



# 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 & Culture
- Business
- Energy
- Health & Wellness
- Horticulture & Landscaping
- Hospitality & Tourism
- Information & Communications Technology
- Justice, Community Safety, & Emergency Services
- Sports
- 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

**Resurrection 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 STUDENTS GET INVOLVED?

No matter which path you may follow after high school, you'll have a better idea of your direction and future career choice when graduating with a SHSM red seal.

You 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 Resurrection C.S.S:

Arts & Culture  
 Business  
 Energy  
 Health & Wellness  
 Horticulture & Landscaping  
 Hospitality & Tourism  
 Information & Communications  
 Justice, Community Safety, & Emergency Services  
 Sports  
 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

	Grade 11	Grade 12
2 Major Courses related to Health & Wellness	Health for Life <a href="#">PPZ30</a>	Personal Fitness <a href="#">PAF40</a>
	Healthy Active Living <a href="#">PPL30</a>	Recreation & Fitness <a href="#">PLF4C</a>
1 <sup>st</sup> required credit	Grade 11 Math	
2 <sup>nd</sup> required credit		Grade 12 English
3 <sup>rd</sup> required credit	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 (e.g. Dementia)
- Conflict Resolution
- Safe Body Mechanics
- .....And many more!!



VISIT [WWW.HIGHSKILLS.CA](http://WWW.HIGHSKILLS.CA) FOR MORE INFORMATION !