

What are the benefits of pursuing SHSM Health and Wellness?

- SHSM students gain a variety of valuable sector-related experiences while participating in activities in a specific area of interest
- SHSM students are able to make informed decisions regarding their post-secondary destinations and career paths while participating in opportunities to explore and identify their goals
- SHSM students are provided with the ability to make connections between their secondary school coursework and their future careers
- SHSM students gain significant certifications, skills, and experiences that are valuable credentials which are added to their resume, i.e. on their exit resume when completing Co-op
- SHSM students participate in valuable networking and develop positive relationships with community partners which are helpful for future employment and post-secondary education



Testimonial

“As a graduate of the 2 year SHSM Health and Wellness Program, I can genuinely say that SHSM’s theoretical curriculum and practical application of healthcare techniques are what intrigued me into following through with this stellar program. My Co-op experience at Credit Valley Hospital Cardiopulmonary Unit was an absolutely amazing experience which allowed me to learn more about the inner workings of a hospital. I wouldn’t be where I am today if I hadn’t gone through the SHSM Health and Wellness program to spark my interest and passion in Science.”

Joban Dhillon

(St. Francis Xavier S.S. Class of 2010)
Master’s Candidate – Anatomy and Cell Biology
University of Western Ontario

For more information, please contact the Guidance Department or the Co-op Department to obtain an application, which is also found on our school website.

St. Francis Xavier Secondary School

50 Bristol Road West
Mississauga, ON L5R 3K3

Phone: 905-507-6666

Fax: 905-568-1026

www.stfxss.org



St. Francis Xavier Secondary School

Health and Wellness SHSM

SHSM – Health and Wellness

October 2013 Update

Credits	Apprenticeship Training		College		University		Workplace	
	Gr.11	Gr.12	Gr.11	Gr.12	Gr.11	Gr.12	Gr.11	Gr.12
Major Credits (may include maximum of 1 Cooperative Education Credit)	4*		4*		4*		4*	
includes content delivered in the sector's context	English	1	1	1	1	1	1	1
	Mathematics	1	1	1	1	1	1	1
	Science or Social Sciences and Humanities or <i>Additional</i> Cooperative Education Credit	1	1	1	1	1	1	1
Cooperative Education	2		2		2		2	
Total Number of Credits	9		9		9		9	

* a minimum of one Gr 11 and one Gr 12 credit

What are the Future Career Paths for Health and Wellness?

Workplace

- Hospital – support services

Apprenticeship

- Child Development Practitioner

College

- Personal Support Worker (PSW)

University

- Doctor, Dentist, Nurse
- Health Policy & Management

What are the Requirements of SHSM Health and Wellness?

There are several components of SHSM Health and Wellness, as follows:

- Completion of a bundle of eight to ten credits including:
 - a) four major sector-specific credits which may include one Cooperative Education credit (see chart below)
 - b) two-four “other” required credits
 - c) two Cooperative Education credits related to the SHSM sector in a placement, such as a hospital, pharmacy, veterinarian clinic, dental office, or seniors’ residence
- Certifications and Training:
 - a) four compulsory sector recognized certifications including CPR/1st Aid Training and WHMIS
 - b) three additional elective, sector-specific certifications, such as Infection Control and S.A.L.T. (Safe Ambulatory Lift Training)
- Reach Ahead and Experiential Learning trips, such as University of Toronto Faculty of Medicine presentation and tour, McMaster University campus tour and nursing presentation, York University open house/campus tour, George Brown College, Sheridan College; Career Exploration
- St. Francis Xavier S.S. award for SHSM Health and Wellness student
- Scholarship from University of Toronto – Youth Summer Program
- Development of Essential Skills and Work Habits as tracked in the Ontario Skills Passport



What is a Specialist High Skills Major (SHSM) Health and Wellness?

SHSM is a ministry-approved program which is tailored to students in all four pathways or post-secondary destinations (workplace, apprenticeship, college and university). SHSM students have the unique opportunity to gain sector-specific skills in conjunction with earning both their Ontario Secondary School Diploma (OSSD), and the SHSM designation upon graduation.



Who is eligible to apply for SHSM Health and Wellness?

Students may apply in Grade 10, by indicating their interest in SHSM in *MyBlueprint*. Students may also apply in Grade 11. They will need to complete an SHSM application from the school website and speak with their guidance counsellors.

