

CENTRAL HIGH SCHOOL

LIFE SKILLS I

Mrs. Lambert

COURSE SYLLABUS

Course Description:

This course is an introductory class designed to assist students in acquiring and developing skills toward independence and success in everyday living. Topics/skill areas include, but are not limited to: communication, social skills and relationships, maintaining healthy lifestyle, personal hygiene, shopping, meal planning and preparation, money management, decision making, goal setting, managing stress, anger and feelings, understanding family dynamics, conflict resolution, self-advocacy, and job skills. Provided with practical, life-based activities: students learn about, practice, and apply life skills in a controlled setting in preparation for real-life situations.

Note: Areas of study may vary depending on the individual needs of students in the class. Students will be required to be active in one school activity. **Many of the skills taught in the classroom will need to be reinforced at home.**

Pre-requisite: IEP Team recommendation.

Course Objectives:

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

- * Communicate needs to others.
- * Interact correctly in social situations.
- * Pick healthy foods and leisure time.
- * Practice proper hygiene skills for school and work.
- * Plan, shop, and prepare a simple meal.
- * Count money, make change.
- * Tell time on the face of a clock.
- * Describe different cleaners and their uses.
- * Separate clothes and use a washer and dryer.
- * Explain feelings and describe ways to handle stressful situations in the school and job setting.

Required Class Materials:

- * 2 inch binder
- * Pen or Pencil
- * Notebook paper
- * Dividers for the binder
- * Student Planner- Students will receive a grade each class period for their student planner.

Textbook:

There is not a textbook for this class. The students will be using various sources as well as hands on situations.

Course Outline:

(Subject to change due to time constraints, class population, and individual needs.)

- * Learning the school environment and the people in the school building.
- * Handling various situations in the school setting
- * Choosing an extra curricular school activity related to the students transition goal.
- * Meal planning and preparation.
- * Personal hygiene
- * Money management skills
- * Time skills
- * Laundry skills
- * Cleaning skills
- * Various job skills
- * Dealing with various feelings at school and on the job.

Major Assignments:

- * Joining and being active in an extra curricular activity.
- * Passing various skill levels in the content areas.
- * Keeping their binders in order.

Grading:

- * A = 100 to 92%
- * B = 91 to 85%
- * C = 84 to 77%
- * D = 76 to 70%
- * F = 69 to 0%

Class Policies & Procedures:

• **Quizzes/Tests:** The student will be responsible for any and all information presented during class, explored in activities, and viewed in graphics/videos.

*Quizzes over information may be unannounced. Always be prepared!

• **Semester Assessment:** Semester exams for the course will be administered. Each exam will count for 15% of each semester grade.

• **Homework:** Each topic explored will have assignments that are to be completed by the student. Students are required to complete all work assigned by the due dates. All work is due at the beginning of the class period or when specified by the teacher. If it is not turned in at that time it is considered late and will follow the late policy.

• **LATE POLICY:** You have until 8:15 a.m. of the following calendar day to turn in assignments for 75% of the available points. After 8:15 am, it will no longer be accepted for credit and a grade of 0 will be given. Late assignments can be turned in to me directly or to my mailbox in the office.

- **Absences:**

- **Unexcused absences:** Any assignments due on a day when a student has an unexcused absence will be given the grade of 0.

- **Excused absences:** Students will have two **days** per day absent in order to make up homework missed. If not made up in the allotted time, it is late and will follow the previously mentioned late policy. This goes for **tests, quizzes, homework, etc.**

- *The instructor reserves the right to allow students extended time due to special circumstances (extended illness, death in family, major project that cannot be completed at home, etc.) Students must have conference with the instructor in order to be granted an extension.

- **5 or more absences:** (medical, pre-approved absences for school related activities, OSS, and ISS--not included) in this class over the course of the semester will receive 0's for all homework and projects due beyond the 5 The absence as outlined in the student handbook.

- **Extra Credit:** There is **NO** extra credit given in this course unless it is a direct assignment given by the instructor to the entire class.

- **Miscellaneous:**

- If your work does not have your name on it and/or is illegible, this may result in a zero.
- Cheating in **ANY** form will not be tolerated.. All individuals will receive a zero, then action will be taken according to the handbook.

Instructor Contact:

Mrs. Susan Lambert can be reached by the following:

- * Telephone: (815) 694-2321
 - + Please leave a message with office personnel (name, student's name, reason for calling, best time to call back, and phone number)
 - + Email: slambert@cusd4.org