

Life Skills: 18-21 Program

Unit/Weeks	Timelines/Topics	Essential Questions
Ongoing Throughout the Year	<p>Reading, Writing, and Communicating for Independent Living</p> <ul style="list-style-type: none"> • Email Etiquette • Polite Telephone Skills • Information Through Media Sources • Using Social Media • Communication Safety in Social Media • Communication Safety by Phone • Personal Communication Safety 	<ul style="list-style-type: none"> • What skills are needed to communicate through email? • What skills are needed for telephone communication? • How do you effectively communicate through social media?
4	<p>Money Management for Independent Living</p> <ul style="list-style-type: none"> • Introduction to Currency • Introduction to Adding And Subtracting Money • Introduction to Equivalent Money • Intermediate: Payment with Change • Intermediate: Interactions with a Cashier • Intermediate: Various Methods of Payments • Intermediate: Use a Wallet or Purse to Organize Money • Advanced: Maintenance of a Checking Account • Advanced: Estimation of Costs • Advanced: Use of a Coupon • Advanced: Calculation of Prices • Advanced: Calculation of Tax, Tip and Total 	<ul style="list-style-type: none"> • Why is money important? • How can coins and bills be identified and counted? • How can we calculate total cost and change? • What are the different methods of making payments? • How to calculate a budget? • Why is it important to understand your paycheck?

	<ul style="list-style-type: none"> • Advanced: Budget Design and Use • Advanced: Cost Comparison • Advanced: Money Saving Techniques • Advanced: Understanding a Paycheck • Advanced: Bill Paying and Budgeting 	
2	<p>Time Management in Independent Living</p> <ul style="list-style-type: none"> • Time Management • Elapsed Time Awareness • Developing Schedules • Following a Schedule • Organization Skills 	<ul style="list-style-type: none"> • What is the difference between a.m and p.m. in relation to elapsed time? • How long does it take for me to prepare to be ready for activities? • Why is it important to adhere to a schedule? • How do I develop a schedule?
2	<p>Independent Living: Health Life Choices</p> <ul style="list-style-type: none"> • Healthy Meals • Physical Activities • Healthy Life Choices: Drugs and Medication Management • Healthy Life Choices: Sexual Education • Healthy Life Choices: Wellness Checks and Healthy Routines 	<ul style="list-style-type: none"> • What are the differences between healthy and unhealthy meals? • How do you determine what is a healthy choice? • How can physical activity benefit people?
2	<p>Independent Living: Self Care</p> <ul style="list-style-type: none"> • Routine Habits Associated with Hygiene • Routines Related to Toiletry • Routines Related to Self-Awareness 	<ul style="list-style-type: none"> • Why is it important to engage in proper hygiene techniques? • What are the health benefits associated with proper hygiene? • What are the consequences of poor hygiene?
2	<p>Independent Living: Dressing Skills</p>	

	<ul style="list-style-type: none"> • Basic Application of Clothing • Basic Accessorizing • Manipulation of Fasteners Such as Buttons, Snaps, and Zippers • Dressing for Weather • Dressing for Specific Situations 	<ul style="list-style-type: none"> • Why is it important to dress appropriately for given situations? • Why is it economically important to exercise caution when caring for clothing? • How should I dress for the weather?
2	<p>Independent Living: Kitchen Skills</p> <ul style="list-style-type: none"> • Table Skills • Sanitary Kitchen Practices • Measurement of Liquids and Solids Using Measurement Tools • Meal Preparation • Use Of Kitchen Tools • Use Of Stove and Microwave • Dish Washing • Food Storage • Use of Dishwasher • Food Expiration Awareness • Food Storage 	<ul style="list-style-type: none"> • Why is kitchen safety important? • How do we sanitize and properly store food? • What are specific kitchen tools used for? • What are the steps for manually washing dishes and how do they differ from using a dishwasher?
2	<p>Independent Living: Domestic Skills</p> <ul style="list-style-type: none"> • Launder Clothes • Household Cleaning Supplies • Cleaning Techniques 	<ul style="list-style-type: none"> • Why is it important to keep the home and personal environment clean? • Why is it critical to read labels of cleaning products? • How can exercising caution when caring for clothing help to establish sound economic practices?
2	<p>Independent Living: Safety Skills</p> <ul style="list-style-type: none"> • Basic Safety Skills 	

	<ul style="list-style-type: none"> • Basic First Aid • Safety in the Community • Crisis Situations 	<ul style="list-style-type: none"> • How do I handle emergency situations? • What safety skills are needed in daily life?
2	<p>Independent Living in the Community</p> <ul style="list-style-type: none"> • Transportation • Community Participation • Navigating Community Environments • General Knowledge About Community • Functional Reading and Math Related to Transportation 	<ul style="list-style-type: none"> • Which is the most effective form of transportation for work and leisure? • How do I access the various forms of transportation in my community?
Ongoing Throughout the Year	<p>Community Based Instruction</p> <ul style="list-style-type: none"> • Accessing Community Resources • Leisure Time/Participating in Recreational Activities • Dining Out • Shopping 	<ul style="list-style-type: none"> • How does Community Based Instruction help to develop independent living? • How does demonstrating appropriate behavior contribute to successful integration into the community? • What skills are needed to be productive members of society in our communities?
Ongoing Throughout the Year	<p>Independent Living: Social Skills and Decision Making</p> <ul style="list-style-type: none"> • Effective Communication Skills • Appropriate Social Skills • Conflict Management Skills 	<ul style="list-style-type: none"> • What are the characteristics of good communication? • How can students use body language and verbal exchanges to communicate wants and needs?

<p>Ongoing Throughout the Year</p>	<p>Employment Skills, Structured Learning Experience, and Career Planning</p> <ul style="list-style-type: none"> • Career Planning • Job Searching • Job Applications • Interview Skills • Appropriate Work Behavior • Job Skills and Expectations • Job Mistakes • Potential Jobs 	<ul style="list-style-type: none"> • How do my abilities and interests lead to a job? • What jobs are available based on my skills and interests? • How are the behaviors at work different from the ones in the community?
<p>Ongoing Throughout the Year</p>	<p>Self-Advocacy</p> <ul style="list-style-type: none"> • Educational Advocacy • Assistance in the Community • Communication for Advocacy • Successful Advocacy • Rights and Responsibilities 	<ul style="list-style-type: none"> • How do the rules and regulations within the community affect decision making? • How will successful advocacy lead to independent living?
<p>Ongoing Throughout the Year</p>	<p>Job Skills</p> <ul style="list-style-type: none"> • Grouping/ Sorting Items/Filing • Stacking/ Place Items in Correct Location • Computer Skills 	<ul style="list-style-type: none"> • What factors and special skills need to be considered when selecting and preparing for employment or career paths for future success? • What positive and negative work habits impact success? • What special skills are needed as postsecondary opportunities are investigated?