

CENTRAL HIGH SCHOOL

LIFE (Learning for Independence, Family, and Employment)

Sandy Wilken and Jackie Lehmkuhl

COURSE SYLLABI

Course Description: This course is an introductory class to Family and Consumer Sciences. It focuses on the well being of an individual student in order to develop a healthy, well-adjusted, self-confident family member, community member, and worker. Eight basic units will include healthy lifestyles, self-esteem, relationships, management, parenting, human development, life situations, and careers. Some lab experiences will be included.

Course Objectives:

Upon the successful completion of this course, students will be able to:

Organize materials

Create a time management plan

Practice effective study skills

Demonstrate personal responsibility

Show respect for themselves, others, and their community

Demonstrate steps in the conflict resolution process

Describe the connection between school and work

Identify the functions of families

Discuss personal & family issues and find avenues for dealing with them

Practice daily life skills

Identify employability skills necessary in the workplace

Required Class Materials:

Expandable File

Colored Pocket Folders (as given in Freshman orientation packet)

Notebook

Time Tracker

Pencil or black/ blue pen (No colored Ink!)

Text:

Applying Life Skills

Course Outline:

**Managing Your Life
You and Your World
Exploring Careers
Building Relationship Skills
Relating to Family and Children
Your Health and Wellness
Food and Nutrition
Working in the Kitchen
Clothing Care & Needs**

Major Assignments:

**Organizational Unit (Aug/Sept)
Career Analysis Unit (Dec/Jan)**

Grading: Grading Scale as found in the student handbook

Class Policies & Procedures:

Student /Parent will be given a list of classroom expectations (rules) the first full day of class and asked to sign and return. Students will be given a copy and the teacher will retain the original in the classroom files.

In most all cases, homework collected at the beginning of the class period. If not turned in on time, must be turned in to the office by 8:15 am on the next school day.

In the event of an absence, student is responsible for collecting own make-up work from the appropriate file in the classroom. Time to complete absent work follows school policy as stated in the student handbook.

Miscellaneous:

Student will benefit most if they are active participants in the classroom discussions and activities as well as homeroom/Freshman Focus activities as they will be integrated.

Instructor Contact:

During school hours at 815/694-2321 or swilken@cusd4.org or jlehmkuhl@cusd4.org