

Department: Family and Consumer Science
Teacher: Jane Masters

Course Title: Independent Living
Course #: 821

DESCRIPTION OF COURSE: *This course explores the reality of students living on their own. It provides the skills necessary to make newly acquired independence a successful and fulfilling experience. Housing, handling money, foods and nutrition, transportation, balancing family, personal relationships, schooling, and the work place will be explored. Community opportunities and journal writing will be an integral part of the curriculum.*

REQUIRED TOPICS OF STUDY	SUGGESTED INSTRUCTIONAL TIME	STANDARDS/ ASSESSMENT ANCHORS
Foundations for life—goals, decision-making, problem-solving, character, balance, community	3 weeks	1.1.11ABDEF 1.5.11C 1.6.11D
Relationship skills—communication, dealing with conflict, family and others	4 weeks	1.4.11BE 11.1.12BCDF
Personal well-being—a healthy lifestyle, physical health, stress and safety	3 weeks	11.2.12ACDH 11.3.12ABCF
Consumer skills—food choices, clothing, financial resources, transportation	3 weeks	
Financial skills—using money, financial services and credit	2 weeks	
Careers—the future, education and training, job search skills, workplace success	3 weeks	
Outside reading	Ongoing	

INSTRUCTIONAL RESOURCES:

Shaping Your Future, c. 2000, Glencoe/McGraw-Hill

Teacher resources

Teenagers—Preparing for the Real World, 1999, Chad Foster