

Course Title:	Life Skills
Grade(s):	9-12

Course Description
This course is designed for students who qualify to receive special education, attend general education classes, and require additional support with functional skills. Life Skill Education instruction focuses on concepts and skills needed for successful adult living including personal, social, daily living, communication, and vocational skills. This comprehensive course will emphasize data driven, individualized areas of need which includes self-advocacy/self-determination, time management, and self-monitoring; activities of daily living such as cooking, wellness & personal safety aspects, and hygiene; relationship skills such as communication, dealing with social media, peer pressure, leadership skills, decision making, and good citizenship in an outcome-based manner.
Approved Curricular Materials/Textbook(s)
CT Core Transition Standards ProEd Transition Series Everyday Speech Michelle Garcia Winner's Social Thinking Series Remedia Publications: Life Skills Series

Unit Title	Unit Description (Include Unit Objectives)	Unit Pacing
Unit 1:	Self-Awareness and Personal Responsibility- In this unit, students develop an understanding of their strengths, needs, preferences, and responsibilities. They learn about their Individualized Education Program (IEP), including its purpose, accommodations, goals, and how it supports their academic and personal success. Students reflect on how their choices and behaviors affect outcomes in school, home, and community settings. The unit builds a foundation for personal accountability and informed participation in their own educational planning.	3 Weeks
Unit 2:	Self-Advocacy and Goal Setting- Students learn how to identify their needs and	3 Weeks

	communicate them clearly and respectfully. They explore the components of their IEP and understand how to participate meaningfully in meetings and goal development. Students set short- and long-term goals aligned with their strengths, interests, and postsecondary plans. Emphasis is placed on developing confidence, ownership, and the ability to advocate for appropriate supports.	
Unit 3:	Executive Functioning: Time and Organization- This unit focuses on building time-management and organizational skills that support academic progress and IEP goal attainment. Students learn to track assignments, manage materials, and follow structured routines across settings. They develop strategies for prioritizing tasks, meeting deadlines, and monitoring their own progress. The unit emphasizes consistency, responsibility, and increased independence in managing daily expectations.	3 Weeks
Unit 4:	Nutrition, Food Planning, and Kitchen Safety- Students explore healthy eating habits, meal planning, and safe kitchen practices. They learn how nutrition impacts physical health, focus, and overall well-being. The unit includes reading food labels, planning balanced meals, and understanding safe food handling procedures. Students develop practical skills that promote long-term health and responsible daily living.	4 Weeks
Unit 5:	Personal Health, Hygiene, and Wellness- In this unit, students learn routines that support personal hygiene, physical health, and emotional wellness. Topics include daily hygiene practices, sleep habits, exercise, stress management, and preventive health care. Students develop personal wellness plans that encourage consistency and self-respect. The focus is on building habits that contribute to confidence and overall well-being.	3 Weeks
Unit 6:	Personal Safety and Digital Responsibility- Students learn strategies for maintaining safety in school, community, and online environments. They examine personal boundaries, appropriate decision-making, and methods for seeking help when necessary. The unit also addresses responsible technology use, online privacy, and digital communication. Students develop awareness and judgment skills that promote personal safety and responsible behavior.	4 Weeks
Unit 7:	Communication and Interpersonal Skills- This unit focuses on effective	3 Weeks

	communication skills for academic, workplace, and community settings. Students practice active listening, respectful conversation, collaboration, and conflict resolution. They examine verbal, nonverbal, written, and digital communication strategies. The goal is to strengthen relationship-building skills and increase confidence in social interactions.	
Unit 8:	Decision Making and Responsible Citizenship- Students explore structured decision-making strategies and examine how their choices affect themselves and others. They analyze real-life scenarios, consider consequences, and reflect on personal values. The unit introduces civic awareness and responsible participation in school and community settings. Students develop judgment and accountability skills that support long-term independence.	3 Weeks
Unit 9:	Financial Literacy and Consumer Skills- This unit introduces essential money-management skills needed for adult life. Students learn about earning income, budgeting, saving, and responsible spending. They examine paychecks, basic taxes, consumer awareness, and financial decision-making. The focus is on building practical knowledge that supports independence and responsible citizenship.	4 Weeks
Unit 10:	Career Exploration and Workplace Readiness- Students explore personal interests, strengths, and potential career pathways. They learn workplace expectations such as punctuality, professionalism, task completion, and teamwork. The unit includes resume development, job applications, and interview preparation. Students connect their IEP goals, strengths, and skills to future planning and life after high school.	5 Weeks