

## 9122 Life Skills

Student Name: \_\_\_\_\_ ID #: \_\_\_\_\_  
 Date Started: \_\_\_\_\_ Center: \_\_\_\_\_  
 Target Date: \_\_\_\_\_ Date Completed: \_\_\_\_\_  
 Grade Received: \_\_\_\_\_ Credit Earned: \_\_\_\_\_

*Please complete 5/10 units of your choice for .5 credit or 10/10 units for 1.0 credit.*

### Required 80% Proficiency on all Assignments

Unit Title: 1 Job Readiness

Date	Facilitator Initials	Score Percent	Assignment Title
			Obtain Job Readiness Packet from Life Skills Activity Book and complete.

Unit Title: 2 Job Shadowing

Date	Facilitator Initials	Score Percent	Assignment Title
		<input type="checkbox"/> Completed	Career Interest Survey (Life Skills Activity Book)
		<input type="checkbox"/> Completed	Meet with instructor to determine an appropriate job shadowing experience
		<input type="checkbox"/> Completed	Job Shadowing Experience (refer to Life Skills Activity Book for a list of questions to ask job shadow host)
			Post Shadow Activity: Please type a 1-2 page paper that reflects on your job shadow experience. Things you might include in this paper could be: the responsibilities of your workplace host, which parts of the job interested you, whether you would now consider a career in this field, what surprised you most about what you learned, what skills are you learning in school that could help you on the job, or if your shadow experience caused you to consider other occupations.
		<input type="checkbox"/> Completed	Thank-you note to Job Shadow Host

Unit Title: 3 College, Technical or Vo-Tech Planning

Date	Facilitator Initials	Score Percent	Assignment Title
		<input type="checkbox"/> Completed	Choose a major that interests you to research
		<input type="checkbox"/> Completed	Research five post-secondary educational facilities (preferably two public facilities, two private facilities and one Technical or Vo-Tech)

Date	Facilitator Initials	Score Percent	Assignment Title
			For each of the five post-secondary educational facilities, type a 1-2 page paper on admission requirements, tuition, housing costs, and requirements required for the major that interests you. Conclude with a paragraph stating why this educational facility is or is not a good fit for you.

Unit Title: 4 Legal Issues

Date	Facilitator Initials	Score Percent	Assignment Title
			<p>Research two World Current Events to include a Political Issue and a Social Issue.</p> <p>For each event, type a 1-2 page paper answering the following questions:</p> <ol style="list-style-type: none"> <li>1. What is the issue at hand?</li> <li>2. Has the issue been addressed? If so, how?</li> <li>3. What is your opinion of the outcome?</li> </ol> <p>The articles read must be attached to your paper.</p>

Unit Title: 5 Personal Health Management

Component 1: Smoking/Smokeless Tobacco			
Date	Facilitator Initials	Score Percent	Assignment Title
			<p>Create a Radio Public Service Announcement</p> <ol style="list-style-type: none"> <li>1. Decide what the goal and key message for the PSA will be.</li> <li>2. Who is your target audience?</li> <li>3. Research and write a script in a language style that would appeal to your target audience.</li> <li>4. PSA needs to be 30-60 seconds long.</li> <li>5. Present your PSA to the Life Skills Facilitator.</li> </ol>
Component 2: Sex Education			
Date	Facilitator Initials	Score Percent	Assignment Title
			Refer to the Life Skills Activity Book for this assignment. Choose a topic from the worksheet, write a synopsis and prepare a presentation on poster board or powerpoint.
Component 3: Health/Nutrition			
Date	Facilitator Initials	Score Percent	Assignment Title
		<input type="checkbox"/> Completed	Refer to the Life Skills Activity Book and obtain the "Action Plan" Worksheet
			Write a report (1-2 pages) on a critical issue concerning health/wellness. Possible topics could be

			<p>– AIDS, Diabetes, Heart Disease, Alcoholism, etc.</p> <p style="text-align: center;"><b>OR</b></p> <p>Write a report (1-2 pages) on the importance of being physically active and living a healthy lifestyle.</p>
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Unit Title: 6 Social/Interpersonal Skill Development

<b>Component 1: Journaling and Reflection</b>			
<b>Date</b>	<b>Facilitator Initials</b>	<b>Score Percent</b>	<b>Assignment Title</b>
		<input type="checkbox"/> Completed	Refer to the Life Skills Activity Book for the lesson on - Journaling and Reflection.
<b>Component 2: Healthy Relationships</b>			
<b>Date</b>	<b>Facilitator Initials</b>	<b>Score Percent</b>	<b>Assignment Title</b>
		<input type="checkbox"/> Completed	Refer to the Life Skills Activity Book for this lesson.
<b>Component 3: Anger Management</b>			
<b>Date</b>	<b>Facilitator Initials</b>	<b>Score Percent</b>	<b>Assignment Title</b>
		<input type="checkbox"/> Completed	Please refer to the Life Skills Activity Book for the lesson on - Social Skills and Recognizing Anger.
<b>Component 4: Self-Esteem</b>			
<b>Date</b>	<b>Facilitator Initials</b>	<b>Score Percent</b>	<b>Assignment Title</b>
		<input type="checkbox"/> Completed	Cut out pictures, words, and phrases from a magazine that describes how you see yourself or things that are important to you. Make a collage with all of the pictures and words. Talk about what kind of self image is communicated by the pictures/words you've chosen.

Unit Title: 7 Practical Skills

<b>Component 1: Support System</b>			
<b>Date</b>	<b>Facilitator Initials</b>	<b>Score Percent</b>	<b>Assignment Title</b>
		<input type="checkbox"/> Completed	Draw an "Eco-Map" (see Life Skills Activity Book for example and list of questions to help prompt your thinking) by putting your name in the center of a small circle. Around the circle, draw a series of circles that represent all the relationships you have. Write the names or roles of those closest to you in the circle that goes around your name, and then do the same for all the other circles moving outward. For example, in the circle around your name, you might list the names of family members. The next circle might have names of your friends, then next your teachers, then caseworkers, therapist, pastor, etc. Talk with instructor about relationships you have with each person or group of people, (how

			“close” you are, how much personal information you share, how much you trust each person). Share with instructor who you consider to be part of your “support system” – people you would go to for help with a problem such as housing, an unplanned pregnancy, a religious question, an illnesses, etc.
<b>Component 2: Budgeting</b>			
<b>Date</b>	<b>Facilitator Initials</b>	<b>Score Percent</b>	<b>Assignment Title</b>
			Refer to the Life Skills Activity Book and obtain a Basic Budgeting Worksheet. Begin working on a “draft” of your monthly budget. Upon completion of your monthly budget, arrange time with the facilitator to review your budget.
<b>Component 3: The Cost Of Renting (choose one of the following depending on your current situation)</b>			
<b>Date</b>	<b>Facilitator Initials</b>	<b>Score Percent</b>	<b>Assignment Title</b>
		<input type="checkbox"/> Completed	Pick out an advertisement for an apartment rental from a newspaper or housing guide. Talk about the terms and costs mentioned in the ad (security deposit, utilities, first month free) as well as costs not mentioned in the ad (application fee, furnished vs. unfurnished costs, pets, deposit, etc.)
		<input type="checkbox"/> Completed	OR Buying your 1 <sup>st</sup> home
<b>Component 4: The Cost of Car Ownership</b>			
<b>Date</b>	<b>Facilitator Initials</b>	<b>Score Percent</b>	<b>Assignment Title</b>
		<input type="checkbox"/> Completed	An important key to driving is getting a drivers license. Call the DMV (Department of Motor Vehicles) or make a trip there. Prepare a list of the stops involved in getting a driver’s license (getting a permit, enrolling in Drivers Education, taking written and driving tests, getting insurance).
		<input type="checkbox"/> Completed	Using the budget you completed in component 2, make a list of car costs (car purchase, license plates, insurance for one month, quarterly maintenance and gas for one month).

Unit Title: 8 Parenting

<b>Date</b>	<b>Facilitator Initials</b>	<b>Score Percent</b>	<b>Assignment Title</b>
			Attend eight sessions at TWERC with Parents As Parents <b>OR</b> see instructor for an approved parenting class resource outside of TWERC.

Unit Title: 9 Ethics, Social Responsibility

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<b>Date</b>	<b>Facilitator Initials</b>	<b>Score Percent</b>	<b>Assignment Title</b>
		<input type="checkbox"/> Completed	Meet with instructor to determine an appropriate Service Learning Project
		<input type="checkbox"/> Completed	Complete 10 volunteer hours at approved Service Learning Site (obtain a time sheet from Life Skills Activity Book)
			Type a 1-2 page paper that reflects on your Service Learning Project. You should include the following in your paper: The name and details about the organization you volunteered for; your experience; and what it means to give back to the community.

Unit Title: 10 Personal Finance Skill Development

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<b>Date</b>	<b>Facilitator Initials</b>	<b>Score Percent</b>	<b>Assignment Title</b>
		<input type="checkbox"/> Completed	Obtain Good Debt, Bad Debt: Using Credit Wisely Packet from Life Skills Activity Book and complete.