



Life Skills - Course Syllabus

Description:

Life Skills is a unique, but important, course for students of all ages to take. Growing up and being an adult is not easy at times, and this course introduces topics to the students that they may not always hear about or are discussed with the people they are around. Topics include First Aid, Personal Safety and Security, Managing Finances, Relationships, Careers, and Personal Well-Being. There is value for students of any age in this relevant, one-credit, elective course.

Textbook: Life Skills - © Excel Education Systems, Inc. - 2021

Course objectives:

Throughout the course, you will meet the following goals:

- Describe the basic guideline of First Aid and its applications.
- Explain safety tips in a variety of situations.
- Describe various components of managing one's finances. Such as budgeting, checking and savings accounts, credit cards, and retirement.
- Explain some common themes of maintaining healthy relationships with other people.
- Discuss the connection between education/training, career goals, and financial success.
- Describe the basics of personal well-being; exercise, sleep, managing stress, self-esteem, self-advocacy, and problem solving.

Contents:

Module 1: Introduction to Life Skills

Module 2: Safety and Security

Module 3: Managing Your Finances

Module 4: Relationships and Time Management

Module 5: Aspects of Adulthood

Module 6: Education and Careers

Module 7: Navigating the Workplace

Module 8: Career and Nutritional Goals

Module 9: Personal Well-Being

Grading Scale

A = 90-100%

B = 80-89%

C = 70-79%

D = 60-69%

F = under 59%

Grade Weighting

Quizzes..... 70%

Final Exam..... 30%

100%