

## Course Syllabus

**Course Name:** Life Management Skills

**Prerequisites:** None

**Estimated Completion Time:** 1 segments /16-18 weeks

### Description:

Each day hundreds of decisions are made, including important decisions that have a huge impact on personal life. Making good decisions is a whole lot easier for those who have the correct information before making those decisions. Being equipped with correct information will empower students to manage real issues, like quality nutrition, substance abuse, coping with stress, and sexual abstinence.

Good health is both mental and physical. Making good decisions starts with knowing the facts, understanding the consequences, and having the confidence to choose well. A series of signposts take students through the course, providing information, direction, and a little encouragement. Students learn to use important tools for communicating feelings and opinions. Other tools provide a foundation for becoming a savvy consumer in a world of advertising, credit cards, and focusing on earth-friendly practices that will help the environment.

This course comes with a long-term payoff. Learning to make good decisions now will set a positive direction to follow for the future.

### Major Topics and Concepts:

#### Module 1: Construction Site

- 1.0 Welcome to Life Management Skills
- 1.1 Constructing Positive Self-esteem
- 1.2 Building Strong Families
- 1.3 Exploring Pathways to Parenting Skills
- 1.4 Building Strong Communities
- 1.5 Constructing Your Health Decisions

#### Module 2: The Crosswalk

- 2.0 Take the Crosswalk to Good Nutrition
- 2.1 Take the Crosswalk to Healthy Food Choices
- 2.2 Take the Crosswalk to Better Nutrition
- 2.3 Take the Crosswalk Away from Eating Disorders
- 2.4 Understanding Food Labels
- 2.5 Take the Crosswalk to Food Safety
- 2.6 Unit I Discussion-Based Assessment

#### Module 3: Two-Way Street

- 3.0 Communication is a Two-Way Street
- 3.1 Detour for Effective Verbal Communication
- 3.2 Stop, Look & Listen
- 3.3 Road Blocks to Two Way Communication
- 3.4 The Communication Zone
- 3.5 Family Communication Patterns
- 3.6 Conflict Resolution

- 3.0 CONFLICT RESOLUTION

#### **Module 4: Warning: Dangerous Chemicals**

- 4.0 Warning: Dangerous Chemicals
- 4.1 Warning: Look Beyond the Smoke Screen
- 4.2 Warning: Alcohol Can Be Very Dangerous
- 4.3 Caution: Inhalants are Dangerous Chemicals
- 4.4 Unit II Discussion-Based Assessment

#### **Module 5: Points of Interest**

- 5.0 Points of Interest
- 5.1 Points of Interest: Refusal Skills
- 5.2 Points of Interest: Stress Management
- 5.3 Points of Interest: Time Management
- 5.4 Points of Interest: Values, A Crossroad in Life
- 5.5 Points of Interest: Goal Setting
- 5.6 Points of Interest: Decision Making Skills
- 5.7 Points of Interest: Suicide Prevention

#### **Module 6: Turn Right For Consumer Savvy**

- 6.0 Turn Right for Consumer Savvy
- 6.1 Advertising the Right Turns
- 6.2 Consumers Turn Right
- 6.3 Right Turn for Credit Card Savvy
- 6.4 Take a Right Turn for Checking Savvy
- 6.5 Stay Right for Recycling
- 6.6 Unit III Discussion-Based Assessment

#### **Module 7: Mixed Messages**

- 7.0 Mixed Directions
- 7.1 Get the Facts: Female Reproductive System
- 7.2 BSE: Female Students Only
- 7.3 Get the Facts: Male Reproductive System
- 7.4 TSE: Male Students Only
- 7.5 Teen Pregnancy: A Mistaken Turn

#### **Module 8: The Safe Way is the Best Way**

- 8.0 Stop: Choose Wellness and Safety
- 8.1 Stop: Sexually Transmitted Diseases
- 8.2 Stop: HIV
- 8.3 Go: Get the Facts

#### **Module 9: The Passing Zone**

- 9.0 The Passing Zone
- 9.1 CPR
- 9.2 Final Exam Review

#### **Course Assessment and Participation Requirements:**

To achieve success, students are expected to submit work in each course weekly. Students can learn at their own pace; however, “any pace” still means that students must make progress in the course every week. To measure learning, students complete self-checks, practice lessons, multiple choice questions, projects, discussion-based assessments, and discussions. Students are expected to maintain regular contact with teachers; the minimum requirement is monthly. When teachers, students, and parents work together, students are successful.