

Unit Descriptions

Finding inspiration

Find what inspires and motivates you. Learn to build good habits and set achievable goals.

Different ways of knowing

Explore your connection to the land you live on and how different cultures approach doing research, gaining knowledge, and innovating.

From rural to urban

Discover what you've gained from living in a rural community and how you can give back, and learn from your mentor about transitioning to city living.

Strategic studying

Find study strategies that work for you.

Well-being and self-care

Reflect on what it looks like when you need some self-care, how good you are at self-care, and how you can improve your self-care and overall well-being.

Dis- and misinformation

Learn to spot dis- and misinformation and what to do about it.

Getting hired

Discover your transferrable skills and get resumé and interview tips.

Agency in the world

This activity helps you discover resources and allies you have in your life that can help you overcome obstacles and meet your goals.

Confronting Discrimination

Understand the different kinds of discrimination people face and what to do about it.

Career exploration

Find careers that match what you like, what you value, and what you're good at.

Post-secondary and career planning

Find an educational pathway to your desired career that works for YOU. Learn about different degree and school options and admissions requirements.

Paying for school

Learn about all the ways you can pay for college/university.

Adulthood

Discover the skills and knowledge it takes to make it as an adult.