

# SHSM is for you if...

*you are interested in one or more of:*

- Earning valuable sector skills
- Graduating with a special designation
- Making connections in the Health Care sector

# Or...

*if you are planning to:*

- Go to University
- Go to College
- Become an Apprentice
- Go to the Work World

**Employers say...**  
**"You're hired!"**



# SHSM Careers

*in many industries:*

- Emergency Response
- Health Care
- Recreation
- Education
- Sports Facilities
- Training
- Wellness
- Business

*in many careers:*

- Child and Youth Worker
- Health Services
- Fitness Instructor
- Physiotherapy
- Teaching
- Recreation Director
- Nursing
- Dentistry
- Registered Massage Therapist



# Specialist High Skills Major

# Health and Wellness

**St. Michael's Adult Secondary School**



- Customized High School Experience
- Ministry of Education Red Seal
- Advanced Employer Standing
- Valuable Practical Experience
  - Industry Recognized Certifications



**SHSM - Health and Wellness**  
**St. Michael's Adult Secondary School**

For more information,  
contact Student Services  
Phone: 519-946-3761



**Student Success is the mandate of the Specialist High Skills Major Program**

# Health and Wellness

Focus at St. Michael's Adult Secondary School

Explore exciting health care skills including:

- Leadership development
- Exercise science
- Personal physical fitness



Get valuable experience through partnerships with:

Sector professionals (ie. in health care areas, personal fitness and sports associations) & other forward thinking leadership and business community members.

“Learning together in faith & service.”

## When can I start my SHSM?

The SHSM is open to all students. Entry should occur prior to a student's grade 11 year, with special emphasis on scheduling a two credit co-operative placement in the health care sector.

## What skills & certifications will I earn?

Earn seven of these compulsory & additional certifications:

- Standard First Aid • CPR Level C • WHMIS Certification • Infection Control  
 Leadership Training • Safe Food Handling • Customer Service • Portfolio Development

## What courses do I need?

Whether you are going to University, College, the World of Work or becoming an Apprentice, there is a course choice for you. Refer to the pathway chart below to help you select courses that are right for you.

Course Choices	POST SECONDARY PATHWAYS FOR SHSM		
	College or Apprenticeship	University	Workplace
<b>Grade 11 Majors</b> Choose a min. of 2 courses (by pathway).	SBI3C Biology	SBI3U Biology	SVN3E Environmental Science
	HSP3C Psych, Sociology, Anthro	SPH3U Physics	HRF30 World Religion
	PPZ3C Health for Life	SCH3U Chemistry	HPC30 Parenting
	GPP30 Leadership	<i>Grade 11 Religion is always automatically included as part of your SHSM for all pathways</i>	
<b>Grade 12 Majors</b> Choose a min. of 2 courses (by pathway).	SCH4C Chemistry	SCH4U Chemistry	SNC4E Science
	SPH4C Physics	SPH4U Physics	HIP40 Personal Life Management
	HHS4C Families in Canada	SBI4U Biology	
	TOJ4C Child Development & Gerontology	HHG4M Human Development	
<b>Co-operative Education</b>	All students must take a minimum of two periods (placement equivalent to 2 credits or a half day) of co-op		



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