

LAKE COWICHAN SCHOOL



Course Selection Grades 10, 11 and 12 2024 - 2025 DIRECTIONS

1. Read through the course book over the weekend.
2. We will have an information session to provide you further information about course options and allow you to ask questions.
3. After the information session, we will fill out the course selection form, as a group, to ensure it is done correctly.
4. After the selection form is filled out, the school will take a copy and return the original to you to take home for parental approval.
5. Once your parents have signed and dated the form, please return it to the office.

Ms. Jennie Hittinger, Principal

Mr. Mike Greenslade, Vice Principal

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Lake Cowichan BC V0R 2G0

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Summary of Graduation Requirements: Dogwood Diploma

	Grade 10	Grade 11	Grade 12
Required: minimum 52 credits			
English Language Arts	Choose two 2-credit courses: <input type="checkbox"/> Composition 10 <input type="checkbox"/> Creative Writing 10 <input type="checkbox"/> Literary Studies 10 <input type="checkbox"/> New Media 10 <input type="checkbox"/> Spoken Language 10 <input type="checkbox"/> EFP Literary Studies 10 <input type="checkbox"/> EFP New Media 10 <input type="checkbox"/> EFP Spoken Language 10 <input type="checkbox"/> EFP Writing 10	Choose one 4-credit course: <input type="checkbox"/> Composition 11 <input type="checkbox"/> Creative Writing 11 <input type="checkbox"/> Literary Studies 11 <input type="checkbox"/> New Media 11 <input type="checkbox"/> Spoken Language 11 <input type="checkbox"/> EFP Literary Studies and New Media 11 <input type="checkbox"/> EFP Literary Studies and Spoken Language 11 <input type="checkbox"/> EFP Literary Studies and Writing 11	Choose one 4-credit course: <input type="checkbox"/> English First Peoples 12 <input type="checkbox"/> English Studies 12
Mathematics	Choose one 4-credit course: <input type="checkbox"/> Foundations of Mathematics and Pre-calculus 10 <input type="checkbox"/> Workplace Mathematics 10	Choose one 4-credit course: <i>(Grade 11 or Grade 12)</i> <input type="checkbox"/> Computer Science 11 <input type="checkbox"/> Foundations of Mathematics 11 <input type="checkbox"/> History of Mathematics 11 <input type="checkbox"/> Pre-calculus 11 <input type="checkbox"/> Workplace Mathematics 11 <input type="checkbox"/> Apprenticeship Mathematics 12 <input type="checkbox"/> Calculus 12 <input type="checkbox"/> Computer Science 12 <input type="checkbox"/> Foundations of Mathematics 12 <input type="checkbox"/> Geometry 12 <input type="checkbox"/> Pre-calculus 12 <input type="checkbox"/> Statistics 12	
Science	Required 4-credit course: <input type="checkbox"/> Science 10	Choose one 4-credit course: <i>(Grade 11 or Grade 12)</i> <input type="checkbox"/> Chemistry 11 <input type="checkbox"/> Earth Sciences 11 <input type="checkbox"/> Environmental Science 11 <input type="checkbox"/> Life Sciences 11 <input type="checkbox"/> Physics 11 <input type="checkbox"/> Science for Citizens 11 <input type="checkbox"/> Anatomy and Physiology 12 <input type="checkbox"/> Chemistry 12 <input type="checkbox"/> Environmental Science 12 <input type="checkbox"/> Geology 12 <input type="checkbox"/> Physics 12 <input type="checkbox"/> Specialized Science 12 <input type="checkbox"/> Environmental Science 12	
Social Studies	Required 4-credit course: <input type="checkbox"/> Social Studies 10	Choose one 4-credit course: <i>(Grade 11 or Grade 12)</i> <input type="checkbox"/> Explorations in Social Studies 11 <input type="checkbox"/> Francophone History and Culture 11 <input type="checkbox"/> 20th Century World History 12 <input type="checkbox"/> Asian Studies 12 <input type="checkbox"/> BC First Peoples 12 <input type="checkbox"/> Comparative Cultures 12 <input type="checkbox"/> Comparative World Religions 12 <input type="checkbox"/> Contemporary Indigenous Studies 12 <input type="checkbox"/> Economic Theory 12 <input type="checkbox"/> Genocide Studies 12 <input type="checkbox"/> Human Geography 12 <input type="checkbox"/> Law Studies 12 <input type="checkbox"/> Philosophy 12 <input type="checkbox"/> Physical Geography 12 <input type="checkbox"/> Political Studies 12 <input type="checkbox"/> Social Justice 12 <input type="checkbox"/> Urban Studies 12 <input type="checkbox"/> Physical Geography	

	Grade 10	Grade 11	Grade 12
Arts Education/ADST	Choose 4 credits at either <i>Grade 10, Grade 11, or Grade 12</i> <input type="checkbox"/> Arts Education (see Table on page 28) <input type="checkbox"/> Applied Design, Skills, and Technologies (ADST) (see Table on page 29)		
Career Education	Required 8 credits in Career Education (Grade 10, Grade 11, or Grade 12) <input type="checkbox"/> Career-Life Education <input type="checkbox"/> Career-Life Connections (including 30 hours of work experience or career-life exploration)		
Physical and Health Education (PHE)	Required 4-credit course: <input type="checkbox"/> Physical and Health Education 10		
Electives: minimum 28 credits			
Depending on the school's offerings and student's choice, the number of electives in each Grade level will vary. The 28 elective credits in Grades 10-12 can come from the following options: <ul style="list-style-type: none"> • Ministry-developed or Ministry-approved courses • Post-Secondary ("dual") credit • Board/Authority Authorized (BAA)/First Nation Authorized (FNA) courses • External Credentials • Independent Directed Studies (IDS) 			
Elective Courses	Grade 10: 2-5 electives <ul style="list-style-type: none"> • • • • • 	Grade 11: 3-5 electives <ul style="list-style-type: none"> • • • • • 	Grade 12: 6-8 electives* <ul style="list-style-type: none"> • • • • •
Total: 80 credits required for graduation			
* at least 16 credits must be at the Grade 12 level, including a required Grade 12 Language Arts course.			
Graduation Program Assessments			
Required for Graduation	<input type="checkbox"/> Grade 10 Numeracy <input type="checkbox"/> Grade 10 Literacy		<input type="checkbox"/> Grade 12 Literacy

<p>Art Studio 10 Computer Studies 10 Food Studies 10 Film Making 10 French 10 Horticulture 10 Ice Hockey 10 (PE) Instrumental Music 10 (Guitar) Japanese 10 Leadership 10 Library Science 11 Peer Counselling 10 Peer Tutoring 10 Photography 11 Social Justice 12 Studio Art 2D 10 Studio Art 3D 10 Theatre 10 Volleyball 11 (PE) Wood Work 10</p> <p>*Note UNIVERSITY ACADEMIC COURSES</p>	<p>20th Century World History Active Living 11 Art Studio 11 Athletic Leadership 11 Active Living (PE 2 credit) Child Care 11 Computer Information Systems 11 Earth Science 11 Explorations in SS 11 Film Making 11 Food Studies 11 Forensic Science 11 French 11 Furniture and Cabinetry 12 Genocide Studies 12 History Through Film 12 Horticulture 11 Ice Hockey 11 (PE) Instrumental Music 11 (Guitar) Japanese 11 Journalism 11 (Yearbook) Law Studies 12* (2022-2023) Leadership 11 Library Sciences 11 Life Science 11 Literary Studies 12 Outdoor Education 11 Peer Counselling 11 Peer Tutoring 11 Photography 11 Physics 11 Psychology 11 Social Justice 12* Specialized Studies in Food 12 (Baking) Studio Arts 2D 11 Studio Arts 3D 11 Theatre 11 Tourism 11 Volleyball 11 (PE) Wood Work 11</p>	<p>20th Century World History* Anatomy and Physiology 12* (Bio) Active Living 12 Art Careers 12 Art Studio 12 Athletic Leadership 12 Calculus 12* Child Care 12 Computer Information Systems 12 Dry-Land Training 12 (PE 2 credit) Film Making 12 Food Studies 12 French 12* Furniture and Cabinetry 12 Genocide Studies 12* History Through Film 12 Horticulture 12 Ice Hockey 12 (PE) Instrumental Music 12 (Guitar) Japanese 12* Journalism 12 (Yearbook) Law Studies 12* (2022-2023) Leadership 12 Library Science 11 Life Science 11 Literary Studies 12* Outdoor Education 12 Peer Counselling 12 / Peer Tutoring 12 Photography 12 Physical Geography 12 Physics 12* Post-Secondary Preparation 12 Pre-Calculus 12* Psychology 12 Social Justice 12* Specialized Studies in Food 12 (Baking) Studio Arts 2D 12 Studio Arts 3D 12 Theatre 12 Tourism 12 Volleyball 12 (PE) Wood Work 12</p>
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ABOUT THE LCS COURSE SELECTION BOOK

This Student Course Selection Handbook and Registration Guide is designed for students and parents. It contains important information regarding courses and programs at Lake Cowichan School.

Choices made for course selections, based on a thorough understanding of all options, should be made by each student in consultation with a parent or legal guardian. If you have questions about anything in this handbook, please call the school. We will do everything we can to help you with your choices. REMEMBER – your future options depend on the choices you make and your personal commitment to be successful!



Humanities Courses

English Language Arts 10

Students must complete two English option areas of focus for their Grade 10 year. Course selection forms will allow students to prioritize their selections and we hope to accommodate student choice.

CHOOSE 2 OF THE 4 OPTIONS

Option 1: Creative Writing 10 (2 credits) MCTWR10

“Do you have an interest in creative expression through language? Would you enjoy writing stories, poems, screenplays, song lyrics and other forms of creative writing?”

This option provides students with in-depth opportunities to become better writers through the exploration of the writing process. Within a supportive community of writers, students will collaborate and develop their skills through writing and design processes. This course invites students to express themselves creatively as they experiment with, reflect on, extend, and refine their writing.

Option 2: Literary Studies (2 credits) MCTST10

“Are you a reader? Do you enjoy discussing and analyzing what you read? Do you want a choice in what you read?”

This option allows students to delve more deeply into literature as they explore specific themes, periods, authors, or areas of the world through literary works in a variety of media. Giving students the choice of a range of literary topics allows them to follow their passion and increase their literacy skills through close reading of appropriately challenging texts.

Option 3: New Media (2 credits) MNMO10

“Do you enjoy watching and discussing film, video and other digital media forms? Do you prefer to communicate your ideas through presentation apps, social media, and other forms of digital communication?”

This option is designed to reflect the changing role of technology in today’s society and the increasing importance of digital media in communicating and exchanging ideas. Course work is aimed at providing students with a set of skills vital for success in an increasingly complex digital world by affording opportunities to demonstrate understanding and communicate ideas through a variety of digital and print media.

Option 4: Spoken Language (2 credits) MSPLG10

Do you want to improve your public speaking skills?

Do you want to have confidence when addressing your peers, colleagues or an audience?

Spoken Language skills are increasingly necessary in everyday, educational, and professional contexts. This option will provide students with opportunities for performance and public speaking. Spoken Language will appeal to students who enjoy public performance or oral storytelling or who want to gain more experience and skill in this area.

English Language Arts 11

Students must complete two English option areas of focus for their Grade 11 year. Course selection forms will allow students to prioritize their selections and we hope to accommodate student choice.

CHOOSE 1 OF THE 5 OPTIONS

Option 1: Creative Writing 11 (4 credits) MCTWR11

“Do you have an interest in creative expression through language? Would you enjoy writing stories, poems, screenplays, song lyrics and other forms of creative writing?”

This option provides students with in-depth opportunities to become better writers through the exploration of the writing process. Within a supportive community of writers, students will collaborate and develop their skills through writing and design processes. This course invites students to express themselves creatively as they experiment with, reflect on, extend, and refine their writing.

Option 2: Literary Studies 11 (4 credits) MLTST11

“Are you a reader? Do you enjoy discussing and analyzing what you read? Do you want a choice in what you read?”

This option allows students to delve more deeply into literature as they explore specific themes, periods, authors, or areas of the world through literary works in a variety of media. Giving students the choice of a range of literary topics allows them to follow their passion and increase their literacy skills through close reading of appropriately challenging texts.

Option 3: New Media (4 credits) MNMD11

“Do you enjoy watching and discussing film, video and other digital media forms? Do you prefer to communicate your ideas through presentation apps, social media, and other forms of digital communication?”

This option is designed to reflect the changing role of technology in today’s society and the increasing importance of digital media in communicating and exchanging ideas. Course work is aimed at providing students with a set of skills vital for success in an increasingly complex digital world by affording opportunities to demonstrate understanding and communicate ideas through a variety of digital and print media.

Option 4: Spoken Language (4 credits) MSPLG11

“Calling all Hector Mac masters, future Lake Ambassadors, actors, and anyone looking to improve their public speaking skills.”

Spoken Language skills are increasingly necessary in everyday, educational and professional contexts. This option will provide students with opportunities for performance and public speaking. Spoken Language will appeal to students who enjoy public performance or oral storytelling or who want to gain more experience and skill in this area.

Option 5: English First Peoples 11: Literary Studies & New Media (4 credits) MENFP11

This course satisfies the Indigenous content graduation requirement and is designed for all students, Indigenous and non-Indigenous, who are interested in using non-traditional texts to learn about the experiences, values, beliefs and lived realities of First Peoples. A key feature of the course is its focus on authentic First Peoples' voices.

English Studies 12 ENST-12

The English Studies 12 course builds on and extends students' previous learning experiences in Grade 10 and 11 courses. First Peoples' themes will be woven throughout the course. It is designed for all students and provides them with opportunities to:

- Refine their ability to communicate effectively in a variety of contexts and to achieve their personal and career goals
- Think critically and creatively about the uses of language
- Explore texts from a variety of sources, in multiple modes and that reflect diverse worldviews
- Contribute to reconciliation by building greater understanding of the knowledge and perspectives of First Peoples
- Expand their understanding of what it means to be educated Canadian and global citizens

English First People 12 MENEP-12

This course satisfies the Indigenous content graduation requirement. This course is grounded in the First Peoples' Principles of Learning. It is designed for all students, Indigenous and non-Indigenous, who are interested in delving deeply into First Peoples' oral and written literature and visual texts in a range of media. The course focuses on the experiences, values, beliefs, and lived realities of First Peoples as evidenced in various forms of text, including oral story, poetry, song, performance, film, and prose. A key feature of the course is its focus on authentic First Peoples' voices (i.e., historical or contemporary texts created by or with First Peoples).

Literary Studies 12 MLTST 12

This course can be taken in a class format or through an individually paced option. The goal of Literary Studies 12 is to enhance literacy and knowledge of literature. Every unit includes paragraph writing and analysis of literature. The units are organized chronologically as the works are presented in historical context. A major inquiry project is assigned at the beginning of the course and is due at the end and there are no formal tests in this course. Literary Studies 12 meets the academic subject requirement for university entrance.

Social Studies

Social Studies 10 Canada and the World – 1919 to the present MSS—10

This course provides students with an understanding of their place in the world and connections between the human and natural environment. Students will continue to develop the skills required to make informed decisions about issues. This course has a strong history component as well as human geography and the structure of Canadian government. Social Studies 10 is a mandatory course for all students.

Social Studies 11 Explorations in Social Studies MEPSS11

Explorations 11 can serve one of two diverse purposes for students. It is meant to be a quick and condensed way of meeting the Social Studies requirement for graduation. Explorations 11 also provides students with a sampling of Grade 12 courses offered at LCS, so they have a better understanding of the different disciplines within the social sciences. Topics will include 20th century world history, political studies, economics, geography, and social justice. There will be no big projects or a final exam in this course.

Physical Geography 12 MPGEO12

Are you interested in learning more about natural disasters such as the possibility of an earthquake or wildfire in our region? Do you wonder how our interactions with the environment affect us and the planet? In this course, you will study the interrelationship of people and places, as well as resource management. You will explore the issues that affect us in Lake Cowichan and globally, through hands-on experiments and projects to determine how to make our systems more sustainable. This course can be used for a required grade 11 or 12 social studies credit and is a great option for students with an interest in science. Students taking this course should have good overall work habits.

BIG IDEAS include:

- Geoinquiry and Global Systems
- Natural processes and disasters
- Weather and climate

Genocide Studies 12 MGENO-12

This intense and graphic course will explore the history of genocides of the 20th century. Case studies will range from indigenous peoples and cultural genocide to mass exterminations of the Armenian genocide to Rwanda and other African regimes. A major emphasis on the Holocaust will be applied to this course. This four-credit course is available and meets Ministry of Education Social Studies requirements for graduation and is an academic subject requirement for university entrance.

20th Century World History 12 MWH--12

This course will provide students with an opportunity to explore world history from 1919 to 2000. Topics may include, but are not limited to:

- Czarist and Communist Russia
- Japanese Imperialism
- Weimer and Nazi Germany
- Struggles for Decolonization and Independence
- Global recognition of Human Rights
- Nuclear Arms Race and the Cold War and the Collapse of the Soviet Union
- Transformation of China, Apartheid, and Middle Eastern Conflicts

The course will be inquiry and project based. Research, class discussion, debate, and presentation skills will be developed, as well as participation in whole class discussion, small group and individual work. This four-credit course is available and meets Ministry of Education Social Studies requirements for graduation. It also meets the academic subject requirement for university entrance.

Environmental Science 12 YENSC12

Do you wonder about forest fires, low lake levels, or the health of animals in our ecosystems? In this course, you will study how human actions affect water, forest, food, and climate systems. You will explore issues that affect us in Lake Cowichan and globally, through hands-on experiments and projects to determine how to make our systems more sustainable. This course can be used for a required grade 11 or 12 science credit and is a great option for students with interests in social studies or ecology. Students taking this course should have good overall work habits.

BIG IDEAS include:

- Local and global water issues
- Climate change
- Forest and food systems
- Sustainable living

History Through Film 12 YSSC-2A

Each week of the semester, students will watch a movie that flows with the timeline of the twentieth century. Students will write a review report after completing the viewing of each movie. There are three mandatory classes in the theatre each week.

This is an exciting course where students learn about twentieth century history through the witnessing and critiquing of movies.

This course does **NOT** meet the Ministry requirements of a Social Studies 11 course and is intended as an elective.

***Recommended:** Grade 11 or 12 status with mature attitude due to graphic content of this course.*

Law Studies 12 MLST-12

Students in this course will, by discussion and debate, learn about their legal rights and responsibilities in Canadian society. Topics include: The Charter of Rights and Freedoms, civil law, criminal law, family law, and provincial and federal court systems. This course also includes a day at the courts. This four-credit course is available and meets Ministry of Education Social Studies requirements for graduation. This course meets the academic subject requirement for university entrance.

Social Justice 12 MSJ--12

“Talk is cheap! Action speaks louder than words!”

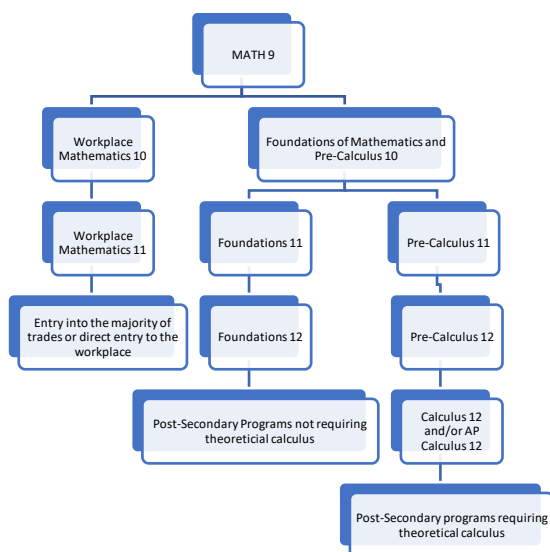
Social Justice is a proactive course, where students become actively engaged in their community. We explore the many current social injustices and their impacts on our society, then we try and do something positive to make an impact on those injustices. The course focuses on a wide variety of social justice issues and moves students through three stages of social engagement. Initially, awareness is developed as students begin to explore issues from various perspectives. Next, students analyze issues to gain a more thorough understanding of them. Finally, students pick specific issues to focus on and develop their own personal action plans for making real change in an area they feel passionate about. An action plan is required to earn credit for this course. This four-credit course is available and meets Ministry of Education Social Studies requirements for graduation and university academic entrance requirements.



Math Courses

MATHEMATICS PATHWAYS

There are two math courses at the Grade 10 level and three in the Grade 11. There are two pathways at the Grade 12 level. Each is intended to lead into the next, as shown below.



Each course will build on the following skills:

- Reasoning and modelling
- Understanding and solving
- Communicating and representing
- Connecting and reflecting

Workplace Mathematics 10 MWPM-10

This course is designed for those planning to go from high school into the workforce or into some trades. Emphasis is on practical skills such as measurement, unit conversion, basic finances, practical geometry and some basic algebra. Although still challenging, this course places less emphasis on theory than on practical applications of math. Most technical schools will require this course for entrance. This course leads to Workplace Math 11. Students who want to keep as many options for the future as possible open, may consider taking both Grade 10 math courses.

Foundations and Pre-Calculus Math 10 MFMP-10

This course is intended for students who will carry on to post-secondary education. This a fairly rigorous, yet broad ranging course. It will cover:

- Number: multiplication and factoring of polynomials, and financial literacy
- Computational Fluency: powers with integral exponents
- Geometry and Measurement: primary trigonometry
- Data & Probability: sequences and series

Science Courses

Science 10 MSC--10

This course introduces students to all future science specialty areas: Biology, Chemistry and Physics. It covers a wide variety of topics.

BIG IDEAS include:

- Genetics
- Laws of Energy
- Atomic Structure & Radioactivity
- Chemical Reactions
- Formation of the Universe

Life Sciences 11 MLFSC11

This course takes us on a journey from the tiny cell to complex creatures. In Life Science students will be studying all forms of life through numerous types of labs. Students taking this course should have good overall work habits.

BIG IDEAS include:

- Characteristics of Living Things
- Process of Evolution
- Taxonomy
- Microbiology
- Plant & Animal Biology

Chemistry 11 MCH—11

(offered in 2024-2025)

This Chemistry program will stimulate student interest in the natural world, develop skills in scientific inquiry, and broaden the students' chemical knowledge. Students will study the concepts involved in the behaviour, identification, characterization and transformation of matter. Laboratory techniques and accurate analysis of data will be emphasized. Through laboratory work, problem-solving skills will be developed. There is a large math component to this course.

Physics 11 MPH—11

Interested in the universe around you? This is the study of the interaction between energy and matter. There is not much that doesn't fall into those two categories. Come and learn the principles that govern everything in the universe.

BIG IDEAS include:

- Motion
- Forces
- Energy
- Electric circuits
- Waves

Earth Science 11 MESC-11

This course can be used to fulfill the Science 11 requirement for graduation and can lead into Geography 12.

BIG IDEAS include:

- Earth Materials (rocks, minerals and their economic and environmental impact)
- Plate Tectonics
- Atmospheric Science and Climate
- Oceanography and Hydrosphere
- The Earth within our Solar System

Anatomy and Physiology 12 MATPH12

Have you ever wondered how the human body functions? This course explores the biochemistry of the cell, genetics, and the functions all the major systems of the human body. While not a requirement, Chemistry 11 is an asset for this course. This course meets academic university entrance requirements.

BIG IDEAS include:

- Homeostasis
- DNA and cells
- Organ systems

Chemistry 12 MCH—12

Chemistry 12 uses the information gained in Chemistry 11 to study the basic principles of change in matter. Reasonable algebra skills are required. This is a required course for many health science careers. This course meets academic university requirements.

BIG IDEAS include:

- Reaction Kinetics
- Dynamic Equilibrium
- Solution Chemistry
- Acids and Bases
- Oxidation and Reduction

Physics 12 MPH--12

Delve deeper into the most fundamental science. This course will improve your skills of questioning and predicting, processing and analyzing data, scientific thinking and communicating. Physics 12 will be offered every other year, alternating with Chemistry 12, so plan ahead. This course meets academic university requirements

BIG IDEAS include:

- Motion
- Relativity
- Circular motion
- Fields (gravitational, electric and magnetic)
- Momentum
- Electromagnetic induction

Environmental Science 12 YENSC12

Do you wonder about forest fires, low lake levels, or the health of animals in our ecosystems? In this course, you will study how human actions affect water, forest, food, and climate systems. You will explore issues that affect us in Lake Cowichan and globally, through hands-on experiments and projects to determine how to make our systems more sustainable. This course can be used for a required grade 11 or 12 science credit and is a great option for students with interests in social studies or ecology. Students taking this course should have good overall work habits.

BIG IDEAS include:

- Local and global water issues
- Climate change
- Forest and food systems
- Sustainable living

Forensic Science 11 YPSS-IA

Introduction to criminology, crime scene investigation and the science behind police work.

Core topics include:

- History of Forensic Science
- Criminal Law
- Forensic Biology and Pathology
- Impression Evidence
- Ballistics
- Explosive and Arson Investigation

This course does **NOT** meet the Ministry requirements of a Science 11 course and is intended as an elective.



Physical Education

The choices students have are designed to encourage students to select a balance of team and individual sports. We are offering a variety of sports including unique opportunities such as golf, forest games and First Aid. Units are usually 10 -12 classes in length and new units take place every month.

Physical Health Education 10 MPHE-10 / 11 MPHE-11 / 12 MPHE-12

The Senior PE program is based on the principles of choice, inclusion and participation. Our objectives are to provide students with a basic knowledge and skill level to play a great variety of sports and most importantly, to create opportunities to be active, and have fun all the while instilling the motivation to lead an active

lifestyle. While students will participate in PE with their scheduled PE teachers, they are presented with a variety of curricular choices for each teaching unit. The emphasis for our senior students will be on fair play and sport strategy, less on skill development and basic knowledge. Our health units will focus on the following topics:

- Healthy Lifestyles
- Human Anatomy
- Sports Injury and Prevention

Ice Hockey (PE) 10 MPHE--10 (Hockey) / 11 MPHE--11 (Hockey) / 12 MPHE--12 (Hockey)

- Ice hockey is a PE based course that focuses on skill development and activity. This course is open to new, developing, and advanced hockey players. On-ice and dry land classes will occur from September to February. Students will improve their hockey skills, their personal training levels, and gain experience coaching and officiating
- **Prerequisites:** *Students must be have their own hockey gear.*
- **Note:** **This course comes with a \$50 fee to cover additional costs to the program. If this fee will create a financial hardship, please speak to an administrator prior to registering.**

Fitness and Conditioning (2 CREDIT) 10 YFC--10 (Dry-land PE Component) / 11 YFC--11 (Dry-land) / 12 YFC--12 (Dry-land)

Even if you are not in the hockey program, you can join the dry-land component, if space allows. Develop cardiovascular fitness, strength training, and learn about sports nutrition and sports psychology.

Volleyball 10 YVBW10 / 11 YVBW—11 / 12 YVBW--12

Volleyball is a full year PE course that focuses on skill development and activity. Students will improve their skills, learn strategies, and become Level One certified officials, providing them an opportunity to earn money refereeing.

Athletic Leadership 11 YALE-11 / 12 YALE-12

This course has been developed to allow students with an interest in athletics an opportunity to explore the many aspects of athletics from:

- first aid training and certification with a focus on athletic injuries,
- tournament organization and management
- refereeing
- volunteering for various athletic events in and around the community
- introduction to various lifetime activities and physical education

Students who can demonstrate knowledge and understanding of the concepts covered will receive their Standard First Aid and CPR C certification through Red Cross and will be given instruction on treating athletic injuries. Students will be required to volunteer for required hours (30 to 40, grade dependent) throughout the course during many athletic events provided, such as:

- school tournaments
- school intramural leagues
- local elementary intramural leagues
- community events

They will be provided the opportunity for refereeing certification in various sports. The course will run in conjunction with Physical Education and may include activities outside of school, such as:

- hiking
- disc golfing

- golfing
- rock climbing
- skating
- skiing or snowboarding

Students will discuss and practice leadership skills and learn to work as a team with a focus on helping the local community. This is reflected in the learning outcomes which involve social and community issues and kinesthetic learning, as well as developing interpersonal skills. The course will provide students the opportunity to develop their social skills, as well as help advance the athletic skills of students in the community and their own with the opportunity to volunteer their time and knowledge

Outdoor Education

Outdoor Education and Discovering Nature 10/11 MODED11-79 / 12 MODED12

This course is designed to provide students with hands-on experience and knowledge about outdoor environments, emphasizing the importance of understanding and respecting nature. Through a combination of field trips, classroom learning, and practical skills training, students will develop an appreciation for the outdoors and gain essential knowledge for safely and responsibly enjoying the wilderness.

Course Goals:

- To introduce students to local wilderness areas and trails.
- To develop basic outdoor skills, including navigation, safety, and survival.
- To promote environmental awareness and conservation.
- To instill a sense of responsibility and stewardship for the natural world.
- To incorporate Indigenous perspectives on nature and the environment.



Career Life Education / Career Life Connections

Career Life Education 10. MCLE-10

This course is offered in Grade 10. It focuses on workplace safety, preparation for post-secondary life, budgeting and income taxes, resumes and cover letters, post-secondary education options, and scholarship opportunities. It also overlaps with the PHE10 course in finding a positive work-life balance and maintaining general health. This course is a graduation requirement.

https://curriculum.gov.bc.ca/sites/curriculum.gov.bc.ca/files/curriculum/career-education/en_career-education_10-12_career-education-guide.pdf

Career Life Connections and Capstone Project 12. MCLC-12

Grade 12 students in BC will be completing a Career Life Connections (CLC) package and presenting a Capstone Project as a graduation requirement. Each half of the course is worth 50% of the final mark and a percentage will be given for the course. Students must pass each section of the course to earn credit for the class.

The CLC package will be handed out in September and need to be completed, in full, by the end of the year.

The Capstone Project is a cumulating project, presentation, or performance showcasing students' learning in a meaningful, relevant product. The Capstone Project consists of a proposal, mentorship connection, portfolio, presentation, and a reflection paper. Students will select a strand from one of the following six areas:

- Research/Experiment should be at least 12 pages in length with proper citing
- Project Construct a tangible object from design to building stages
- Event research, create, and host your own event
- Career/Entrepreneur starting a new business initiative from the ground up
- Portfolio Creation of a digital or tangible portfolio of items
- Service 40+ hours in a community or service project, includes an action plan
- These projects can be used as credit for other courses, as well as used for a district scholarship presentation in the spring.
- Students will be required to meet with the CLC teacher, weekly, to show progress in their project. The students will also need to choose a mentor, from the community or school, to connect with about their project as part of the mark.

The Capstone includes, but is not limited to, three components:

1. Self-assessment and critical analysis: Students reflect on experiences in school and out of school, assess development in the Core Competencies, and share highlights of their learning journey and preferred next steps.
2. Process and representation: Informed by their critical analysis, and connecting to their plans for post-graduation, students engage in a deeper learning process with intent as they design, assemble, and share their capstone representation.
3. Showcase and celebrate: Students present their learning journey, including plans for post-graduation, to a relevant audience.

Post-Secondary Preparation 12 YSEVC2B

This year-long course is aimed at Grade 12 students who are in the process of registering for post-secondary school. Students will be working through finding and applying for university, preparing for scholarships, budgeting for tuition and living expenses, learning about on-campus resources, and general “how will I survive my first year??” skills. Students taking this course must be on the path to any post-secondary program



Applied Skills

Computer Studies 10 MCMPS10

Computer Information Systems 11 MCINF11

Computer Information Systems 12 MCINF12

Information Technology 10 is a general computer course intended for students at ALL levels of experience and ability with computer technology.

Topics covered will include:

- Computer Hardware
- Office Applications (word processing, spreadsheets, presentation software)
- Graphic Design (illustration & photo editing)
- Animation
- Electronic Communications (internet technologies and web page design)
- Digital Video (filming and editing a short movie)

Information Technology 11 and 12 have students developing the skill set from InfoTech 10 in greater depth, with the opportunity to focus more on areas of interest.

Woodwork MWWK-10

Woodwork MWWK-11

Woodwork MWWK-12

This full semester course enables students to experience the complete wood shop facility. All students must complete a unit on shop and machine safety and will receive instruction on hand and power tools, advanced wood craft processes, joinery and finishing.

Students in Grade 10 will be required to complete a few compulsory projects (example: taper leg table). Students in Grade 11 and 12 who have already completed the “taper leg table” will have the opportunity to redesign and modify another table, demonstrating previously learned skills and processes; following which they will have earned the freedom to create projects of their own choosing.

Clocks, picture frames, cutting boards, lathe turnings (bowls, spindles), boxes, chess boards and trays are only a few samples of an infinite array of projects one can create.

Furniture and Cabinetry 12 MTFAC12

This is a beginning course consisting of compulsory and elective work. Students will be introduced to the theory of the basic joints used in cabinetry and their uses in required projects. The course covers use of hand tools, power tools, abrasives, adhesives and some finishes. Measurement, layout procedure, cutting lists and production paths, which lead into small project construction, will also be covered. Activities will include

building several compulsory projects using many hand tools in the shop and building several compulsory projects using some of the machines in the shop. Students may have time to design and build at least one elective project.

Psychology 11 YPSYC1A

These courses focus on the study of human behavior and interaction. Experimental theory, learning, and how the brain works are a couple of the many topics of these courses.

Psychology 12 YPSYC2A

A continuation of Psychology 11 with focus on mental health, mental disabilities, and their psychological treatment.

Peer Tutoring 10 YIPS-0B

Peer Tutoring 11 YIPS-1B

Peer Tutoring 12 YIPS-2B

Peer Tutoring is designed to challenge students who are motivated, co-operative, and skilled. Tutors are responsible for helping others to learn. In the process, tutors learn theory, including:

- study habits
- learning styles
- communication skills
- memory techniques
- productive thinking skills
- will act as student assistants in various courses

Peer Counselling 10 YIPS-0A

Peer Counselling 11 YIPS-1A

Peer Counselling 12 YIPS-2A

This course is a year-long course that only meets in the first semester followed by individual projects and work for the second semester. Peer Counselling gives students the opportunity to be trained in interpersonal communication, observation, listening and empathetic communication skills, conflict resolution, and working with younger students. This training is done with the support of Community Services who continue to work with the group throughout the year. Peer counsellors work mainly with our elementary students both at LCS and Palsson and do group activities in the class as well as work with students in need individually. This is a good course for students who are interested in pursuing a career in the mental health or counselling fields or who are interested in working with children in the future.

Food Studies 10 MFOOD10

Food Studies 11 MFOOD11

Food Studies 12 MFOOD12

In this course, you will learn how to cook a variety of meals and how to bake. You will also learn about healthy eating, meal planning, and whole food lifestyles. We look at sourcing ingredients and growing our own food. Sustainable agriculture is covered as well as a focus through project based learning.

Specialized Studies in Food 12 (Baking) MSPSF12

If you love to bake, this is the course for you. Throughout this course, you will learn practical theory and practice your skills continually. Topics will include:

quick breads

- pastry
- yeast breads
- cookies

- cakes
- cake decorating
- food art
- commercial production
- presentation of food

Prerequisite: Food Studies 10 is recommended

Library Sciences 11 YLSCI11

The purpose of Library Science 11 is to give students hands-on experience in the services and management of a library. Students will learn while providing a broader set of skills and competencies applicable in high school, business, and other professional environments.

Leadership 10 YCPA-0A

Leadership 11 YCPA-1A

Leadership 12 YPCA-2A

Students in Leadership will develop organizational and leadership skills through organizing and participating in both school and community events. We also look at leadership philosophy and styles. The class meets outside the timetable at lunch. Evaluation will be based on participation in class and follow through on events. Students have some options within the course to focus on athletics, elementary school, or other areas of special interest.

Tourism 11 MTRM-11

Tourism 12 MTRM-12

The tourism industry is one of the largest job-producing sectors of our economy. Tourism 11 focuses on an introduction to the tourism industry in BC including the attitudes and transferable skills of the tourism professional. Tourism 12 moves into international travel planning, tourism operations, and the business side of tourism. Students taking Tourism 11 and 12 will be required to complete volunteer or work experience in the tourism sector as part of their mark.

Horticulture 10 YAED-0A

Horticulture 11 YAED-1A

Horticulture 12 YAED-2A

Horticulture is open to grades 10 – 12. These practical hand-on courses will teach you about how to plant, and maintain a permaculture food forest inside and out at LCS, as well as the philosophy behind the permaculture movement. We will be working with gardens outside as well as the tower gardens inside. There will also be opportunities to visit some established food forests in the community. David Suzuki said, “what permaculturalists are doing is the most important activity that any group is doing on the planet.” Come join the fun.

Child Development and Caregiving YCHD-11

Child Development and Caregiving MCDAC12

Family studies is a social science that explores the stages of growth and development from conception to old age. Studying the development of children can help you learn about yourself and prepare you for the future. We will look at the many categories of jobs that are related to working with children from entry level to professional. We will learn about and discuss important issues that affect the growth and development of children and families in our community and the world.

Modern Languages

French 10. MFR--10

In this course, you will participate in a variety of listening, speaking, reading, and writing activities using authentic documents. You will build on what you learned in Grade 9, increasing your vocabulary and your communication skills.

French 11 MFR--11 / 12 MFR--12

This is a continuation of listening, speaking, reading, and writing activities using authentic documents such as food labels, ads, poems, stories, music etc. You will build on what you have learned in past French courses, becoming a stronger French communicator.

Japanese 10 MJA--10

Students will become familiar with Japanese characters and will build up conversational skills. The cultural aspect of the course focuses on Japanese history. This introductory course must be completed before moving on to Japanese 11.

Japanese 11. MJA--11 / 12 MJA--12

This course is a continuation of Japanese 10. Learning new Kanji is a focus in this course as well as expanding vocabulary and sentence structures. Modern day Japan is the subject of our cultural studies. Conversational skills are increased.

The image shows two educational cards. The left card, titled "Phrases you should know", lists common French phrases and their English translations. The right card, titled "JAPANESE VOCABULARIES", lists common Japanese words and their English translations.

French Phrase	English Translation
C'EST QUOI?	WHAT IS IT?
ÇA N'EST PAS GRAVE	NO PROBLEM
JE NE SAIS PAS	I DON'T KNOW
JE SUIS DÉSOLÉ	I AM SORRY
JE SUIS PERDU	I'M LOST
POURQUOI PAS?	WHY NOT?
QUI EST-CE?	WHO IS IT?
QUOI DE NEUF?	WHAT'S NEW?
VA-T'EN!	GO AWAY!
PUIS-JE FAIRE CA?	CAN I DO THAT?

Japanese Word	English Translation
人 (ひと)	Hito / Person
私 (わたし)	Watashi / I / Myself
私たち (わたしたち)	Watashitachi / We
あなた (あなた)	Anata / You (singular)
あなたたち (あなたたち)	Anata-tachi / You (plural)
彼 (かれ)	Kare / He / boyfriend
彼女 (かのじょ)	Kanojo / She / girlfriend
みんな (みんな)	Min-na / Everyone

Fine Arts

Instrumental Music (Guitar) 10 MMUGT10

Instrumental Music 11. MMUGT 11

Instrumental Music 12 MMUGT 12

For students who want to learn to play the guitar and for those who already play and want to improve.

Theatre 10 MDRM-10

Theatre 11 MDRM-11

Theatre 12 MDRM-12

The main focus of this course is to actively explore various dramatic forms and techniques, allowing students to experience all aspects of the theatre, from acting and stage production to directing and script writing. During the first part of the course the class will focus on mime, movement, improvisation, speech and vocal development along with extensive script work and development. The second part of the course is the performance piece where the class will stage a school wide production for the community.

BIG IDEAS Include:

- Drama develops creativity, innovation and collaboration
- Ideas and beliefs conveyed through Drama can affect the actor, audience, and environment
- Drama offers ways to increase personal growth, risk-taking and learn more about one's personal identity

Art Studio 10 MVA10

Art Studio 11 MVA11

Art Studio 12 MVA12

This course offers students the opportunity to develop their creative and technical skills in various media, as well as experience growth in image development. Students will learn to become independent in an art studio, creating their own projects in the areas of drawing, painting, ceramics, printmaking, and multimedia.

Studio Arts 3D 10 MVAC-10

Studio Arts 3D 11 MVAC-11

Studio Arts 3D 12 MVAC-12

This course offers students the opportunity to develop and expand their technical and creative skills exclusively in the three-dimensional arts. Projects could include: hand building with clay, wheel pottery, paper mache, plaster casting and wire sculpture.

Studio Arts 2D 10 MVAD-10

Studio Arts 2D 11 MVAD-11

Studio Arts 2D 12 MVAD-12

This course offers students the opportunity to develop and expand their technical and creative skills exclusively in the two-dimensional arts. Projects could include working with shading pencils, ink, pastels, mixed media collage, acrylic and watercolor.

Art Careers 12 YSEVC2A

This course is intended for students that are interested in pursuing a career in the visual arts. Students will spend time creating a portfolio of work that showcases their skills and creativity in their area of expertise. It is intended that students will be able to use their portfolio to apply to a post-secondary institution. Students will be given the chance to explore the different ways art can be displayed and distributed to the public and discover what type of artist they would like to become.

Recommendations: Art Studio 11 and Art Studio 12

Journalism 11/12 YCCT-2A

Yearbook is a year-long course and is an introduction to desktop publishing. Students will learn how to create yearbook pages using a web-based program. Initiative and the ability to meet deadlines is a necessity.

Film Making 10 YCCT-0C

Film Making 11 MDFT-11

Film Making 12 MDFT-12

This elective course is designed to give students interested in filmmaking a chance to practice, develop and explore. The essence of this course is to provide a hands-on opportunity for students to create movies and develop their own cinematic style. Students will develop skills in the production elements of sound, lights, cinematography, editing, screen writing as well as study the power of storytelling and quality films.

Photography 11 MVAPH11 / 12 MVAPH12

Photography 11 is a brief introduction to the exploration of some of the ways photography may be used in making Art. The main components will be a basic introduction to SLR cameras, taking photographs, developing negatives, printing black and white pictures in the darkroom and working with digital media. Photography 12 will be an extension of Photography 11. Skills and concepts learned from Photography 11 will be further developed and enhanced.

Independent Studies

Our District recognizes that learning also takes place outside the school and that this learning may be recognized towards meeting the required credits needed for graduation. Students interested in External Learning credits should speak to their counsellors or review the following Ministry of Education website: www.bced.gov.bc.ca/policy/earning_credit_through.htm

See your Counsellor or Administrator

Work Experience

Career programs provide students with opportunities to integrate school-based learning with community-based work experiences.

Students explore a particular focus or career interest area and participate in hands on workplace learning. They do all this while preparing for their future in the workplace and/or preparing for further education at a post-secondary institution.

FOCUS AREAS:

- Business & Applied Business
- Liberal Arts & Humanities
- Fine Arts, Design & Media
- Science & Applied Science

- Fitness & Recreation
- Tourism & Hospitality
- Health & Human Services
- Trades & Technolog

Work Experience 12 consists of completing a minimum of 100 hours of on-the-job training in a career area of interest. The 100 hours also covers 30 hours that are required for Graduation Transitions aspect of graduation.

WHEN:

- During Grades 11 and 12

HOW:

- Meet with Work Experience teacher to discuss details. Bring a current resume with you.
- Complete a minimum of 100 hours of work experience or job shadow in a focus area of your choice for each WEX 12A and *12B for 4 credits each
 - *Work must be in a different place or skill set for WEX 12B

WHY:

- Employers and post-secondary institutions like students that graduate having participated in a Work Experience program
- You receive credit for Work Experience 12A and/or 12B PLUS you receive credit towards Career Life Connections 12
- A Work Experience program helps you with career skills and personal development
- A Work Experience program helps prepare you for better success in your training choices
- Work must be done with a WorkSafe approved business

Earning Course Credits for External Learning

There are several Graduation Program Policies that recognize student achievements for high level outside learning. If students have earned credentials or can demonstrate success in areas that the BC Ministry of Education recognizes through the External Credentials, Equivalency, Challenge and Independent Directed Studies Policies, they may earn additional course credits. The following is an overview of the types of

learning that can be recognized. Students that qualify in any of these areas should discuss these options with their school counsellor.

- External Courses
- Equivalency
- Challenge
- Independent Directed Studies

A reminder to students that they can take a Science or Social Studies 12 as their Grade 11 credit but, cannot then use it as another Grade 12 course.

Course Selection Form – Lake Cowichan School

STUDENT NAME

Last Name

First Name

Student Number

Grade 10	Grade 11	Grade 12
<p>English 10: Number in preference order. Number 1 is the option you want most and Number 4 is the option you would like least.</p> <p>Number all options 1-4</p> <p>___ Option 1: Creative Writing</p> <p>___ Option 2: Literary Studies</p> <p>___ Option 3: New Media</p> <p>___ Option 4: Spoken Language</p> <p><input type="checkbox"/> Social Studies 10</p> <p><input type="checkbox"/> Science 10</p> <p>A Math 10 (choose one)</p> <p><input type="checkbox"/> Pre Cal 10</p> <p><input type="checkbox"/> Workplace Math 10</p> <p><input type="checkbox"/> Physical Education 10</p> <p><input type="checkbox"/> Careers 10</p> <p>_____ (Elective # 1)</p> <p>_____ (Elective # 2)</p> <p>_____ (Elective # 3)</p> <p>_____ (Elective # 4)</p>	<p>English 11: Number in preference order. Number 1 is the option you want most and Number 4 is the option you would like least.</p> <p>Number all options 1-4</p> <p>___ Option 1: Creative Writing</p> <p>___ Option 2: Literary Studies</p> <p>___ Option 3: New Media</p> <p>___ Option 4: Spoken Language</p> <p>___ Option 5: English First Peoples 11</p> <p>Socials 11/12 (Choose at least one)</p> <p><input type="checkbox"/> Explorations in Socials 11</p> <p><input type="checkbox"/> Law 12</p> <p><input type="checkbox"/> Social Justice 12</p> <p><input type="checkbox"/> World History 12</p> <p>Science 11 (Choose at least one)</p> <p><input type="checkbox"/> Life Sciences (Bio)</p> <p><input type="checkbox"/> Chemistry</p> <p><input type="checkbox"/> Physics</p> <p><input type="checkbox"/> Anatomy and Physiology</p> <p><input type="checkbox"/> Earth Science</p> <p>Math 11 (Choose one)</p> <p><input type="checkbox"/> Pre Cal 11</p> <p><input type="checkbox"/> Foundations Math 11</p> <p><input type="checkbox"/> Workplace Math 11</p> <p>_____ (Elective # 1)</p> <p>_____ (Elective # 2)</p> <p>_____ (Elective # 3)</p> <p>_____ (Elective # 4)</p>	<p><input type="checkbox"/> English Studies 12</p> <p style="text-align: center;">or</p> <p><input type="checkbox"/> English First Peoples 12</p> <p><input type="checkbox"/> Career Life Connections 12</p> <p>_____ (Elective # 1)</p> <p>_____ (Elective # 2)</p>

PARENTS - Please review the information in this course selection booklet. Please go over your child's course selection and sign here to acknowledge that you agree with and support chosen courses.

Parent Signature

Date

INDIGENOUS-FOCUSED GRADUATION REQUIREMENT

All students graduating in the 2024/2025 school year or later, must successfully complete at least 4 credits in Indigenous-focused coursework. This requirement applies to students in B.C. public, independent, First Nations, and offshore schools. There is no change to the total number of credits required to graduate, which remains at 80.

Students who have not otherwise satisfied graduation requirements before the start of the 2024/25 school year must meet this requirement.

This requirement does not apply to students in the Adult Graduation Diploma Program.

Students can meet this graduation requirement through a variety of course options, including provincial Indigenous-focused courses; provincially-authorized First Nations language courses; and Indigenous-focused, locally developed (Board/Authority Authorized or First Nation Authorized) courses. Some of these courses also satisfy Language Arts or Social Studies graduation requirements.

<https://www2.gov.bc.ca/gov/content/education-training/k-12/support/indigenous-focused-graduation-requirements>

COURSES AT CSS THAT MEET THE GRADUATION REQUIREMENT:

BC FIRST PEOPLES 12

ENGLISH FIRST PEOPLES 12 (can be combined with 2024/2025 YEARBOOK JOURNALISM 12)

ENGLISH FIRST PEOPLES 11: LITERARY STUDIES & NEW MEDIA (can be combined with 2024/2025 YEARBOOK JOURNALISM 11)

Career Education & Dual Credit Opportunities



FREE TUITION

Cowichan Valley School District offers many dual credit opportunities for motivated secondary school students to complete trades, career, and university level courses while attending high school and **tuition free**.

In partnership with Vancouver Island University and Camosun College, students can participate in various trades training programs as well as academic courses that are all transferrable to other BC post-secondary institutions.

Students will receive credits towards their high school graduation requirements as well a Level 1 or Certificate program credit upon completion of the program. To be eligible for dual credit, students must be school-aged, undertaking a post-secondary option that aligns with their career path and enrolled in grade 11 or grade 12.

Trade and Certificate Programs

The Cowichan Trades Centre is host to various trades programs from Carpentry, Hairdressing, Refrigeration & Air Conditioning Mechanic and Welding. All programs are offered through Vancouver Island University. Cowichan School District students have the opportunity to stay local to participate in these exciting programs. At the VIU Cowichan Campus, certificate programs such as Office Administration, Health Care Assistant and Culinary are offered. Depending on space availability, the same programs may be offered at VIU Nanaimo Campus as well.



Free Tuition Before Graduation

Free University and College Tuition available for School District 79 students who participate in Career Programs.

Students under the age of 19, registered in a SD79 school, could receive more than \$6,400 in FREE TUITION before graduation! Grades 10, 11, and 12 students - talk to your Career Counsellor today about these great options offered right here in the Cowichan Valley!

**Student MUST complete a graduation transition plan to qualify for funding*

September 2023

Vancouver Island University & Trades Centre

Administrative Assistant
Carpentry
Dental Assistant
Education Assistant
Hairdressing
Health Care Assistant
Introduction to Trades
Professional Cook (at Providence Farm)
Refrigeration Air Conditioning Mechanic
Welder Foundation

Camosun College

Auto Tech Foundation
Carpentry Foundations
Carpentry Level 1
Electrical Foundations
Electrical Level 1
Health Care Assistant
Heavy Mechanical Trades
Plumbing and Piping Level 1
Professional Cook Foundation
Refrigeration Air Conditioning Mechanic

February 2024

Vancouver Island University & Trades Centre

Criminology 131 (at Chemainus Sec/Cowichan Sec)
English 115
ECE 130
Health Care Assistant
Introduction to Trades
Professional Cook (Providence Farms)
Refrigeration Air Conditioning Mechanic
Welder Foundation
*Ask about other Academic options

Camosun College

Trades Sampler (at Cowichan Sec)
Carpentry Foundations
Criminology 154 (at Frances Kelsey)
Electrical Foundations
Electrical Level 1
English 151 (at Frances Kelsey)
Health Care Assistant
Metal Fabrication
Plumbing and Piping Foundations
TASK – Trades Awareness (at Frances Kelsey)
Welder Foundation

** Note ** All program and course availability is subject to enrolment.

Some conditions apply to academic courses for graduated students.

Course start dates may change.

Register soon to secure a seat!

Most first year courses at VIU Cowichan and Camosun are open to Dual Credit students.

Check our website: <http://www.careerandtransitions.ca/>

Contact your school's Career Counsellor to get more information today!

Cowichan Secondary – Sandeep Heer or Traci Hamilton, 250.746.4435

