

ursa High School

Charting a Course for the Stars





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Planning Your High School Journey



ursa High School Program Streams

ursa students have several different options for approaching the high school years, and high school plans vary widely between students with different post-secondary or career goals. Some students choose to pursue a full Alberta High School diploma, while others only earn credits in some courses. Others forgo earning high school credits as they follow their interests and work toward their goals in other ways.

Alberta High School Diploma

The [Alberta High School Diploma Graduation Requirements](#) outline the required courses and number of credits needed to obtain a diploma. A complete list of courses for credit available to high school students can be found here: [Alberta Provincially Authorized Senior High School Courses and Course Codes](#).

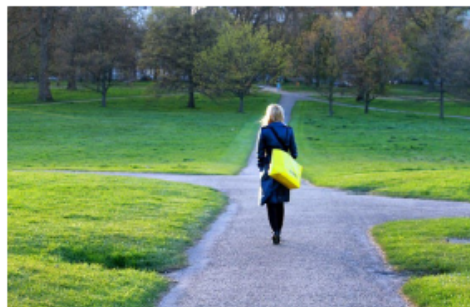
Students can choose to achieve an Alberta High School Diploma (100 credits) or an Alberta Certificate of High School Achievement (80 credits) by completing the required courses.

Credits for courses are earned when the Alberta Learning Goals of Education are met by following the Alberta Program of Studies.

Credits in Select Courses required for Post-Secondary Admission

Some students may choose to only earn credits in the courses that will be needed for their chosen post-secondary program, without achieving a full Diploma.

Post secondary prerequisites vary between faculties & schools, as well as by age; it is highly recommended that you research the specific entrance requirements for any post-secondary programs your student might be interested in.

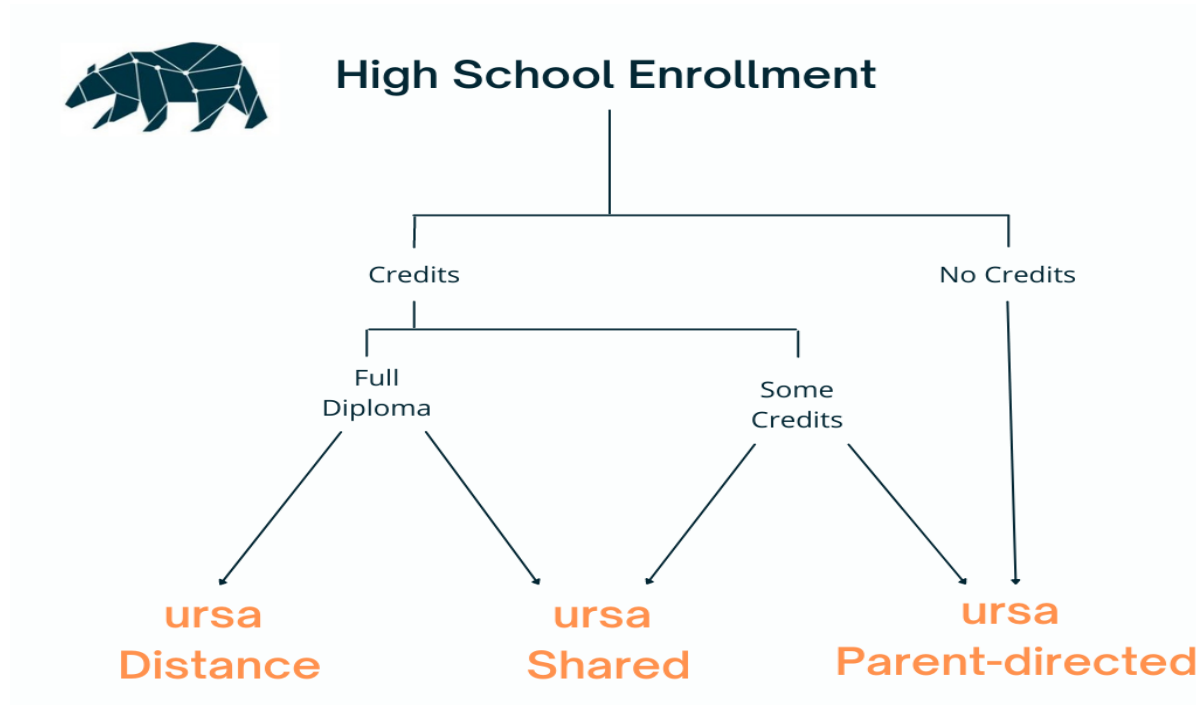


No High School Credits

Parent Directed students following the Alberta Home Education Learning Outcomes choose their own topics to study using various methods, curriculums, or materials, as they may have done in homeschooling earlier grades. Students following this path will not earn high school credits.

Some students may eventually choose to take the Canadian Adult Education Credential (CAEC) or other standardized exams, take upgrading courses at various adult education institutions, or create a portfolio to enter a post-secondary program. Students and their parents are responsible for researching the requirements for any post-secondary institutions or potential career options, so that they can determine the best path to reach their goals.

ursa students can earn Alberta High School credits through **ursa** Distance, **ursa** Shared Responsibility or **ursa** Parent Directed programs.



For students seeking a full diploma, we recommend taking at least some Teacher Directed courses



Alberta High School Diploma Requirements

To earn an Alberta Diploma, students must complete 100 credits, including the following:

- English Language Arts and Social Studies – 30 Level
- Mathematics and Science – 20 Level
- Physical Education 10
- Career and Life Management 20
- 10 credits from: CTS, Fine Arts, Second Languages, PE 20 or 30, K&E or RAP
- 10 credits from any 30 Level course (in addition to ELA and Social Studies)

See details at [Alberta High School Diploma: Graduation requirements \(English\) | Guide to Education](#)

A certificate of High School Achievement requires only 80 credits and a different mix of courses. See details at [Certificate of High School Achievement requirements \(English\) | Guide to Education](#)



Alberta Programs of Study

The Programs of Study outline the requirements for completion of each course.

[Alberta's Senior High School Courses | new LearnAlberta](#)

Grade 10 courses are level 10 or 1000, Grade 11 is level 20 or 2000, Grade 12 is level 30 or 3000. A dash (such as 10-1 or 10-2) is added for some core subjects. "-1" courses are the most challenging and are often required for university entrance. "-2" may be accepted by some post-secondary institutions. "-3" or "-4" are a more basic level of the course.

To see prerequisites and course progression within each subject, follow this link [Senior High School | new LearnAlberta](#), click on a subject then "Course Sequences".

Consider your goals and timeline when planning how to earn credits



- **ursa** students may earn some Parent Directed credits before grade 10 and continue to earn credits as a returning grade 12 student. **High school does NOT need to be completed in just three years!**
- Students are eligible to be registered as a funded student as long as they have **not yet turned 20 years old as of September 1st.**
- We recommend working on no more than 2-3 Parent Directed courses at a time, in addition to any Teacher Directed courses being taken.
- If they are ready for the workload, Junior High **ursa** students may begin Parent Directed courses. Some popular choices are Physical Education 10 or Food Basics (FOD1010).
- Junior high students may earn credits in any course except:
 - Career and Life Management (CALM), Special Projects, CTS level 2000 or 3000 courses, Work Experience

High School with ursa Shared or ursa Distance



ursa Distance

Teacher Directed Learning

ursa Distance is a fully Teacher Directed program for students across Alberta. Courses are delivered primarily online, with the opportunity for students in the Calgary area to attend onsite programming for physical education, music, food studies, art and a project-based course called Genius Hour.

ursa Distance is taught by experienced online teachers and class sizes are kept small. High school students in the **ursa Distance** program complete 29-40 credits per year through Teacher Directed courses.

Students planning to pursue a full Alberta high school diploma may find **ursa Distance** a good option to achieve all their required credits.



ursa Shared Responsibility

Teacher & Parent Directed Learning

ursa Shared Responsibility provides students the flexibility of taking some Teacher Directed courses while also doing some courses or subjects through Parent Directed home education. The Parent Directed portion of a student's program may include courses for credit but may also involve a student learning in areas outside the Alberta Program of Studies.

ursa Shared Responsibility can be a good option for students looking for choice and flexibility when working towards a full high school diploma or to achieve credits in specific courses needed for post-secondary admission.

ursa Shared Responsibility students complete 7 to 28 Teacher Directed credits per year.



Synchronous Core Subjects

- Offered on a semester basis via our easy-to-navigate Canvas Learning Management System.
- Scheduled, real-time live classes through the Zoom platform.
- English Language Arts and Mathematics are offered in **Semester 1** (Sept - Jan)
- Social Studies and Sciences are offered in **Semester 2** (Feb - June)
- Planned, taught and evaluated by **experienced** Alberta Education certified distance educators.
- Follow the Alberta Program of Studies.
- All teachers have scheduled office time for 1:1 instruction, and many provide additional tutorial time in their weekly schedules.
- **Small class sizes**
- **Relationships are built** between students and teachers
- Students become part of a **community of learners** and make connections with peers who are also learning from home.
- Offered to students in every community across Alberta and for Alberta families travelling out of the province or country.

Grade 10 Synchronous Courses

English Language Arts 10-1 or 10-2
Math 10C or 10-3
Social Studies 10-1 or 10-2
Science 10 or 14

Grade 11 Synchronous Courses

English Language Arts 20-1 or 20-2
Math 20-1, 20-2, or 20-3
Social Studies 20-1 or 20-2
Science 20 or 24
Chemistry 20
Biology 20
Physics 20

Grade 30 Synchronous Courses

English Language Arts 30-1 or 30-2
Math 30-1, 30-2, or 30-3
Social Studies 30-1 or 30-2
Science 30
Chemistry 30
Biology 30
Physics 30

Asynchronous (Self-paced) Subjects

- Offered on a year-long basis via our easy-to-navigate Canvas Learning Management System.
- Follow the Alberta Program of Studies.
- Students work on online courses at their own pace, contacting their teacher for support when needed.
- Planned, taught and evaluated by **experienced** Alberta Education certified distance educators.
- Offered to students in every community across Alberta and for Alberta families travelling out of the province or country.

3 to 5 Credit Courses

Career And Life Management 20
Physical Education 10, 20, 30
Art 10, 20, 30
General Music 10, 20, 30

Aboriginal Studies 30
General Psychology 20
General Sociology 20
Local And Canadian Geography 20
Personal Psychology 20
Political Thinking 20
Sociological Institutions 20
Special Projects 10, 20 Or 30
Western Canadian History 20
World Geography 30
Work Experience 15, 25, Or 35

CTS Courses (1 credit each)

Buying And Selling Vehicles
Cardiovascular System
Contemporary Baking
Criminal Law
Digestive System
Digital Images
Digital Presentations
E-Learning & Learning Management Systems
Endocrine System
Fast And Convenience Foods
Financial Literacy
Food Basics
Health Services Foundations
Intro To Animal Basics - Equine
Injury Management

Job Preparation
Marketing And Management
Mental Health And Wellness
Musculoskeletal System
Nervous System And Senses
Nutrition And Digestion
Nutrition For Recreation
Activities And Sport
Respiratory System
Sports Psychology
Technical Foundations For Injury Management
Textile Arts 1
Urinary System
Workplace Safety Systems
Word Processing 1



Onsite (In-Person) Courses

- Offered at our Calgary East Campus.
- Classes are held on Wednesday mornings from September to June
- Follow the Alberta Program of Studies.
- Planned, taught and evaluated by **experienced** Alberta Education certified teachers.

On-site Courses (3 credits each)

Art Spacious studio for hands-on creative exploration • Sculpture • Watercolours • Acrylics • Pen & Ink • Pastels • Drawing Music Held in our beautiful music room • Includes Winter & Summer Concerts	Genius Hour (Special Projects) Rotating experiences in STEM and creativity – projects are subject to change! • Coding • Lego Mindstorms • Green Fools Circus Arts • Workshop Projects: CO2 Cars, Longboards, etc. Foods Culinary skills in an industrial kitchen. Prepare, clean, and eat within the hour! • Desserts • Appetizers • Entrées	Physical Education Active learning in our full-sized gym. Some activities may include: • Volleyball • Basketball • Floor Hockey • Dance • Soccer • Track & Field • Badminton • Striking/Fielding Games • Catching/Throwing Games • Geocaching
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ursa Shared Responsibility and ursa Distance 2026-2027 Fee Schedule

- Fee structure is based on the principle that fees should be fair to the community, both families and the school.
- Parents are responsible to ensure that (for online courses) the student has sufficient technology (computer, software, internet) and access to materials required for each course, such as ingredients for Foods courses .
- **ursa** Bursary Program available for families requiring financial support.
- **ursa** Shared Responsibility students receive a percentage of funding as their resource claim, to be used for costs relating to Parent Directed subjects.
- Parents of **ursa** Shared Responsibility students create a program plan for Parent Directed subjects, making sure to include all resources they want to claim.

Number of High School Credits	Annual Tuition Fee
7 to 14	\$1450
15 to 28	\$2850
29+	\$4550

Sample ursa Shared online class timetable for grade 10

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8-8:30	OFFICE HOURS	OFFICE HOURS		OFFICE HOURS	OFFICE HOURS
8:30-9	MATH 10C	MATH 10C	ONSITE CLASSES	MATH 10C	MATH 10C
9-9:30			FOR		
9:30-10	ELA	ELA	ART/MUSIC	ELA	ELA
10-10:30			DRAMA/PE		
10:30-11	OFFICE HOURS	OFFICE HOURS	FOODS	OFFICE HOURS	OFFICE HOURS
11-11:30	MATH 10C	ELA	GENIUS HOUR	CTS/OPTIONS	MATH 10C
11:30-12					
12-12:30					
12:30-1					
1-1:30	CTS/OPTIONS	CTS/OPTIONS		CTS/OPTIONS	CTS/OPTIONS
1:30-2					
2-2:20	CTS/OPTIONS	CTS/OPTIONS		CTS/OPTIONS	CTS/OPTIONS
2:30-3					
3-3:30	OFFICE HOURS	OFFICE HOURS		OFFICE HOURS	OFFICE HOURS

ursa Parent Directed High School Courses for Credit





Parent Directed Courses for Credit

(also known as
“Section 6” Courses)

Section 6 of the Alberta Home Education Regulation states:

“On the recommendation of a school principal, a student receiving a home education program that follows the Alberta Program of Study is eligible to receive high school credits if the student achieves the course standards and outcomes prescribed by the Minister.”

For Parent Directed courses, the parent is responsible for designing, implementing, and evaluating a course that meets the Alberta Programs of Study requirements.

ursa’s process for Parent Directed courses is designed to ensure that each student achieves the required standards and is prepared for the next course or for future post-secondary studies.



Succeeding with Parent Directed High School

It is challenging to complete a full 100 credits by earning only Parent Directed credits, and this process is recommended only for students who work well independently and whose parents have the desire, time and ability to research, design, implement and evaluate a given course. Students are often most successful when using a combination of Teacher Directed credits and Parent Directed credits.

Within the parameters set out by Alberta Education for each course found in the Alberta Program of Studies, students in high school can incorporate their interests into their plan to achieve high school credits. **ursa** supports and encourages students in taking charge of their learning, developing ways to exercise self-determination and agency, and expressing their personal creativity and passions in ways that will also allow them to meet the objectives or outcomes specified in the Alberta Program of Studies.

Additional ways to earn credits

ursa Parent Directed students in grades 10-12 can also access **ursa** online or onsite courses to earn up to 5 credits per year while remaining registered as Parent Directed students. This is an excellent way to take a course that would be challenging for a parent to administer. Students may also be able to access 5 credits through other boards, while remaining an **ursa** Parent Directed student. Students who wish to take more than 5 Teacher Directed credits should enroll in the **ursa** Shared Responsibility program.

Some boards and other programs also provide courses or camps for credit during the summer. This is separate from your registration at **ursa** during the school year and does not count toward the 5 credits per year mentioned above. Contact the school or organization offering the courses to find out about the registration requirements and deadlines.



Important terms

Home Education Program Plan – This is the overall plan for the entire school year. All Parent Directed or Shared Responsibility students in grades 1-12 must have a Program Plan.

For Parent Directed High School courses, your program plan should include the title of the course you will be completing and a brief summary of what is on your proposal, including resources, types of activities, and assessment methods.

Course Outline – These are provided by **ursa** for core subjects and some common options. They outline what is required for each course and provide a template for families to create their own plan for the course.

Proposal – Once the course outline has been filled out, it is referred to as a Proposal, which is submitted to your HEM for approval.

Portfolio – A collection of all of a student's work for a particular course, which is sent to the HEM after the course is completed.

Course Evaluation – The final section of the approved proposal is where the marks for each assignment are entered. Once this is completed, the entire document is resubmitted as the Course Evaluation.



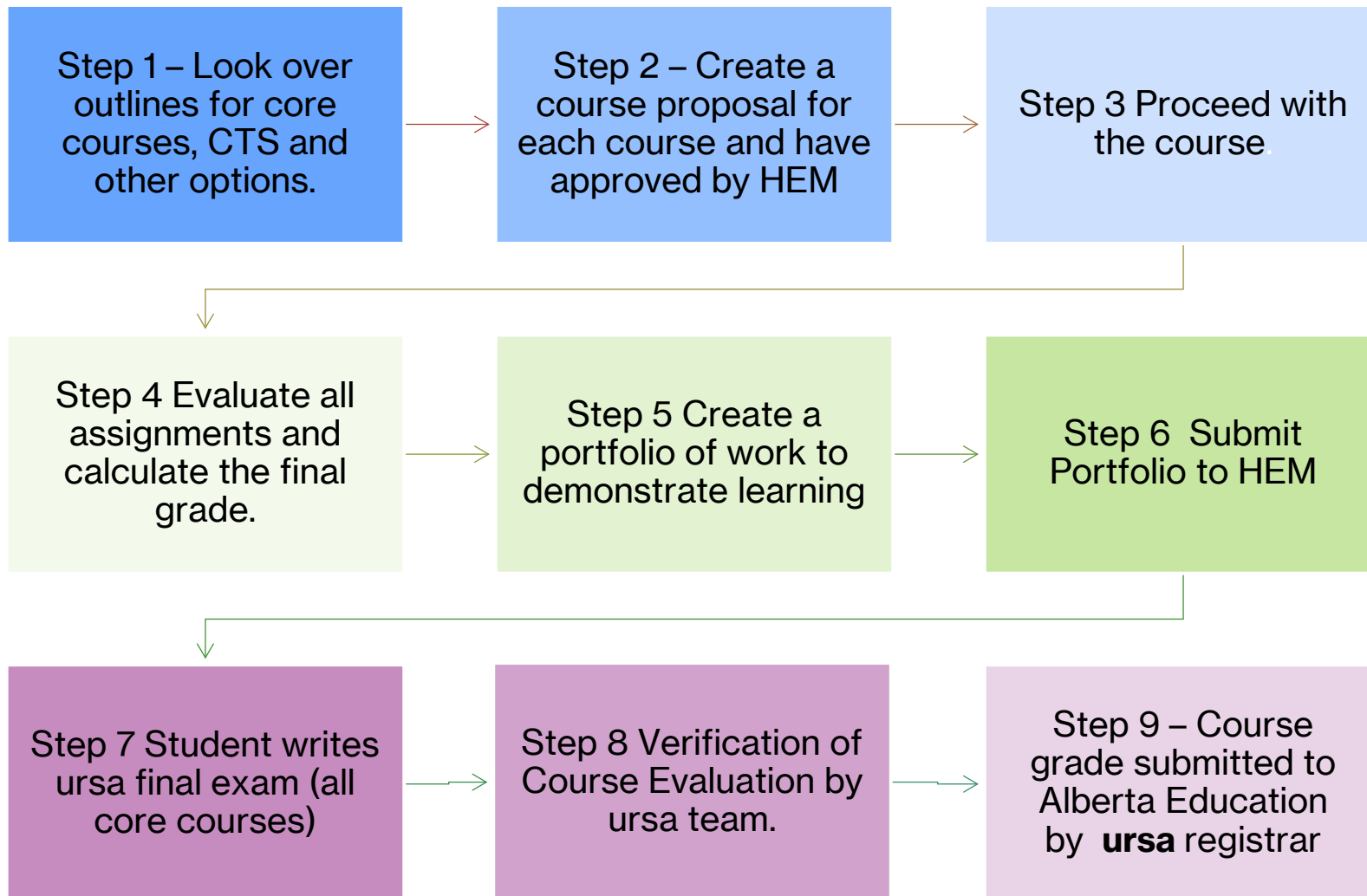
Completing a Parent Directed course

In order to successfully complete a Parent Directed high school course with **ursa** and earn credits, parents and students must work together to ensure that the requirements stated on the [Programs of Study for Alberta High School Courses](#) are met.

This starts with the parent and student creating a course proposal for each course that they wish to do as Parent Directed.

Then the parent works with the student as they learn the content of the course and they create a portfolio of work to demonstrate learning. The parent gives the student a grade and the **ursa** team evaluates the portfolio to confirm the grade is acceptable and valid.

Students should start with a maximum of one core subject course and up to two additional courses - such as Phys Ed or a CTS course - in order to become familiar with the process. Once the first course is complete, proposals will be accepted for the next courses.





Step 1 Course Outline

ursa course outlines are available for all core subjects (English Language Arts, Math, Social Studies, Sciences) and some of the more common options. These will help guide you in creating your proposal for the course.

For less common options, CTS courses, and Special Projects, a generic template is available to help you design your course proposal.

Parents and students are responsible for learning the requirements of the course and choosing or creating materials, projects, assignments, or quizzes for the student to complete.



Step 2

Create a
course
proposal and
submit it to
your HEM

Fill out the course outline to create the course proposal. This is your plan for how you will teach and evaluate the course

Sample proposals are available for core subjects and some CTS/options

Your HEM will review the proposal, consult with the **ursa** team, give feedback to make sure the plan meets the required outcomes

After any needed updates are made, your HEM will approve the course

Core subjects must also be approved by the principal

Please do not start working on a course until the proposal has been approved. This is to ensure that students do not spend precious time on work that cannot be accepted as part of the portfolio.



Elements of a Course Outline

Information grid – includes space for student name, course information, start date, projected completion date, approval dates, admin signature, final grade.

Objectives - A summary of the requirements for the course is included in each course outline, but families should also familiarize themselves with the program of studies/learning outcomes for their chosen course, as these often have more details than we can include on the outline.

Suggested Resources These are some basic resources that may be useful, but you can choose any materials or learning styles that will help your student meet the course requirements.

Summary of Required Work - This lists what should be included in your plan.

Student plan – This is where you list the resources your student will use, how you will teach the content of the course, the assignments they will submit and activities they will do. Note that rough drafts for all major essays and rough work for math and science notes, quizzes, and exams must also be submitted in the portfolio.

Plagiarism guidelines - Plagiarism is a serious offense. This is where you and your student acknowledge that you have read and understood the plagiarism guidelines and where you agree to follow the student plan you have created.

Course evaluation - This is where you list the items that you will submit in your portfolio, including the weight that will be given to each item. Suggested weighting is provided.

Supplemental items - Writing aids and marking rubrics (ELA and social studies), Format for Experimental Lab Write-Ups (all science courses).



A completed student plan includes the following:

Resources and
Learning
activities

Textbooks or books

Videos

Comprehension questions

Discussions

Study guides

Other materials or learning activities

Assignments,
projects, and
documentation
that will make up
the portfolio

Written work - such as essays, reports, slide presentations, etc.

Quizzes or tests

Photos – showing the student engaged in activities such as physical activities or food preparation.

Videos - drama performances, speeches, orally acting out Shakespeare, completing excel projects, stop motion, etc.

Activity logs – required for Physical Education, many CTS courses, and Special Project courses

Other - posters, infographics, story, art pieces, student song, dance/skate routine, a meal, articles, coach comments.

External certifications - First aid, driver or hunter ed, bronze cross, etc.



Course Proposal Deadlines

	Fall Semester	Spring Semester
5-Credit Course proposals	October 15	March 15
1 to 3-Credit Course proposals	November 15	April 15

- These deadlines are set to ensure that students have adequate time to complete course work.
 - Your HEM will give you feedback and then you may need to make adjustments. Please submit your proposal early so it can be approved by the deadline.
- For 30-level core subjects, you must also book the location for the diploma exam. Your HEM will give you the deadline for booking, as these vary slightly year to year.
 - **Proposals submitted after the spring deadlines cannot be approved for completion during this school year.**
- Your HEM may be able to pre-approve the course to be submitted the next fall so that you can get started over the summer.



Step 3

Proceed with the Course

A parent or other mentor should be actively involved in guiding the student through each course. This might involve activities such as:

- teaching concepts directly to the student.
 - discussing material that the student has read or watched to ensure understanding.
 - explaining the expectations for an assignment, including how it will be graded. Some course outlines have required rubrics or scoring criteria for assignments such as essays or science labs.
 - providing feedback on rough drafts so that the student can make improvements before the assignment is marked.
 - answering questions as the student works through course materials.
- Keep a log of activity hours for PE, certain CTS courses and Special Projects.
 - Take photos if required. See the course outline for details.
 - Keep quiz and exam scores and all rough work. These will all be included in the portfolio.

Any changes from what is on the proposal will require approval from your HEM



Step 4 Course Evaluation

The student and parent work together to evaluate and determine grades for each assignment.

Use the approved rubrics from the course outline for major English and Social Studies essays, and Science experiments.

Other assignments can be marked based on parent-generated rubrics or scoring criteria. Make sure that these fit with the original assignment.

Complete the *Course Evaluation* section of the original proposal. A *Final Grade Calculation* spreadsheet is available to help you determine the overall grade.



Step 5 Create a Portfolio

Course portfolios must include

Course Evaluation form - Fill in the grades in the course evaluation section of your proposal and submit the completed document a final time. Include the final suggested grade in the appropriate box in the information grid.

Rubrics, Scoring Criteria, or Comments as applicable - each portfolio submitted must include justification for parent assigned grade. Home Education Managers will take this into account when assigning the final grade. You may also want to include comments from outside instructors, tutors, coaches etc.

Course work – This includes all assignments from the student plan, notes, rough work, certificates, etc.

Detailed activity log if required – Required for Phys. Ed and Special Projects as well as some CTS courses and arts courses.

Photographs if required - Phys. Ed, Special Projects, and most CTS courses require photographs. The student must be in the photos doing the work, or with their creations.

A PowerPoint presentation is useful to showcase and explain each photo. Please date photos and provide brief comments.



Step 6

Submit Portfolio to your HEM


Portfolio Deadlines

Fall Semester	Spring Semester
January 7	May 30

Portfolios may be also submitted throughout the year as soon as they are completed, so that students can begin work on additional courses.

Submitting early allows time for feedback from your HEM in case anything is missing or needs to be updated.

Portfolios cannot be accepted after May 30. Any portfolios received after this date will be held for evaluation in the fall, if the student registers again with **ursa**.



Step 7

Student writes an ursa Final Exam

(Core Subjects only)

All core subjects – English Language Arts, Social Studies, Mathematics, and Sciences - will have an **ursa** Final Exam worth 20% of the student's overall grade.

Exam times are offered one day each month, with more dates in Dec/Jan and May/June at the end of each semester.

Exams can be written either before or after the portfolio is completed.

Exams are written online using CANVAS and monitored by Proctorio.



Step 8

Verification of Course Evaluation

The **ursa** team will confirm that the course evaluation is reasonable for the level and requirements of the course.

Your HEM will communicate with you if they feel adjustments need to be made to the grades given.

Final Exam Marks, if applicable, will be combined with the portfolio to calculate the overall grade.

Step 9

ursa submits course to Alberta Education

Register for myPass to check that the courses have been received.

You can also see the student's progress toward an Alberta High School Diploma or Certificate of High School Achievement.