



Courses listed below will count toward your SHSM designation in any Pathway
(APPRENTICESHIP, COLLEGE, UNIVERSITY, or WORKPLACE)

Choose 4 Major Credits related to Health and Wellness Sector

Minimum one Grade 11 & one Grade 12 credit AND two credits from Grade 11 or Grade 12 (one of which can be an additional Co-op Credit)

Major Credits in Grade 11		Major Credits in Grade 12	
Dance	ATC3M	Families in Canada	HHS4U
Parenting	HPC3O	Challenge and Change in Society	HSB4U
World Religions	HRF3O, HRT3M	Interdisciplinary Studies	IDC4U
Introduction to Anthropology, Psychology, and Sociology	HSP3C, HSP3U	Indigenous Perspectives	NDW4M
Contemporary First Nations, Métis, and Inuit Issues and Perspectives	NDA3M	Physical Education	PAD4O, PAF4O, PAI4O, PAR4O, PPL4O
Physical Education	PAD3O, PAF3O, PAI3O, PAR3O, PPL3O	Phys Ed Leadership	PLF4M
Biology	SBI3C, SBI3U	Kinesiology	PSK4U
Chemistry	SCH3U	Biology	SBI4U
Physics	SPH3U	Chemistry	SCH4C, SCH4U
Environmental Science	SVN3E	Physics	SPH4C, SPH4U
Hospitality	TFJ3C	Baking	TFB4E
Health Care	TPJ3M	Hospitality	TFJ4C, TFJ4E
Hairstyling and Aesthetics	TXJ3E	Health Care	TPJ4M
Baking	TFB3E	Hairstyling and Aesthetics	TXH4E, TXJ4E
<p>Dual Credit Courses include: Personal Support Worker (PSW), Psychology Today, ECE (2 courses), Criminology, Positive Psychology, and Intro to Manicures. See your Guidance Counselor for more information.</p>			

Choose 1 English Credit

ENG3C or ENG4C - English, College	ENG3U or ENG4U - English, University
ENG3E or ENG4E - English, Workplace/Apprenticeship	OLC4O - Ontario Secondary School Literacy Course

Choose 1 Math Credit

Foundations for College Mathematics	MAP4C	Calculus and Vectors	MCV4U
Foundations for College Mathematics	MBF3C	Mathematics and Data Management	MDM4U
Functions & Applications	MCF3M	Mathematics for Work and Everyday Life	MEL3E
Functions	MCR3U	Mathematics for Work and Everyday Life	MEL4E
Mathematics for College Technology	MCT4C	Advanced Functions	MHF4U

Choose 1 Other Credit from the list below (or an additional Co-op Credit)

Entrepreneurship	BDI3C	Contemporary First Nations, Métis, and Inuit Issues and Perspectives	NDA3M
Families in Canada	HHS4U	Indigenous Perspectives	NDW4M
Parenting	HPC3O	Ontario Literacy Course	OLC4O
World Religions	HRF3O, HRT3M	Kinesiology	PSK4U
Challenge and Change in Society	HSB4U	Biology	SBI3C, SBI3U, SBI4U
Introduction to Anthropology, Psychology, and Sociology	HSP3C, HSP3U	Chemistry	SCH3U, SCH4C, SCH4U
Computer Science	ICS3C, ICS3U, ICS4C, ICS4U	Physics	SPH3U, SPH4C, SPH4U
Math - Workplace	MEL3E, MEL4E	Environmental Science	SVN3E

Choose a Health and Wellness-Focused Cooperative Education Experience (2 Credits)

Co-op Credits can be Regular Co-op, Summer Co-op, or UCEP, your Dual Credit program, or through Credits@Work at St. Louis. See Guidance for more information.

Total number of Credits needed: 9