



School Name		Teacher(s)	
# of Students	10-12	# of Adults	3
Grade(s)	JR-HS	Program Focus	Leadership HSS 1080, Survival skills WLD 1130
Meeting Room and Code		Accommodation and Code	
Date(s)		Language	E

Pre-Immersion Activities

HSS 1080 Outcome 1:	1.1 define <i>leadership</i> 1.2 describe the characteristics and qualities of effective leaders
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CTS Course	Title	1	2	3	4	5
HSS 1080	Leadership Fundamentals	Effective Leadership	Leadership Development	Effective Functioning of Team	Basic Competencies	Personal Connection
WLD 1130	Outdoor survival Skills	Responsible outdoor experiences	Safe outdoor activities	Minimize Environmental Impact	Basic Competencies	Cluster Content

Tuesday, October 31

Time	Activity	Location	Staff
1:30 pm	Arrival and gear to rooms Welcome, Orientation games	Grounds/Den	PSEC Staff
2:00	Team Building Games: Raise the Flag, Big Foot Skis, Toxic River *Follow toxic river with THUMB BALL	Corral	PSEC Staff
3:30	Break		Teachers
3:45	Leadership styles discussion/ activity - Acting out different styles - Blindfold walk	Barn/Garage	PSEC Staff
4:45	End of program/journaling		Teachers
5:00	Supper	DEN	Teachers
6:30	Evening activities: Night Line	Snaring Forest	PSEC Staff
7:30	Handover to Teachers		Teachers

Wednesday, November 1

Time	Activity	Location	Staff
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8:00	Breakfast	DEN	Teachers
9:00	GPS activity- Finding waypoints - Survival kit options	Corral	PSEC Staff
10:30	Hike to the waterfall - Risk mitigation	Barn/Garage	PSEC Staff
11:30	Outdoor games and activities - Camouflage - Capture the flag	Snaring Field	PSEC Staff
12:00	LUNCH	DEN	Teachers
1:00	Fire Building Techniques and Safety: - Discuss different uses for fires - How to use an axe	Grounds	PSEC Staff
2:00	Shelter building - Create 2 different types of shelters	Grounds	PSEC Staff
3:00	Break	Grounds	Teachers
3:15	Trip planning activity - Food, safety, time, obstacles, routes - What to bring=10 things Discussion		PSEC Staff
4:30	Handover to teachers		Teachers

Thursday, November 2

Time	Activity	Location	Staff
8:00	Breakfast	DEN	Teachers
9:00	Depart for hike at Old Fort Point	Old Fort Point	PSEC Staff
12:30	Pyramid overlook back to palisades		ALL
1:00	LUNCH	DEN	Teachers
2:00	Stewardship+ Leadership activity: -Caragana/ Thistle Clipping	Grounds	PSEC Staff
3:15	Break		Teachers
3:30	Dovetail Cabin- Build	Behind Garage	PSEC Staff
4:30	Handover to teachers		Teachers

Friday, November 3

Time	Activity	Location	Staff
8:00	Breakfast + Pack up bags and leave rooms	DEN	Teachers
9:00	Depart for hike: Maligne Canyon	Grounds	PSEC Staff
9:30	Hiking Maligne Canyon (Down) 1 st to 5 th OR 6 th Bridge -Landart (if time)	Maligne Canyon	PSEC Staff
11:30	Closing and prepare for departure	Maligne Canyon	PSEC Staff



<p>HSS 1080</p> <p><u>Outcome 1:</u> Evaluate the characteristics and qualities of effective leadership based on basic principles of leadership.</p> <p><u>Outcome 2:</u> Create a personal growth plan for leadership development</p>	<p>1.1 - Define <i>leadership</i></p> <p>1.2 - Describe the characteristics and qualities of effective leaders</p> <p>1.3 - Describe various leadership styles, such as democratic, laissez-faire, transformative, inclusive and authoritarian</p> <p>1.4 - Evaluate personal leadership characteristics and qualities based on experience within a leadership team</p> <p>2.1 evaluate personal core values</p> <p>2.3 design at least two SMART (specific, measureable, attainable, realistic, timely) goals for personal leadership development</p> <p>2.4 identify strategies for achieving goals</p>	<p>Activities:</p> <ul style="list-style-type: none"> • “Elements of a Leader” and group definition of leadership • Summative Assessment – options: interview, reflection, creative response, movie or research • Leadership Style Research • Survival Group activity • Personal Leadership Inventory
<p>WLD 1130</p> <p><u>Outcome 1:</u> Demonstrate and apply an understanding of responsible outdoor experiences</p>	<p>1.1 select appropriate personal and group gear for outdoor activities</p> <p>1.2 demonstrate safe use and appropriate care of outdoor hand tools, including but not limited to knives, axes and saws</p> <p>1.3 demonstrate safe procedures for building and using outdoor fires; e.g., signaling, warming, cooking</p> <p>1.6 plan and conduct safe outdoor expeditions in the natural environment, including but not limited to:</p> <p>1.6.1 researching information from a variety of sources, including maps, aerial</p>	<p>Activities:</p> <ul style="list-style-type: none"> • Safety briefing for caragana/ thistle clipping • Fire starting activity • Shelter building activity • Trip planning discussion and activity: preparing for hiking/backcountry trips before, during and after trips • Map and compass activity / orienteering outside



<p>Outcome 2:</p> <p>Demonstrate the knowledge and skills necessary for safe outdoor activities</p>	<p>photographs, guidebooks, journals and local experts</p> <p>1.6.2 interpreting route information by selecting reasonable destinations, estimating travel time and anticipating obstacles</p> <p>1.6.3 applying knowledge and skills while en route, including map reading and compass skills, knowledge of terrain and route selection, and mapping of key landmarks and directions</p> <p>1.7 use appropriate modes of travel to safely participate in outdoor activities; e.g., hiking, backpacking, snowshoeing, cross-country skiing, canoeing</p> <p>2.1 identify, assess, avoid and/or respond to physical hazards that may be imposed by the natural environment, including but not limited to:</p> <p>2.1.1 particular terrain and conditions, including avalanche conditions, areas prone to rock slides, lake and river ice, and bush</p> <p>2.1.2 wildlife that may be encountered, including bears, bees, ticks, non-edible plants, snakes</p> <p>2.1.3 changes in weather conditions that may affect personal and group safety</p> <p>2.2 identify, assess, avoid and/or respond to physiological and psychological factors often associated with outdoor experiences, including but not limited to:</p>	
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	<p>2.2.1 dealing with hypothermia, frostbite, dehydration and heat stroke</p> <p>2.2.2 understanding fatigue and when not to move</p> <p>2.2.3 coping with adversities, such as getting lost or hurt</p> <p>2.3 list and explain the necessary steps to take in emergency and survival situations in the outdoors, including but not limited to:</p> <p>2.3.1 what to do if lost or separated from the group</p> <p>2.3.3 construction of emergency shelters</p> <p>2.3.5 en route organizational strategies, including lead and sweep, regrouping procedures, pacing</p>	
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Basic Competencies are assessed throughout the course. Competencies are developed inherently as students navigate the social dynamics of travelling, learning, working and living with classmates over the four intensive days.

HSS1080: Leadership

Level: Introductory

Prerequisite: None

Description: Students explore basic principles of leadership and evaluate their personal leadership characteristics and qualities. Students develop a plan for their personal growth as a member of a leadership team and examine the various behaviours, skills and roles of team members that contribute to team effectiveness.

Outcomes: The student will:

- **1. evaluate the characteristics and qualities of effective leadership based on basic principles of leadership**



- **1.1** define leadership
- **1.2** describe the characteristics and qualities of effective leaders
- **1.3** describe various types of leadership styles, such as democratic, laissez-faire, transformative, inclusive and authoritarian
- **1.4** evaluate personal leadership characteristics and qualities based on experience within a leadership team

- **2. create a personal growth plan for leadership development**
 - **2.1** evaluate personal core values
 - **2.2** create a personal leadership philosophy such as a mission statement
 - **2.3** design at least two SMART (specific, measureable, attainable, realistic, timely) goals for personal leadership development
 - **2.4** identify strategies for achieving goals

- **3. evaluate the behaviours, skills and roles that contribute to the effective functioning of a leadership team**
 - **3.1** describe strategies for overcoming challenges and obstacles typically encountered by leaders, including:
 - **3.1.1** conflict resolution
 - **3.1.2** stress management
 - **3.1.3** time management
 - **3.1.4** financial management
 - **3.2** explain behaviours and skills that contribute to the effective functioning and goals of a leadership team
 - **3.3** demonstrate fundamental leadership behaviours and skills while participating in a specific leadership team, including:
 - **3.3.1** effective communication skills
 - **3.3.2** interpersonal skills
 - **3.3.3** personal management skills
 - **3.3.4** empowerment of other team members
 - **3.4** explain several different roles and responsibilities often associated with high performing teams
 - **3.5** negotiate roles and responsibilities with other team members, including defining the scope of responsibilities of team members
 - **3.6** observe individual team members to identify:
 - **3.6.1** positive contributions to the team
 - **3.6.2** the effective fulfillment of assigned team roles

- **4. demonstrate basic competencies**
 - **4.1** demonstrate fundamental skills to:
 - **4.1.1** communicate
 - **4.1.2** manage information
 - **4.1.3** use numbers
 - **4.1.4** think and solve problems



- **4.2** demonstrate personal management skills to:
 - **4.2.1** demonstrate positive attitudes and behaviours
 - **4.2.2** be responsible
 - **4.2.3** be adaptable
 - **4.2.4** learn continuously
 - **4.2.5** work safely
- **4.3** demonstrate teamwork skills to:
 - **4.3.1** work with others
 - **4.3.2** participate in projects and tasks
- **5. make personal connections to the cluster content and processes to inform possible pathway choices**
 - **5.1** complete/update a personal inventory; e.g., interests, values, beliefs, resources, prior learning and experiences
 - **5.2** create a connection between a personal inventory and occupational choices

WLD1130: Outdoor Survival Skills

Level: Introductory

Prerequisite: None

Description: Students develop and demonstrate the attitudes, skills and knowledge required for responsible participation in a range of outdoor activities.

Note: WLD1130 Outdoor Survival Skills, WLD2130 Outdoor Excursion and WLD3130 Outdoor Leadership provide opportunities for wilderness interaction at a personal level. This course sequence should emphasize the development of skills that enable students to safely observe and appreciate wildlife and habitat within one or more of Alberta's six natural regions.

Parameters: An individual with current Emergency First Aid certification is required on site.

Supporting Courses:

- HCS2020: First Aid/CPR with AED
- TOU1120: Adventure & Ecotourism 1

Outcomes: The student will:

- **1. demonstrate and apply an understanding of responsible outdoor experiences**
 - **1.1** select appropriate personal and group gear for outdoor activities
 - **1.2** demonstrate safe use and appropriate care of outdoor hand tools, including but not limited to knives, axes and saws



- **1.3** demonstrate safe procedures for building and using outdoor fires; e.g., signaling, warming, cooking
 - **1.4** describe techniques used to plan, pack, carry and prepare foods during outdoor expeditions
 - **1.5** explain techniques that can be used to maintain hygiene during outdoor expeditions
 - **1.6** plan and conduct safe outdoor expeditions in the natural environment, including but not limited to:
 - **1.6.1** researching information from a variety of sources, including maps, aerial photographs, guidebooks, journals and local experts
 - **1.6.2** interpreting route information by selecting reasonable destinations, estimating travel time and anticipating obstacles
 - **1.6.3** applying knowledge and skills while en route, including map reading and compass skills, knowledge of terrain and route selection, and mapping of key landmarks and directions
 - **1.7** use appropriate modes of travel to safely participate in outdoor activities; e.g., hiking, backpacking, snowshoeing, cross-country skiing, canoeing
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- **2. demonstrate the knowledge and skills necessary for safe outdoor activities**
 - **2.1** identify, assess, avoid and/or respond to physical hazards that may be imposed by the natural environment, including but not limited to:
 - **2.1.1** particular terrain and conditions, including avalanche conditions, areas prone to rock slides, lake and river ice, and bush
 - **2.1.2** wildlife that may be encountered, including bears, bees, ticks, non-edible plants, snakes
 - **2.1.3** changes in weather conditions that may affect personal and group safety
 - **2.2** identify, assess, avoid and/or respond to physiological and psychological factors often associated with outdoor experiences, including but not limited to:
 - **2.2.1** dealing with hypothermia, frostbite, dehydration and heat stroke
 - **2.2.2** understanding fatigue and when not to move
 - **2.2.3** coping with adversities, such as getting lost or hurt
 - **2.3** list and explain the necessary steps to take in emergency and survival situations in the outdoors, including but not limited to:
 - **2.3.1** what to do if lost or separated from the group
 - **2.3.2** first aid and emergency response to injury
 - **2.3.3** construction of emergency shelters
 - **2.3.4** how to gather food from edible plants
 - **2.3.5** en route organizational strategies, including lead and sweep, regrouping procedures, pacing
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- **3. demonstrate the knowledge and skills necessary to minimize environmental impact**
 - **3.1** explain techniques for minimum impact and/or no-trace land use



- **3.2** demonstrate minimum impact and/or no-trace land use while participating in outdoor expeditions
- **3.3** demonstrate safe and unobtrusive techniques when examining wildlife and habitat

- **4. demonstrate basic competencies**
 - **4.1** demonstrate fundamental skills to:
 - **4.1.1** communicate
 - **4.1.2** manage information
 - **4.1.3** use numbers
 - **4.1.4** think and solve problems
 - **4.2** demonstrate personal management skills to:
 - **4.2.1** demonstrate positive attitudes and behaviours
 - **4.2.2** be responsible
 - **4.2.3** be adaptable
 - **4.2.4** learn continuously
 - **4.2.5** work safely
 - **4.3** demonstrate teamwork skills to:
 - **4.3.1** work with others
 - **4.3.2** participate in projects and tasks

- **5. make personal connections to the cluster content and processes to inform possible pathway choices**
 - **5.1** complete/update a personal inventory; e.g., interests, values, beliefs, resources, prior learning and experiences
 - **5.2** create a connection between a personal inventory and occupational choices