

## Life Skills\*

### **COURSE DESCRIPTION:**

Life Skills is designed to increase student knowledge and ability in skills necessary for everyday living. The course emphasizes defining personal values, goal-setting and planning, making decisions and solving problems, evaluating information and dealing with media and peer pressure, communication and relationships, decision making, wellness and personal safety, and contributing to your community.

**PREREQUISITES:** None

**COURSE LENGTH:** One semester

**REQUIRED TEXT:** None

### **COURSE OUTLINE:**

#### **Course Introduction**

- Introduction to Life Skills
- Getting Started
- Life Skills Portfolio

#### **Thinking About Yourself**

- Thinking About Yourself – Introduction
- Defining Your Character
- Setting Your Goals
- Making Plans

#### **Thinking for Yourself**

- Thinking for Yourself – Introduction
- Making Decisions
- Evaluating Information
- Solving Problems

#### **Taking Care of Yourself**

- Taking Care of Yourself – Introduction
- Eating Well
- Staying Well
- Staying Safe

#### **Caring for Your Relationships**

- Caring for Your Relationships – Introduction
- Communicating Skillfully
- Being Part of a Team
- Resolving Conflict
- Resolving Conflict
- Saying No, Thanks

#### **Caring About Your World**

- Caring About Your World – Introduction
- Caring About Your Country and Community: Citizenship
- Caring About Your Planet: Environmental Awareness

\* = One semester (.5 credit) course