**Health and Career Education 8**

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**What is HACE?**

The focus of this course is to work on developing self-awareness.

We will:

* Practice decision making and problem solving strategies
* Explore who we are, and how that impacts career and educational choices
* Think critically about all aspects of health, including physical, mental and emotional health, as well as what makes up a healthy relationship

**What you need:**

1. A binder that comes with you to class every time (or one that stays here)
2. Your own pen or pencil
3. A way to save your work when using the computer (USB stick)

**Expectations:**

1. Be here, be on time, and be prepared.
2. Respect!
3. Give it a shot and participate. If you’re not sure what’s going on, please ask!
4. If you miss a class, it’s your job to catch up. You can check the website, pick up handouts in the class if you missed them, and you can always ask me or email me.

**Assessment:**

Our work will take place almost always during class time. If you use your class time wisely, I will do my best to make sure homework is kept to a minimum. We’ll also do lots of activities together that we can’t revisit if you weren’t here, and we’ll have guests visiting as well. SOOOOO, it makes sense that if you don’t show up and don’t make alternate arrangements in advance, it won’t work out well for you.

We’ll use a variety of ways of assessing our work and progress, and it’s important to know that I’m looking for your ideas, not your writing! Spelling doesn’t count ☺

Please see my handout on assessment for more information.

**Our units:**

1. Who are we and what kind of people do we want to be? How does this fit in with our plans for the future?
2. Healthy and safe living – where’s the balance in physical, mental and emotional health?

***I’m looking forward to learning with all of you!***