

CENTRAL HIGH SCHOOL  
Adult Living  
Sandy Wilken  
**COURSE SYLLABUS**

**Course Description:** Grades 11, 12 (1 semester)

This one semester course focuses on the experiences, skills, and responsibilities students need to form healthy, mature and successful relationships in their adult lives. Topics covered include dating, marriage, sex roles, crisis management, effective problem solving and communication skills, and the family life cycle. Students will also read literature on ways to give and receive love in order to enhance all of their current and future relationships.

**Course Objectives:**

Upon the successful completion of this course, students will be able to:  
Analyze conditions that influence growth and development; evaluate the influence of heredity on personal characteristics; explain how personality is related to self-concept, temperament, and human needs; analyze attitudes toward sex roles and stereotypes; use the decision-making process to make and evaluate decisions; demonstrate effective speaking and listening skills; and much more!

**Required Class Materials:**

**Good attitude and great attendance, as well as willingness to do readings, homework, and projects.**

**Text:**

Strengthening Family and Self (Goodheart-Willcox)

**Course Outline:**

- I. Reaching Your Potential
- II. Relating to Other People
- III. Love and Marriage
- IV. Families Face Challenges
- V. Families Manage

**Major Assignments:**

We will have an additional paperback book to read (that is provided), *The Love Languages*. There is also a “wedding planning” assignment due in November.

**Grading:** See the scale in the handbook.

**Class Policies & Procedures:** Please see these posted in the “Mrs. Wilken” section of the Vocational Dept. on the school website.

**Instructor Contact:** Prefer e-mail at [swilken@cusd4.org](mailto:swilken@cusd4.org); school phone: 815/694-2321