

HOLY SPIRIT HIGH SCHOOL 2007-2008

GRADE 9 GUIDANCE PROGRAM

- September to January
- 2 Periods in 7 Day Cycle
- Pass or Fail

Course Outline

Academic

- Learning Styles
- Study Skills
- Organizational Skills
- Memory Strategies
- Test Taking Strategies

Personal

- Self-concept/ Self-esteem
- Healthy Relationships
- STI's & Birth Control
- Drug Awareness

Healthy Living

- Meditation/Relaxation
- Manuels River Trail
- Fitness Room
- Field Trips

Career

- Interest Inventories
- Course Selections
- MUN & CONA
- Skilled Trades
- Sample Careers