



GRADE 12

Resiliency 12

SD23 Central Okanagan

Resiliency 12 provides an opportunity for students to further explore & implement their resiliency skills as they prepare to graduate from high school. Through activities, self-reflections & possible participation in organizing school and/or community events, students have a clearer positive view of who they want to become & how to achieve that personal vision.

Credits: 4

Approval Date: Oct 2021

Hours: 120

Trax Code: YPA

GOALS AND RATIONALE

Resiliency 12 has been developed to empower students to not only master meaningful content, but to assist them in learning critical thinking skills that will help them navigate a spectrum of real-life problems. Every learning style is expressed so that each student leaves this course with more tools in their 'life' toolbox.

BIG IDEAS

Demonstrate respect, care & empathy for self & others. Evaluate individually which resilient skills & strategies are most relevant & achievable. Communicate through stories our Individualism utilizing the biopsychosocial & First People's lenses. Implement awareness & acceptance of the diversity within our culture through actions & activities. Collaborate different methods of resiliency & learning through various modalities as students prepare to move more Independent Schoolly into society.

ADDITIONAL INFORMATION

Goals & Rationale cont'd: This course strives to ignite a positive resilient way of being in students wanting to feel empowered & hopeful about themselves, their families, their friends, & the world of people around them. To integrate a different lens of learning that will positively impact the everyday life of each student. This course gives structure & expertise to discussions we need to have in school engaging students to empathically understand self & others.