

APPENDIX A-2: Alberta Education Career and Technology (CTS) Mentoring Courses

COURSE HSS1050: INTRODUCTION TO MENTORSHIP

LEVEL: INTRODUCTORY

Prerequisite: None

Description: Students learn about the characteristics of positive mentoring relationships in their personal lives and society. Students prepare to engage in a mentoring relationship. Students apply basic mentoring skills to a mentoring relationship and explore considerations for safety related to mentoring.

Supporting Courses: HSS1030 Communicating Skills for Helping Relationships; HSS1040 Developing Maturity and Independence; HSS2020 Nurturing Children.

COURSE HSS2050: BECOMING A MENTOR

LEVEL: INTERMEDIATE

Prerequisite: HSS1050 Introduction to Mentorship

Description: Students analyze the relationship of mentoring and the wellness of individuals and communities. Students build a personal profile to prepare for their role as a mentor and demonstrate mentoring skills.

Supporting Courses: HSS1030 Communication Skills for Health Professionals; HSS2030 Perspectives on Interpersonal Relationships; HSS3050 Becoming a Mentee.

COURSE HSS3050: BECOMING A MENTEE

LEVEL: ADVANCED

Prerequisite: none

Description: Students build a personal profile to engage as a mentee in a successful mentoring relationship to explore career and/or personal goals for citizenship or volunteering in their community.

Supporting Courses: HSS1030 Communicating Skills for Health Professionals; HSS1050 Introduction to Mentoring.

COURSE HSS3060: EXTENDING THE MENTORING RELATIONSHIP

LEVEL: ADVANCED

Prerequisite: HSS2050: Becoming A Mentor

Description: Students demonstrate effective strategies for enhancing resiliency in the context of a mentoring relationship. Students examine unique populations that commonly occur in communities and adapt mentoring activities to meet the needs of supported populations and cultural differences, including differences related to a first Nations, Métis and Inuit (FNMI) perspectives. .

Note: Successful completion of this course enables the student to apply for a certificate of completion for Foundations of Mentoring issued by the Alberta Mentoring Partnership in collaboration with Big Brothers Big Sisters when they meet the standards and requirements specified.

Supporting Courses: HSS1030 Communication skills for Health Professionals; HSS2030 Perspectives on Interpersonal Relationships; HSS3050 Becoming a Mentee; HSS3070 Peer Mentoring.

COURSE HSS3070: PEER MENTORING

LEVEL: ADVANCED

Prerequisites: HSS1080 Leadership Fundamentals 1; HSS3050 Becoming a Mentee; HSS3060 Extending the Mentoring Relationship.

Description: Students examine the *Positive Youth Development Model* and assist in the planning, facilitation and assessment of a peer mentoring program for a specific community.

Parameters: Access to an existing Peer Mentoring program or a Peer Mentoring Program that is being initiated.

Supporting Courses: CCS 3080 Community Enhancement; HSS1030 Communicating Skills for Health professionals; HSS1040 Developing Maturity and Independence; HSS2030 Perspectives on Interpersonal Relationships; HSS2080 Fundamentals of Leadership 2.

Link for reference to **Health, Recreation & Human Services (HRH) cluster course list** and **Human & Social Services (HSS) tab** for mentoring and support course outlines @ www.education.alberta.ca/teachers/program/cts/program-of-studies/hrh.aspx

Alberta Education CTS homepage @ www.education.alberta.ca/teachers/program/cts.aspx

CTS Pathways Planner @ www.education.alberta.ca/media/1238866/pathwayplanner.pdf

CTS Resources @ www.education.alberta.ca/teachers/program/cts/resources.aspx
