Knowing Myself: Unit Overview

GLC2O, Career Studies, Grade 10 (Open), Unit 1. 6 classes of 75 minutes (about a week and a half), plus time to complete the summative.

The big question

Who am I, and what helps me succeed and stay well?

Students launch the Career Portfolio they will build all course, meet the five postsecondary destinations (apprenticeship, college, community living, university and the workplace), and build a personal profile of their interests, values, transferable skills, strengths and growth areas using original inventories and skill stories. They learn resilience and perseverance strategies, healthy ways to manage stress and balance school, life and work, how to recognize when stress needs extra support, and how to reach people, resources and services for mental health at school and in the community. The summative, My Personal Profile, becomes Section 1 of the portfolio.

Lessons

#	Lesson	Classes	Question	Expectations	What's inside
1	**Who Am I?**	1	What is a career, and where do I start?	B2.1	Career myths; five destinations; the six-section Career Portfolio; Me Map
2	**Interests and Values**	1	What do I enjoy, and what matters to me?	B2.1	Original eight-zone Interest Explorer; values sort; reading results
3	**Skills and Strengths**	1	What can I do, and how can I prove it?	B1.2, B1.3, B2.1	Ontario's seven transferable skills; skills inventory; skill stories
4	**Resilience and Perseverance**	1	What helps people keep going?	A1.1	Reframing; a resilience toolkit; setback scenarios; perseverance plan
5	**Managing Stress and Balance**	1	How can I keep stress manageable?	A1.2	Signs of stress; strategy sort; when to reach out; balance planner
6	**Getting Support**	1	Who can help, and how do I reach them?	A1.3	School, community and crisis supports; helping a friend; support map; summative launch

© 2026 K9solutions

Assessment

Type	In this unit
Assessment for learning	Portfolio Map, Me Map, Interest Explorer, Values Sort, Skills Inventory, Skill Stories, Setback Scenarios, Strategy Sort, Support Scenarios, exit tickets
Assessment as learning	Self-checks on success criteria, Perseverance Plan, Balance Planner, Support Map
Assessment of learning	My Personal Profile (12% of the final grade), with a four-level rubric and teacher guide

Materials

Included:

- **Original tools:** the Career Portfolio map, an eight-zone Interest Explorer and a sixteen-value Values Sort written for this course (no published inventory is reproduced), and invented student profiles and scenarios
- **Supports to post:** the school's guidance and student success staff; Kids Help Phone (call 1-800-668-6868 or text CONNECT to 686868); the 9-8-8 Suicide Crisis Helpline (call or text 988); 911 for emergencies
- **Teacher preparation:** local details for guidance, student success and community services before Lessons 5 and 6

Lessons 5 and 6 are strength-based and trauma-informed, require no self-disclosure, and are designed to sit alongside the Ministry's mandatory GLC2O mental health literacy modules; they do not replace or reproduce them. Tell your guidance team before teaching them and know your board's protocol if a student discloses a concern.

What's in each lesson

- Teacher lesson plan with expectations, timed sequence, differentiation, look-fors and answer guides
- Slides with speaker notes
- Student handouts and organizers
- Editable Word and PowerPoint files, plus PDFs

© 2026 K9solutions