



New Brunswick Indigenous Career College

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*"Your Training – Your Future,
Soar to New Heights"*

Personal Support Worker Year Plan (Tentative)

SEPTEMBER 2025 – JUNE 2026

Semester 1

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|----------------------------|--|
| • September 8 – 12, 2025 | Orientation / Relating to Self |
| • September 15 – 19 | Relating to Others |
| • September 22 – 26 | Role of Support Worker / The Canadian Health Care System |
| • September 29 – October 3 | Workplace Setting / Health, Wellness, Illness & Disability |
| • October 6 – 10 | Interpersonal Communication |
| • October 13 – 17 | Working with Others / Managing Stress, Time & Problems |
| • October 20 – 24 | Ethics / Legislation |
| • October 27 – 31 | Caring about Culture & Diversity |
| • November 3 – 7 | Working with Clients & Their Families |
| • November 10 – 14 | Promoting Clients' Well-being |
| • November 17 – 21 | Caring for Mothers & Infants / Caring for the Young |
| • November 24 – 28 | PRACTICUM – Childcare |
| • December 1 – 5 | Medical Terminology |
| • December 8 – 12 | Client Care / Measuring Height, Weight & Vital Signs |

December 22, 2025 – January 2, 2026 – CHRISTMAS BREAK

Semester 2

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| • January 5 – 9, 2026 | Abuse Awareness |
| • January 12 – 16 | Body Structure / Growth & Development |
| • January 19 – 23 | Caring for Older Adults |
| • January 26 – 30 | Safety |
| • February 2 – 6 | Preventing Infection / Skin Care |
| • February 9 – 13 | Body Mechanics |
| • February 16 – 20 | Exercise & Activity / Rehabilitation |
| • February 23 – 27 | Nutrition & Fluids / Enteral Nutrition & Intravenous |

March 2 – 6 – MARCH BREAK

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| • March 9 – 13 | Personal Hygiene / Grooming & Dressing |
| • March 16 – 20 | PRACTICUM – Nursing Home, Home, Special Care |
| • March 23 – 27 | Urinary Elimination / Bowel Elimination |
| • March 30 – April 3 | Beds & Bed Making |

- April 6 – 10
- April 13 – 17
- April 20 – 24
- April 27 – 1
- May 4 – 8
- May 11 – 15
- May 19 – 23
- **May 25 – June 19**

Mental Health Disorders / Disorientation, Delirium
 Common Diseases & Conditions
 Developmental Disabilities / Speech & Language
 Hearing & Vision Disorders / Oxygen Needs
 Home Management / Assisting with Medications
 Heat & Cold Applications / Working in Acute Care
 End of Life Care / Starting Your Career
PRACTICUM – THEIR CHOICE