

Life Skills – High School

COURSE DESCRIPTION: Life Skills is designed to increase student knowledge and ability in skills necessary for everyday living. The course emphasizes defining personal values, goal-setting and planning, making decisions and solving problems, evaluating information and dealing with media and peer pressure, communication and relationships, decision making, wellness and personal safety, and contributing to your community.

COURSE OBJECTIVES:

- Clarify personal values and set personal, academic, and occupational goals.
- Make and follow plans to achieve personal, academic, or occupational goals.
- Gather and evaluate information from a variety of sources.
- Apply information analysis and decision-making skills to real-life choices.
- Develop and implement solution ideas for real-life problems.
- Create personalized eating, exercise and health-care programs that synthesize personal preferences with current nutritional and health recommendations.
- Demonstrate the use of appropriate safety precautions at home, work or school, and when traveling.
- Communicate skillfully with diverse people in a variety of situations.
- Apply conflict prevention and resolutions skills, including refusal skills.
- Research and demonstrate ways to make valuable contributions as a member of a team, community citizen, and/or volunteer.
- Analyze personal environmental impact and develop a plan to improve it.

PREREQUISITES: None

COURSE LENGTH: One Semester

REQUIRED TEXT: No required text for this course.

MATERIALS LIST: No required materials for this course.

COURSE OUTLINE:

Unit 1: Course Introduction

- Section 1 - Introduction to Life Skills

- Section 2 - Getting Started
- Section 3 - Life Skills Portfolio

Unit 2: Thinking About Yourself

- Section 1 - Thinking About Yourself: Introduction
- Section 2 - Defining Your Character
- Section 3 - Setting Your Goals
- Section 4 - Making Plans
- Section 5 - Exam Preparation

Unit 3: Thinking for Yourself

- Section 1 - Thinking for Yourself: Introduction
- Section 2 - Making Decisions
- Section 3 - Evaluating Information
- Section 4 - Solving Problems
- Section 5 - Exam Preparation

Unit 4: Taking Care of Yourself

- Section 1 - Taking Care of Yourself: Introduction
- Section 2 - Eating Well
- Section 3 - Staying Well
- Section 4 - Staying Safe
- Section 5 - Exam Preparation

Unit 5: Caring for Your Relationships

- Section 1 - Caring for Your Relationships: Introduction
- Section 2 - Communicating Skillfully
- Section 3 - Being Part of a Team
- Section 4 - Resolving Conflict
- Section 5 - Saying No, Thanks
- Section 6 - Exam Preparation

Unit 6: Caring About Your World

- Section 1 - Caring About Your World: Introduction

- Section 2 - Caring About Your Country and Community: Citizenship
- Section 3 - Caring About Your Planet: Environmental Awareness
- Section 4 - Exam Preparation

Final Exam