

# Choices Program Argyle Secondary

Isla MacCarl – Choices Teacher - [imaccarl@sd44.ca](mailto:imaccarl@sd44.ca)  
Sarah Gordon – Choices Counsellor - [sgordon@sd44.ca](mailto:sgordon@sd44.ca)  
Shawn White – Choices Counsellor – [swhite@sd44.ca](mailto:swhite@sd44.ca)

Flex time (8:30-9:12):

Monday-Friday with Ms. MacCarl

Course Instruction:

Semester One: Monday-Friday with Ms. MacCarl

Semester Two: Period 5-7 with Ms. MacCarl, Period 8 with Ms. White or Ms. Gordon

## Big Ideas

- Decisions We Make Impact the World Around Us
- Communication is an Integral Part of Building and Maintaining Relationships
- Recognizing Differences Allows us to Consider the Interdependence of People
- Knowledge of Strengths and Needs Enables Us to Persevere
- Development of Self-Awareness is a Life-long Practice

Choices provides secondary school-based support for at-risk youth across the North Vancouver School District. In this way, students with social, emotional, and behavioural challenges who struggle in a traditional school setting receive additional support to learn and develop a sense of place within their local school community.

The program is based on Five Social Emotional Spheres

1. Self Awareness
2. Self-Management
3. Social Awareness
4. Decision Making
5. Relationship Management

Students work both individually and in group settings on skills in these spheres. Students' programs will vary, depending on their challenges in maintaining a healthy Social-Emotional balance. Some issues, such as resiliency, flexibility, or dealing with anxiety, span many or all the spheres and are important in our program.

Within the program, it is expected that students will:

**Know:** how to identify emotions in self and others, self-regulation skills to manage emotions, executive skills to promote daily success, how sleep and nutrition affects our well-being, how to communicate effectively in different situations with different people, how decisions impact ourselves and others.

**Be able to:** Explore different learning styles, explore personal interests, express wants and needs in a respectful way, explore at least two strategies to manage impulse control, explore at least one strategy

to manage stress and anxiety, explore at least two strategies to aid in planning and goal setting, practice social norms, practice social and formal communication styles.

### Expectations

Students will work with the staff to identify areas where support and skill building is needed. Students will engage in designing a Student Support Plan or an Individual Education Plan.

Students will meet individually with the Choices staff to review progress, practise strategies and discuss problem-solving.

Students will work with staff to identify courses and assignments that need attention and will bring the necessary materials to the Choices room to work on those assignments.

Students need to understand that they will always be encouraged to face their challenges and expected to work on them in small steps.

Students will respect the classroom and the others that are in it. They will strive to maintain positive relationships with the others in the room.

### Assessment

Students will be assessed on both their goals in their support plans and on their self assessment and conversation with the Choices teacher using the Choices Rubric.

Not Meeting: Ranges from 40%-58% or from an I to a C-

Meeting: Ranges from 60%-79% or from a C to a B

Exceeding: Ranges from 80%-92% or from a B to an A