

Education 293: Life Skills

Fall 2018

Instructor: Marina Carrillo

Telephone: 505-573-7794 E-mail: mcarrillo@sodacharter.com

Course Summary

The purpose of this course is to identify student skills and aptitudes, explore and practice soft skills that can help students to make better choices in real life, identify paths to success in life, and develop the skills necessary to follow the paths identified. We will focus on study skills for students' life after school, their career choices and planning, college preparation strategies.

Texts

All text materials will be provided by the instructor.

Learning Objectives:

- Identify student aptitudes and interests;
- Students will learn about healthy life styles;
- Wellness, nutrition and food choices;
- Prepare for Independent Living;
- Students will learn interpersonal and problem solving skills;
- They will learn management and consumer skills;
- Students will learn about healthy human relationship;
- Students will learn study skills which will help them to succeed in school;
- College and career readiness.

Class Participation

50% of your grade will be based on your participation in class. High participation grades will be given to students who come to class and participate regularly. Please come prepared to discuss topics, work in groups, and complete assignments. Your attendance is important in this class. Please e-mail me if you believe you will be missing class.

Assignments

All assignments must be turned in on time or points will be taken from the final grade. Assignments that are late will receive a 10% reduction per day.

Student Portfolio:

Students will create a portfolio, which they will be able to use later in their life as a reference for life skills related questions. Students will complete multiple handouts, worksheets and projects, which will help them to improve their communication and writing skills, as well as overall study skills. Students will research the opportunities of volunteering with the community, and prepare for mock interviews for volunteering and summer jobs.

Final Exam:

This class will culminate in a final exam. This final exam will be a 5 paragraph essay, overviewing the course, supported by completed portfolio.

Grading Scale: 50% - participation 25% - student portfolio and 25% - Resume, cover letter, interview

A = 90% - 100% B = 80% - 89% C = 70% – 79% D = 60% - 69% F = 50% - 0%

Week	Topic	Homework
Week 1	Course introduction: What do we need to know about life skills?	Handouts and a little project about myself.
Week 2	Discuss students' personal vision statements and define their individual needs and wants.	Vocabulary for success. Create personal vision statement.
Week 3	Learning about personal abilities and skills. Creating personal profile.	Classroom discussion with video, Complete personal profile.
Week 4	Healthy life style and its components.	Maslow's pyramid.
Week 5	Wellness and nutrition	Video, worksheets
Week 6	Independent Living skills	https://www.understood.org/en/school-learning/choosing-starting-school/leaving-high-school/6-independent-living-skills-kids-need-before-moving-away-from-home
Week 7	Interpersonal and communication skills	Critical thinking exercises. Games and handouts.
Week 8	Problem solving skills.	Problem-solving games and handouts.
Week 9	Financial Responsibilities and Budgeting	Video and financial and budgeting handouts
Week 10	Problem solving skills	Videos. Problem solving games and handouts
Week 11	Success in High School: Study skills	Writing autobiography and future life plan. Writing an essay about successful people.
Week 12	Test taking strategies, SAT, ACT, Accuplacer	Power points and practice tests.
Week 13	Practicing Reading and Writing skills	Students discuss their reading and writing choices. They complete an essay.
Week 13	Research volunteering and summer jobs, Strategies for success	Career Interest surveys. On-line research of summer jobs.
Week 15	Resume and Cover Letter for Summer and Volunteering Jobs	Complete Cover letter handout on-line
Week 16	Putting it all together: What are Life Skills now? Overview of the skills learned.	Write a 5 paragraph essay – reflection to the course.

Academic Integrity

Having academic integrity is paramount to your success in any class. Plagiarism or cheating is not tolerated. Any instance of this will result in a grade of zero for that assignment. Here is the link to the UNM Academic Dishonesty Policy:

<https://policy.unm.edu/regents-policies/section-4/4-8.html>. The policy states:

Each student is expected to maintain the highest standards of honesty and integrity in academic and professional matters. The University reserves the right to take disciplinary action, up to and including dismissal, against any student who is found guilty of academic dishonesty or who otherwise fails to meet the expected standards. Any student judged to have engaged in academic dishonesty in course work may receive a reduced or failing grade for the work in question and/or for the course.

Academic Dishonesty is defined as:

"Academic dishonesty" includes, but is not limited to, dishonesty in quizzes, tests, or assignments; claiming credit for work not done or done by others; hindering the academic work of other students; misrepresenting academic or professional qualifications within or without the University; and nondisclosure or misrepresentation in filling out applications or other University records.

Reasonable accommodations for students with disabilities: If you have a diagnosed disability or believe that you have a disability that may require reasonable accommodation on the part of the instructor please let me know.