

Learning Support Services Course Descriptions

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Learning Centre

Learning Centre provides an opportunity for students to have extra time to complete work for other classes, receive additional teacher support in their academics, and build study habits that will increase their effectiveness in their other courses. In order to get the most out of Learning Centre, students must both attend and participate. Students will be assisted in keeping track of their courses, given time to complete assignments, and hopefully obtain skills they can use not just for the duration of their academic careers – but for the rest of their lives.

Skill building in this course will be focused on the following:

Organizational Skills: How to set up your binder, how to use your Calendar apps effectively, how to use email to contact teachers

Time Management Skills: How to structure your study time at school and at home, how to plan when to work and when to rest, how to prepare for larger projects

Self-Efficacy: When to ask for help and when to practice self-reliance, how to ask teachers for assistance, building relationships and trust with peers

Reflection: How to track self-growth, setting goals that build on skills, recognizing stretches, creating strategies to positively impact learning

Competencies for this Course:

- Academic Skills Implementation
- Organizational Skills
- Communication

Self Efficacy 11/12

This course will cover the following the topics using presentations, videos, in-class discussions, activities and projects. In order to get the most out of this class, students must both attend and participate. Students will be required to take part in discussions, complete assignments, and hopefully obtain skills they can use not just for the duration of their academic careers – but for the rest of their lives.

Learning in this course will be focused on the following subjects:

Living Skills: Mindfulness, Time Management, Conflict Resolution, Communication Skills, Stress Management, Goal Setting, Personal Health and Well-being

Employment Skills: Applying for Jobs/Volunteer Work, Resume Building, Interview Skills, Paying Taxes, Budgeting, Time Management

Media Literacy: Analyzing Facts vs. Opinions, Recognizing Bias, Advertisement Analysis, Media Messages in Movies/TV/Gaming/Music, Social Media and Society

Personal Projects: Students will be asked to create something over the course of the year that can be shared with others or for personal benefit. This project should reflect a student's own specific interests/goals in life

Competencies for this Course:

- Academic Skills Implementation
- Organizational Skills
- Communication