



Northern York County School District

Curriculum Overview

Course: Life Stages: Navigating Adolescence and Adulthood

Grade Level: 10-12

Approval Date: January 2025

Length of Time: 90 Days

Course Description:

Navigating Adolescence and Adulthood is a comprehensive course designed to equip high school sophomores, juniors, and seniors with the essential skills and knowledge needed to thrive in the real world after graduation. As students approach a pivotal transition in their lives, this course focuses on empowering them to take charge of their futures by fostering independence, resilience, and adaptability.

In an increasingly complex society, young adults face numerous decisions regarding education, career paths, finances, and personal well-being. As part of the Family and Consumer Science (FCS) curriculum, this course aims to demystify these challenges and provide students with practical tools and strategies to navigate the responsibilities of adult life confidently.

Course Objectives:

Students will:

- Identify personal strengths, interests, and values to set realistic short-term and long-term personal and career goals.
- Research and evaluate various career options, including the necessary education or training, and create a personalized career plan.
- Learn to create and manage a personal budget, understand banking services, and make informed decisions regarding credit and loans.
- Develop practical skills for independent living, including meal planning, cooking, and managing household responsibilities.
- Learn effective time management strategies to balance academic, work, and personal responsibilities, enhancing their overall productivity.
- Understand the academic and social aspects of college life, including how to utilize campus resources and manage coursework.
- Students will gain insights into the importance of saving, investing, and financial planning for both short-term and long-term goals.
- Enhance their critical thinking and problem-solving skills by engaging in real-world scenarios related to adult responsibilities.

Related Standards:

National Family and Consumer Science Standards

- 1.0 Career, Community & Family Connections
- 2.0 Consumer and Family Resources
- 3.0 Consumer Services

- 12.0 Human Development
- 13.0 Interpersonal Relationships
- 14.0 Nutrition and Wellness

Pennsylvania Academic Standards for Career Education and Work

- 13.1.11.B Analyze career options based on personal interests, abilities, aptitudes, achievements and goals.

Pennsylvania Academic Standards for Reading in Science and Technology

- CC.3.5.11-12.C. Follow precisely a complex multi-step procedure when carrying out experiments, taking measurements, or performing technical tasks; analyze the specific results based on explanations in the text.

Pennsylvania Standards for Writing in Science and Technology

- CC.3.6.11-12.F. Conduct short as well as more sustained research projects to answer a question (including the self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation.

Units:

- Career Exploration
- Financial Stability: Loans, Interest Rates, Repayment
- Independent Living
- College Navigation
- Career Readiness
- Personal Development

Concepts:

- **Informed Decision-Making:** Analyze information and make informed decisions regarding education, career choices, and financial investments.
- **Financial Responsibility:** Manage personal finances, create budgets, and make sound financial decisions that contribute to long-term financial stability.
- **Self-Management and Independence:** Maintain personal and household responsibilities, fostering independence and accountability in daily life.
- **Adaptability to Change:** Adapt to new environments, whether in college or the workplace, and respond positively to unexpected challenges and changes in life.
- **Problem-Solving Skills:** Utilize critical thinking and problem-solving skills to address everyday challenges, whether related to finances, time management, or personal relationships.

Competencies:

Students will be able to:

- Analyze information and make informed decisions regarding education, career choices, and financial investments.
- Manage personal finances, create budgets, and make sound financial decisions that contribute to their long-term financial stability.
- Apply self-management skills to maintain personal and household responsibilities.
- Transfer job readiness skills, such as resume writing and interview techniques, to various employment opportunities.
- Cultivate the ability to adapt to new environments, whether in college or the workplace, and respond positively to unexpected challenges and changes in life.
- Utilize critical thinking and problem-solving skills to address everyday challenges, whether related to finances, time management, or personal relationships.

<ul style="list-style-type: none"> • Health and Well-Being Maintenance: Prioritize and manage physical and mental health. 	<ul style="list-style-type: none"> • Prioritize and manage their physical and mental health, using self-care strategies and resources to maintain a balanced lifestyle during the transition into adulthood.
<p>Learning Activities:</p> <ul style="list-style-type: none"> • Self-Assessment- Identify personal values, strengths, and career goals. • Role-Playing Exercises- Practice decision-making by analyzing and solving real-world problems. • Individual and Group Research Projects- Compare and contrast post-secondary options, credit and debit cards, renting and owning. • Simulation Projects- Preparing budgets and financial aid applications • Contract assessments- Reviewing and analyzing a variety of professional and personal contractual agreements. • Planning and preparing for various living expenses (meals, needs, wants) according to an established budget. • Advanced resume, cover letter, application writing. • Guest speakers- Engage with professionals to gain insight into career paths, independent living, and finances. Alternatively, students will research and present on these topics. • Class Discussions and Debates – Participate in discussions. • Knowledge Checks – Assess knowledge on key topics throughout each unit. 	<p>Performance Tasks:</p> <ul style="list-style-type: none"> • Independent classwork assignments • Group classwork assignments • Research Projects • Group Projects • Presentations • Knowledge Checks
<p>Other Assessment Measures:</p> <ul style="list-style-type: none"> • In-class participation • <i>CareerSafe</i> Employability Curriculum courses and certifications: Personal Financial Management, Critical Thinking, Time Management, Communication Skills, Interview Skills, Communication Skills, Written Communication. Each of these courses produce a certificate. They can be taken individually. 	
<p>Textbook/Primary Resource: Title: Succeeding in Life and Career, 12th edition 2022, Author: Frances Baynor Parnell, ISBN: 978-1-64564-806-2</p>	
<p>Supplemental Resource Materials:</p> <ul style="list-style-type: none"> • Online articles • Online resources • Teacher generated notes and presentations 	

- Teacher-generated activities
- Multi-media resources