

FOLSOM CORDOVA UNIFIED SCHOOL DISTRICT

Life Skills

Date: November 2012

Subject Area: Elective

Proposed Grade Level(s): 11th – 12th

Course Length: One Year

Grading: A-F

Number of Credits: 5 per Semester

Prerequisites: None

BRIEF COURSE DESCRIPTION:

This course is designed to help students to assume responsibility for themselves and interact responsibly with others. Components of the class include self esteem enhancement, assertiveness skills, decision-making, value clarification, communication/ relationship skills and goal setting.

GENERAL GOALS/PURPOSES:

- Students will understand the concept of self esteem and appreciate their own inherent value and worth.
- Students will understand their significance and realize that what they do does indeed make a difference.
- Students will identify and expand their positive attributes, so they build the confidence to meet life's challenges successfully.
- Students will acknowledge ownership and accountability for their own attitudes, statements and behaviors.
- Students will recognize their affect on others. They learn how they can assume more control over themselves and thus more influence over what happens to them in life.
- Students will interact with others in ways that increase understanding and cooperation while decreasing conflict.
- Students deal effectively with their anger so they can calmly and rationally apply techniques for resolving difficult situations in positive, productive ways.
- Students will develop the ability to set specific goals and the commitment and determination to stick to them until they have achieved them.
- Students will explore social, emotional, and mental dimensions of maturity.
- Students will reflect on values and determine which are personally important.
- Students will learn that good relationships develop from experience and from conscious learning and skills.
- Students will learn about the difference between healthy and unhealthy relationships.

STUDENT READING COMPONENT:

Students will be required to:

- Read handouts and the textbook. The textbook is *The 7 Habits of Highly Successful Teens*.
- Second semester students will be required to choose and read an approved self help book.

STUDENT WRITING COMPONENT:

Students will be required to:

- State their responses to questions based on the "The 7 Habits" book.
- Answer journal questions.
- Write self evaluations after skills learned.
- Write a book report.
- Complete a notebook which includes note taking from class lectures.

STUDENT ORAL COMPONENT:

Students will be required to:

- Respond to quotes.
- Participate in group presentations and individual presentations.
- Give oral responses to questions.
- Participate in group discussions.

DETAILED UNITS OF INSTRUCTION:

A. Self Esteem Enhancement:

Lessons include:

1. Basic Human Needs (Maslow's Hierarchy)
2. Components of self esteem including: recognizing unique talents, having a positive focus, having integrity, and humanness.
3. What your actions say
4. Creating positive self talk
5. Expectations of yourself/ Expectations of others
6. Identifying successes

B. Acting responsibly:

Lessons include:

1. Claiming personal power
2. Behavior Loops
3. You always have a choice
4. Personal power vocabulary
5. Gaining control

C. Relating Effectively:

Lessons include:

1. Listening skills for understanding content and feelings
2. Non-verbal communication
3. Praise and encouragement
4. Asking for what you want
5. Handling refusals and saying no
6. Assertiveness Skills

D. Problem Solving/decision making/ goal setting:

Lessons include:

1. S.M.A.R.T. goals and goal setting
2. The power of role models
3. Internal motivation
4. The motivational continuum
5. Resolving your own problems
6. Understanding anger
7. Handling anger effectively
8. Handling Stress

E. Relationship Skills:

Lessons include:

1. Maturity- Four Dimension
2. Attractions and Infatuation
3. Principles of Smart Dating
4. The Low-Risk Dating Strategy

5. Relationship Decisions and Breaking up
6. Defining Relationship Abuse
7. Why People Abuse
8. How to Help Friends
9. Equal Power through Communication

LAB FEE, IF REQUIRED:

None

SUBJECT AREA CONTENT STANDARDS TO BE ADDRESSED:

Health Education (Grades Nine through Twelve)

Mental, Emotional and Social Health

Standard 1: Essential Concepts

- 1.1M Describe the benefits of having positive relationships.
- 1.2M Analyze the qualities of healthy peer and family relationships.
- 1.3M Describe healthy ways to express caring, friendship, affection, and love.
- 1.4M Describe qualities that contribute to a healthy self image.
- 1.5M Describe how social environments affect health and well being.

Standard 5: Decision Making

- 5.2M Compare various coping mechanisms for managing stress.

Standard 6: Goal Setting

- 6.1M Evaluate how preventing and managing stress and getting help for mental and social problem can help a person achieve short-and long-term goals.

Standard 8: Health Promotion

- 8.2M Promote a positive and respectful environment at school and in the community.

DISTRICT ESLRs TO BE ADDRESSED:

- **Self-Directed Learners:** - who take responsibility for their own learning. Students will identify areas of growth needed and use the information learned in class to improve their lives as well as other's lives.
- **Effective Communicators:** - who will be able to relate clearly and logically in all written and oral assignments using learned techniques.
- **Quality Producer/Performers:** - who take pride in the work they complete.
- **Constructive Thinkers:** - who apply learned material and concepts to better their lives.
- **Collaborative Workers:** - who work well with peers with different ideas and perspectives.
- **Responsible Citizens:** - who understand the importance of the choices they make as it relates to their own life and the world around them.

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