



## Living On Your Own

Miss Brett Wuori

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### Course Description:

Living On Your Own is a course on developing skills for providing and taking care of yourself while living on your own. You will experience practical lessons and hands-on activities. Students will learn about stress management, decision-making, career planning, financial decisions (budgeting, checking accounts, credit, etc.), car buying, home buying, renting apartments, furnishing apartments, and decisions about food, insurance, consumerism, food buying, and preparation.

### Course Outline:

- **Kitchen basics:**
  - Food safety and sanitation
  - Kitchen safety
  - Recipes
  - Measuring
  - Utensils
- **Participation:**
  - Students are expected to participate fully in class discussions and lab procedures
  - Students are expected to come to class prepared
- **Materials:**
  - Students are issued a Guide to Good Food textbook and are expected to read accompanying information to each lesson.
  - Students are expected to bring their iPads to class each day.
- **Units of Study:**
  - Who Am I? Character, Values, Standards, Ethics
  - Learning to Manage Needs vs. Wants, Goals, Priorities, Decision Making, Resources
  - Time Management Responsibilities, Scheduling, Time Traps
  - Career Planning Interest Inventory, Research, Education Options, Paying for School, College Life, Dorms
  - Making Money Getting a Job, Evaluating a Job Offer, Success in the Workplace, Reading a Paycheck
  - Money Management Taxes, Budgeting, Checking, Credit, Saving, Investing
  - Transportation Options, Buying, Leasing, Insurance, Maintenance
  - Housing Living at Home, Renting, Buying, Furnishing, Housekeeping, Homelessness
  - Consumerism Rights, Identity Theft, Fraud, Advertising, Avoid Impulse Buys, Saving Money
  - Food Choices Meal Planning, Cooking for One, Shopping Tips, Food Safety, Food Prep, Dining Etiquette
  - Clothing Care Laundry, Basic Mending

- Taking Care of Yourself Physical Health, Mental Health, Social Health, First Aid, Insurance, Stress Management.
- Relationships Family, Friendships, Dating, Marriage, Sexual Activity, Parenting
- Making a Difference Responsibility, Leadership, Volunteering, Citizenship
- **Learning Targets**
  - 1.2 Demonstrate transferable and employability skills in school, community & workplace.
  - 2.5 Demonstrate management of financial resources to meet the goals of individuals across the life span.
  - 8.2 Demonstrate food safety and sanitation procedures.
  - 8.4 Demonstrate menu planning principles and techniques.
  - 13.1 Analyze functions and expectations of various types of relationships.
  - 14.2 Evaluate the nutritional needs of individuals and families across the life span.
  - 16.4 Demonstrate skills needed to produce, alter, or repair apparel products.
- **Course Logistics:**
  - Lesson plans are available on Schoology
  - Due dates are outlined on Schoology
  - Office Hours:
    - 8:00 a.m. – 8:25 a.m.
    - 3:35 p.m. – 4:00 p.m.
    - Other times as arranged

### **Classroom Expectations:**

These expectations are in place to ensure that we will have a safe and orderly classroom to allow each and every person the opportunity to reach his/her maximum potential.

- **ELECTRONICS:**
  - Phones and headphones/earbuds are not allowed to be used in the classroom.
- **BE RESPECTFUL**
- **BE ON TIME**
  - In your SEAT when the bell rings.
- **BE PREPARED**
  - You must come prepared for class with required materials listed above.
  - Check the Schoology to see what is due!
- **BE RESPONSIBLE**
  - There is no food allowed unless it is part of the class activity. You can bring a drink with a lid that is able to close!

### **Accountability for Assignments:**

**Homework and Make-Up Work:** Completing homework is a requirement for this class. It is your job to work hard and get your assignments in on time.

- You must turn in all work on time. Homework assignments are due at the beginning of the class period. Any work turned in later is considered “late.” Late work will receive 50% of the earned credit. I will not accept late work beyond 2 days of the due date.
- You are responsible for getting make-up work from the teacher and to hand it in on the required date.

**Missed Work/Make-Up Work:**

- Excused absences: If you are not present in class due to an excused absence (i.e. illness or family member emergency) on the day of a test or when an assignment is due, you need to be prepared to turn the work in on the day of the return to school.
  - If you know you will be gone in advance (i.e. sporting event, field trip, etc.) make arrangements with me prior to your absence.
- Unexcused absences: Missed work as a result of an unexcused absence will result in a ZERO (%).

**Grading Procedures:**

- Course grades are based on total points accumulated through daily work, homework, participation, labs, projects, and assessments.
- Quarter 1 equates to 50% of semester grade. Quarter 2 equates to 50% of semester grade.
- PowerSchool is the best place to find your current grade.

**If at any time you need help, whether on an assignment, note taking, or just a general question, please come and talk to me. I’m also available through phone or e-mail contact.**

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