

Course Syllabus

Course Description

This course allows students to explore their personality type and interests, as well as refine important skills that will benefit them throughout their lives, including personal nutrition and fitness skills, time & stress management, communication & healthy relationships, goal setting, study skills, leadership and service, environmental and consumer health, and personal finances. In addition, students will explore possible colleges and careers that match their needs, interests, and talents.

Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Self Discovery**
 - 1.1 Discovering Self
 - 1.2 Decision-Making Skills
 - 1.3 Goal Setting
- **Unit 2: Healthy Relationships**
 - 2.1 Healthy Relationships
 - 2.2 Communication Skills
- **Unit 3: Stress & Time Management**
 - 3.1 Stress Management
 - 3.2 Time Management
 - 3.3 School & Community
- **Unit 4: Nutrition & Fitness**
 - 4.1 Nutrition
 - 4.2 Fitness Programming
- **Unit 5: Consumer Skills**
 - 5.1 Money Management
 - 5.2 Wise Consumerism
 - 5.3 Medical Management
- **Unit 6: College & Career Planning**
 - 6.1 College & Career Planning
 - 6.2 Employability

Within each section you will find the following tasks to view or complete:

1. **Checklist**—an outline of tasks for that section
2. **Lessons**—multimedia online lesson(s) about the section topic
3. **Field Trip**—links to other online sites with additional topic information
4. **Reflection***—a journal reflection on material learned
5. **Discussion***—class discussion on an assigned topic
6. **Assignment***—section assignment
7. **Vocab Check**—a practice exercise to test your knowledge of vocabulary
8. **Quiz***—quiz covering information from the lessons

Life Skills

The items noted with an asterisk above are those that must be submitted for a grade. The “Course Introduction” section has more detailed information on tasks and assignments for this course.

Assignments and Grading

Each section of this course is designed to be completed in about one week’s time. Please see the detailed schedule for more information on points possible and due dates.

Materials

There are no required materials for this course.

Technical Requirements

In order to view all of the elements of this course, you will want to make sure your computer has the following programs. All of these programs can be downloaded for free at the sites listed below. To get to a site, click on the link or copy and paste the address provided into an empty browser.

- Flash Player <http://get.adobe.com/flashplayer/>
- Adobe Reader <http://get.adobe.com/reader/>
- Word Processing Program
 - Microsoft Word <http://www.microsoft.com/download/en/default.aspx>
 - OpenOffice <http://www.openoffice.org/>