



LINCOLN-WOODSTOCK COOPERATIVE SCHOOL DISTRICT COURSE SYLLABUS

Course Name: MS Life Skills

Length: Quarter

Teacher: Ms. Steeves

Course Description: This course is designed to build independence, responsibility, and civic awareness through a blend of in-class instruction, practical skill-building, and community engagement.

Competencies or Standards Assessed:

- Active Listening and Following Multi-Step Instructions
- Work Ethic and Organization
- Self-Sufficiency and Problem-Solving
- Focus and Attention to Detail
- Written Communication and Following Formats
- Handling Money, Polite Interaction, and Navigating Public Spaces.
- Civic Awareness and Personal Safety.

Anchor Texts or Major Curriculum:

7 Habits for Highly Effective Teens

Course Outline (major units of study):

Unit Title	Essential Question or Overarching Understanding
Community and Civic Engagement	<p>Focus: Teamwork, Initiative, and Practical Organization.</p> <p>Activity:</p> <ul style="list-style-type: none">• Working at the Community Center performing assigned tasks (e.g.,

	<p>prepping meals, serving breakfast, working with other volunteers).</p>
Essential Life & Home Skills	<p>Basic Sewing</p> <p>Focus: Fine Motor Skills, Patience, and Practical Repair.</p> <p>Activity:</p> <ul style="list-style-type: none"> • Introduction to basic sewing tools and safety (needle, thread, scissors). • Learning essential hand-sewing techniques to sew a beanbag and a pillow <p>Trip to the Post Office</p> <p>Focus: Formal Communication, Addressing, and Mail System Literacy.</p> <p>Activities:</p> <ul style="list-style-type: none"> • In-class instruction on properly addressing a postcard/envelope (sender and recipient addresses). • Observe the different services the Post Office provides (e.g., packages, money orders). • Learning the importance of a stamp and different classes of mail (e.g., first-class). <p>Personal Finance</p> <p>Focus: Banking Basics, Accounts, Budgeting, & Financial Literacy</p> <p>Activities:</p> <ul style="list-style-type: none"> • Sessions with Union Bank representatives about different types of accounts and how to open them



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	<ul style="list-style-type: none">• Understanding how loans and interest work• Learning how to budget money (income & expenses) and balance a checkbook• How debit vs. credit cards work
Community & Personal Safety	<p>Focus: Understanding Law Enforcement, Community Safety, and Career Awareness.</p> <p>Activities:</p> <ul style="list-style-type: none">• Tour the new police station• Discussion with the staff about roles, local laws, and what to do in an emergency.• Viewing facilities (e.g., dispatch center, community room, interview room).• Sessions with LW SRO about situational awareness

Portrait of a Learner

Independent Learner

I make thoughtful plans and do my best to reach personal goals using feedback to work through challenges.

Responsible Collaborator

I work with others to achieve shared goals by listening actively, contributing ideas, and managing conflict.

Critical Thinker

I analyze information, ask thoughtful questions, and apply reasoning skills to solve problems and make decisions.

Effective Communicator

I express ideas clearly, adapting strategies based on the audience, setting, and/or purpose.

Global Citizen

I show that I care and take responsibility by helping in my community and the world around me.

Additional Classroom Expectations: