



## Online Courses for High School Students

1-888-972-6237

### Life Skills

This one-semester elective is designed to increase students' knowledge of and ability to use the skills necessary for everyday living. Life Skills emphasizes defining personal values, goal-setting and planning, and solving problems. Instructional material focuses on dealing with media and peer pressure, communication and relationships, working with others, avoiding and/or resolving conflict, decision making, wellness and personal safety, aspects of good citizenship, environmental awareness, and how students can contribute to their community.

**Prerequisite:** None

**Course Length:** One Semester

**Required Text:** None

**Materials List:** There are no required materials for this course

### Course Outline

#### Unit 1: Course Introduction

- Section 1 - Introduction to Life Skills
- Section 2 - Getting Started
- Section 3 - Life Skills Portfolio

#### Unit 2: Thinking About Yourself

- Section 1 - Thinking About Yourself: Introduction
- Section 2 - Defining Your Character
- Section 3 - Setting Your Goals
- Section 4 - Making Plans
- Section 5 - Exam Preparation

#### Unit 3: Thinking for Yourself

- Section 1 - Thinking for Yourself: Introduction
- Section 2 - Making Decisions
- Section 3 - Evaluating Information
- Section 4 - Solving Problems
- Section 5 - Exam Preparation

#### **Unit 4: Taking Care of Yourself**

- Section 1 - Taking Care of Yourself: Introduction
- Section 2 - Eating Well
- Section 3 - Staying Well
- Section 4 - Staying Safe
- Section 5 - Exam Preparation

#### **Unit 5: Caring for Your Relationships**

- Section 1 - Caring for Your Relationships: Introduction
- Section 2 - Communicating Skillfully
- Section 3 - Being Part of a Team
- Section 4 - Resolving Conflict
- Section 5 - Saying No, Thanks
- Section 6 - Exam Preparation

#### **Unit 6: Caring About Your World**

- Section 1 - Caring About Your World: Introduction
- Section 2 - Caring About Your Country and Community: Citizenship
- Section 3 - Caring About Your Planet: Environmental Awareness
- Section 4 - Exam Preparation

#### **Final Exam**