHEN TO GET INVOLVED:

Experiences start in Grade 11 or 12.

More information can be found online at:

[www.highskills.ca](http://www.highskills.ca)



SAMPLE STUDENT – HEALTH & WELLNESS MAJOR

**COURSES RELATED TO HEALTH & WELLNESS**

	<b>Grade 11</b>	<b>Grade 12</b>
<b>2 Major Courses related to Health &amp; Wellness</b>	Personal Fitness <a href="#">PAF30</a>	Personal Fitness <a href="#">PAF40</a>
	Healthy Active Living <a href="#">PPL30</a>	Recreation & Fitness <a href="#">PLF4C</a>
<b>1<sup>st</sup> required credit</b>	Grade 11 Math	
<b>2<sup>nd</sup> required credit</b>		Grade 12 English
<b>3<sup>rd</sup> required credit</b>	Chemistry or Biology or Science	

**CO-OP PLACEMENT RELATED TO HEALTH & WELLNESS**



½ day placement for a full semester in a work environment

2 credits obtained towards diploma

Develop skills and experience in an area of interest

Placements for Health & Wellness students can include: Recreation & Leisure, Clinic/Laboratory, Retirement Homes, Fitness & Athletic Clubs ... and many more!

**FREE - INDUSTRY-RECOGNIZED CERTIFICATIONS**

(7 certifications taken over the course of grade 11 & 12):

- Standard First Aid
- Health Care Provider (+ CPR)
- Infection Control
- WHMIS training
- Specialized Care (eg. Dementia)
- Conflict Resolution
- Safe Body Mechanics
- .....And many more!!

