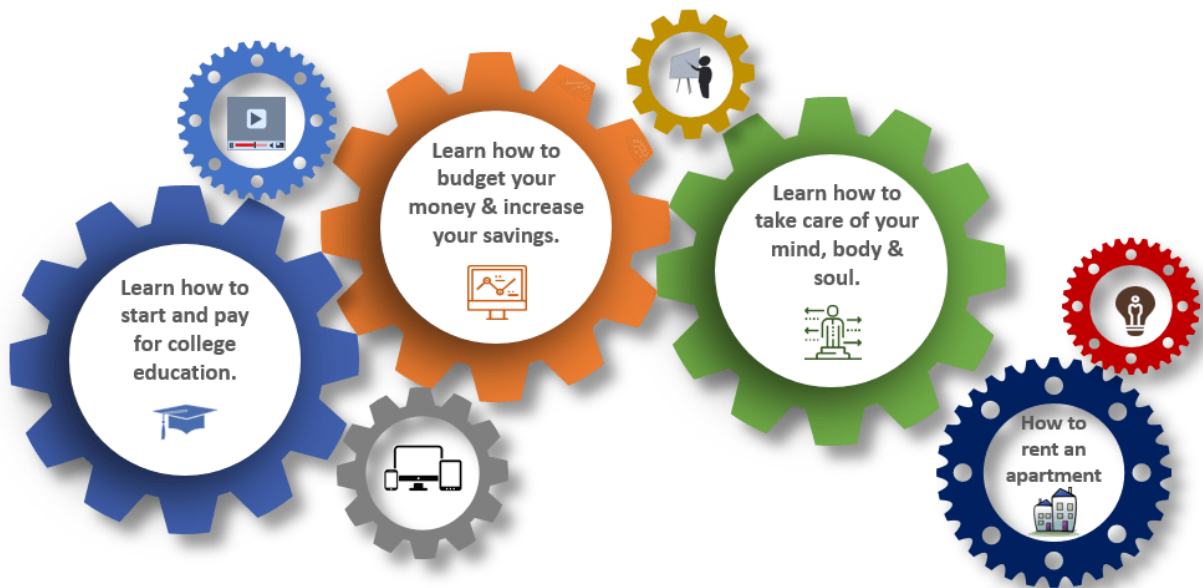


Life Skills 101

Essential understanding: Life Skills 101 provides lessons for developing fundamental building blocks of social skills, civility, and character.



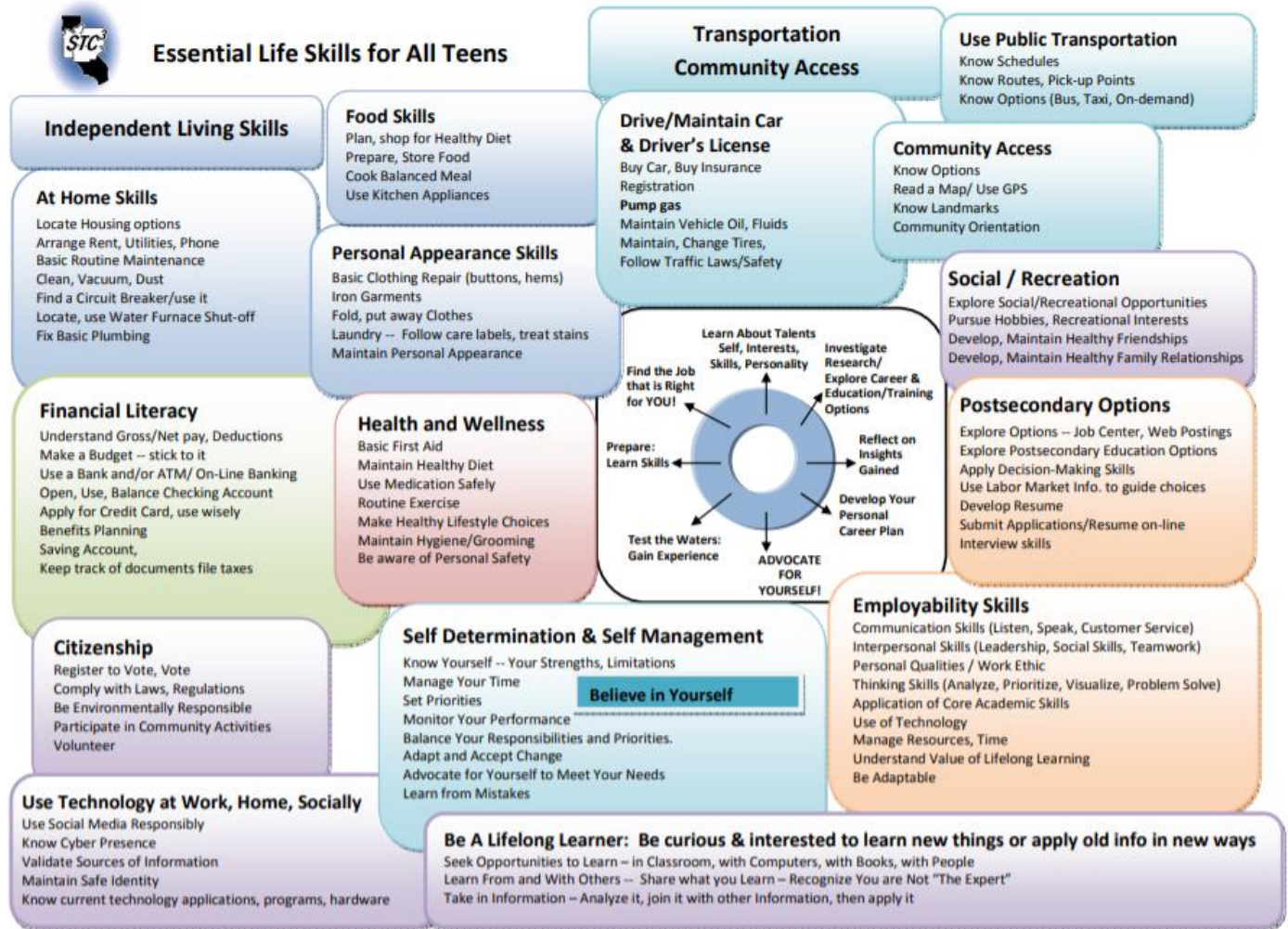
“Education that helps young people develop [life skills] has transformative potential” – UNICEF

Overview: Life skills 101 is a practical guide to leaving home and living on your own. You will learn a complete spectrum of skills required to successfully master the challenges of being a responsible adult whether that means living alone, with roommates or even with mom and dad. Subjects include financial know-how, job search success; interview, social, dining and workplace etiquette, consumer savvy, home hunting and lease negotiations. The class provides students with essential advice on maintaining their home, car, laundry, time and well-being, effective suggestions on saving and stretching one’s money, as well as positive actions for practicing environmental awareness.

Guiding question:

How do values, attitudes, conformity, individuality, and personality affect clothing selections?
How does society, culture, family, friends, and the media influence clothing choices?

Lessons



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SOURCES: 21st Century Life Skills, Casey Life Skills, Ready by 21, Employment Literacy: SCANS 21st Century Skills, Equipped for the Future, California Career Planning Guide

Group work

- Introduction (01/23)
- Personal appearance (02/06)
- Job interview (02/27)
- Food skills (03/20)
- Use of technology at work, home, and socially (04/03)

Individual work

- Resume/Cover letter (01/23)
- Employability skills (02/13)
- Buying a home (03/06)
- Buying a car/Drive & maintain (03/13)
- At home skills (03/27)

Assessment

- Elective Portfolio

