# PERSONAL WELLNESS 9

## COURSE OUTLINE—2023-2024

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# **OBJECTIVES FOR BBT 9**

To give students a solid foundation in the following areas:

SOFTWARE	TOPICS COVERED	TIME
Network Basics;	Logging in, creating and using folders, saving	1 week
MS Teams, OneDrive	and naming documents, using Teams and	
and Outlook	email	
Keyboarding	Proper technique	Ongoing
MS Word	Templates, headers/footers, center	4 weeks
	vertically and horizontally, letters, reports,	
	tables	
MS PowerPoint	Creating presentations	2 weeks
MS Excel	Formulas using add, subtract, multiply,	2 weeks
	divide, average, count; sort, autoformat, and	
	charts	
Other	MS Publisher; Canva; Scratch; myBlueprint	TBD

EVALUATION		ACADEMIC INCENTIVE EVALUATION			
Class Work/Assignmer	nts 70%	Class Work/Assignme	nts 85%		50%
Final Assessment	<u>30%</u>	Final Assessment	<u>15%</u>	OR	<u>50%</u>
Total	100%	Total	100%		100%

(See back for information on Personal Wellness 9.)

#### **OBJECTIVES FOR PERSONAL WELLNESS 9**

Students will explore the following topics:

- wellness (healthy lifestyle, helpful and harmful choices and personal safety)
- human growth and development (personal growth, healthy sexuality and self-image)
- mental fitness (positive mental health, mental fitness strategies and decision-making)
- relationships (healthy relationships, bullying and conflict and antidiscrimination)
- career connected learning (thinking about, exploring and experiencing potential career pathways)

#### **EVALUATION**

### **ACADEMIC INCENTIVE EVALUATION**

Class Work/Assignments	70%
Final Assessment	<u>30%</u>
Total	100%

Class Work/Assignments	85%		50%
Final Assessment	<u>15%</u>	OR	<u>50%</u>
Total	100%		100%

<sup>\*\*</sup>You will have a mark for both BBT 9 and Personal Wellness 9.\*\*

## **SUPPLIES**

Headphones

(No need to purchase a separate binder for this course. You can just put the handouts and materials for this course in a small section in a binder you use for another course.)