

CENTRAL HIGH SCHOOL  
**LIFE (Learning for Independence, Family, and Employment)**  
Sandy Wilken and Jackie Lehmkuhl  
**COURSE SYLLABUS**

**Course Description:** Grades 9-12 (1 Semester)

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: demonstrate personal responsibility; describe the connection between school and work; identify employability skills necessary in the workplace; show respect for themselves, others, and their community; demonstrate steps in the conflict resolution process; identify the functions of families; create a plan to manage time; and MUCH more!

**Required Class Materials:**

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

**Text:** Applying Life Skills (Glencoe)

**Course Outline:**

- I. You and Your World
- II. Exploring Careers
- III. Building Relationship Skills
- IV. Relating to Family and Children
- V. Managing Your Life
- VI. Your Health and Wellness
- VII. Food and Nutrition
- VIII. Working in the Kitchen
- IX. Clothing Care & Needs

**Major Assignments:** Career Analysis Unit (Dec)

**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.

**Miscellaneous:** We will participate in a community service project of some kind.

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