



Online Courses for High School Students
1-888-972-6237

Life Skills

Course Description:

Life Skills is designed to increase student knowledge and ability in skills necessary for everyday living. The course emphasizes defining personal values, goal-setting and planning, making decisions and solving problems, evaluating information and dealing with media and peer pressure, communication and relationships, decision making, wellness and personal safety, and contributing to your community.

Prerequisites: None

Course Length: One Semester

Required Text: There is no required text for this course.

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