

# How to do High School Courses Self-Directed

Note: These are suggested ways to meet Alberta Education Programs of Study Course Outcomes and are evidence-based. They led 3 students to complete university graduation and many others to university entrance requirements. This document is intended as a guide only. Check with your school authority for their specific requirements as every school authority suggests meeting outcomes differently.



## English 10-1, 20-1, 30-1 Courses - 15 credits or English 10-2, 20-2, 30-2 Courses - 15 credits

### 1. Read, read, read

Read at least one novel from the List <https://open.alberta.ca/publications/0778537994>

Understand literary terms and be able to identify them in novels. For grammar help, do the Language Works 10 Workbook.

See a modern play or Shakespeare play.

Watch 3 films from the above list.

Read 8 poems (2 Responding) and 3 short stories (1 Responding) and 6 non-fictions (2 Respondings) 3 Visuals (1 Responding) from Sightlines 10 (for grade 10), Viewpoints 11 (grade 11), or Viewpoints 12 (grade 12).

### 2. Write, write, write

Use a text worksheet or a literary device guide. Use it to help pull ideas or analyze the main characters out of novels, films, short stories, etc. Contact [jarnall@shaw.ca](mailto:jarnall@shaw.ca) for text worksheet template.

Write a 800 word critical analysis essay on one of the novels read.

Write a 600 word personal response essay on one of the short stories read.

Write 1 poem

Contact tutors for writing academic essays for Alberta Diploma Exams

Elizabeth Surrige [egrace@telus.net](mailto:egrace@telus.net)

Tara Fry [theinspiredteachereducation.com](http://theinspiredteachereducation.com)

### 3. Exams

The Key. Do the practice and real exams in The Key.

(Exam bank is too vague for Alberta approved resources.)

Prepare for exams by reading past exam questions and marked essays here:

<https://education.alberta.ca/writing-diploma-exams/exemplars/?searchMode=3>

## Social Studies 10-1, 20-1, 30-1 Courses - 15 credits or

## **Social Studies 10-2, 20-2, 30-2 Courses - 15 credits**

### 1. Read

Read the entire textbook.

Do the questions at the end of each chapter and complete some of the projects that interest you.

### 2. Write

Write a 600-800 word persuasive essay per course on any social issue.

Write a 600-800 word research essay per course on any social issue.

Write a 600-800 word source analysis essay per course with 3 related sources.

### 3. Interpret

Examine many (at least 3) political cartoons and write out a cartoon analysis worksheet. Contact [jarnall@shaw.ca](mailto:jarnall@shaw.ca) for cartoon analysis worksheet. Access cartoons from The Calgary Herald, Edmonton Sun, The Globe and Mail, The Economist, MacLean's, etc.

### 2. Exams

The Key or Exam Bank at the end of each chapter. Do the practice and real exams in The Key.

Prepare for exams by reading past exam questions and marked essays here:

<https://education.alberta.ca/writing-diploma-exams/exemplars/?searchMode=3>

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## **Science 10/ Biology 20/30, Chemistry 20/30, Physics 20/30 Courses - 15 credits (10 mandatory)**

### 1. Read

Read the entire textbook for Science 10. Read the first half (4 Sections) of the textbook for Bio, Chem, Physics for Grade 11 and the second half (4 Sections) of the textbook for Grade 12.

Do the questions at the end of each chapter and complete some of the labs that interest you.

Get helpful videos at <https://www.khanacademy.org/>

### 2. Exams

The Key or Exam Bank at the end of each chapter. Do the practice and real exams in The Key.

## **Math Courses - 15 credits (10 mandatory)**

### 1. Read

Read the entire textbook.

Do the questions at the end of each chapter.

Get helpful videos at <https://www.khanacademy.org/>

### 2. Exams

The Key or Exam Bank at the end of each chapter. Do the practice and real exams in The Key.

## **Physical Education Courses - 15 credits (5 mandatory)**

### 1. Get physical!

Log hours and dates spent in any physical sport or activity. Take photos.

### 2. Wrap

Write a one page essay on ABCD (Activity, Benefits, Communication, Decision-making) learning.

<https://education.alberta.ca/media/464719/physedi.pdf>

## **Calm-Career and Life Management Course - (3-5 mandatory credits)**

### 1. Budget

Plan a budget for living away from home.

### 2. Career

Write a resume.

Visit post-secondary career fairs to explore possibilities.

Do an online multiple intelligence test to reflect on choices:

<http://www.literacynet.org/mi/assessment/findyourstrengths.html>

Do an online Myers-Briggs personality test to reflect on choices: <https://www.16personalities.com/free-personality-test>

### 3. Personal Choices

Read the 7 habits of Highly Effective Teens

Record any psychiatrist, psychologist, or Educational/psychological testing and counselling sessions.

### 4. Wrap

Write a one-page summary of learning and submit any documents from above.

## **Food Studies Courses (15 credits - 1 credit per course)**

### 1. Plan

Here is a list of courses and outcomes:

<http://www.learnalberta.ca/ProgramOfStudy.aspx?lang=en&ProgramId=561727#681934>

### 2. Cook and bake

Take photos and record what was prepared, time spent on activity and any insights.

### 3. Wrap

Write a one page essay on any learning developed during the activities.

## **Special Projects Courses (15 credits - 5 per grade)**

### 1. Plan

Write a course proposal on the project. Account for 125 hours for 5 credits.

Some special projects that students have done include:

- Building a gaming computer
- Learning to code a website or develop an app
- Building a basement renovation
- Writing a novel for NaNoWriMo
- Editing above novel
- Reading the entire book series from a particular novelist
- Specializing in music instruction, performing art, visual art, or sports
- Travel

2. Do it!

Log dates and hours spent on the project.

3. Wrap

Take photos, and write a one page recap of insights.

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## Typical Assessment

**All courses:** The student or parent self-assigns a course mark. The Principal of the supervising school approves it.

**Core courses:** Self-directed core courses are usually assessed at 70% of final mark and final exams at 30% of final mark. CTS, Physed, Calm and Special Projects have no final exams.

**Grade 12 cores:** Course marks (70/30 combo) are 70% of final mark with core diploma exams making up the remaining 30% for students under age 19.

**Over age 19 Grade 12 cores:** The highest mark from either the diploma exam itself, or the diploma exam/course mark combo is recorded on the Alberta Education transcript.

Check the Guide To Education for the current year for more specifics on assessment.

Welcome to Graduation and a High School Diploma While Doing Home/Self-Directed Education!