

## MODESTO CITY SCHOOLS COURSE OUTLINE

<b>Course Title</b>	Life Management Skills OLL S1	Life Management Skills OLL S2
<b>Course Number</b>	OLL60301	OLL60302
<b>Recommended Grade</b>	<input type="checkbox"/> 7 <input type="checkbox"/> 8 <input checked="" type="checkbox"/> 9 <input checked="" type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12	
<b>Duration</b>	<input type="checkbox"/> Quarter <input checked="" type="checkbox"/> Semester	
<b>Credit</b>	<input type="checkbox"/> 2.5 <input checked="" type="checkbox"/> 5 <input type="checkbox"/> 10	
<b>Repeatable for Credit</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
<b>Required for Graduation</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<b>Meets Graduation Requirement</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<b>CALPADS Course Number</b>	9220	
<b>CALPADS Course Name</b>	Life Skills	
<b>Meets UC/CSU Requirements</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No If yes, which area? <input type="checkbox"/> A <input type="checkbox"/> B <input type="checkbox"/> C <input type="checkbox"/> D <input type="checkbox"/> E <input type="checkbox"/> F <input type="checkbox"/> G	
<b>CTE Course</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
<b>CTE Course Level</b>	<input type="checkbox"/> Introduction <input type="checkbox"/> Concentrator <input type="checkbox"/> Capstone N/A	
<b>Part of a Course Pathway</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If yes, which pathway?	
<b>Credential Requirements</b>		
<b>Replaces</b>	N/A	
<b>Recommended Prerequisites</b>	N/A	
<b>Aligned to Standards Date</b>		
<b>Content Delivery Method</b>	<input type="checkbox"/> Instructor Led <input checked="" type="checkbox"/> Online Provider Modesto Virtual Academy	
<b>Other Information</b>		
<b>Board Approval Date</b>		
<b>Implementation Date</b>	Fall 2020	

**Course Description:**

**Required Text(s):** (Title, Publisher, Year):

**Supplementary Materials(s):**

**Course Name:** Life Management Skills v10

**Course Credit:** 0.5

**Estimated Completion Time:** 1 Semester / 16-18 Weeks

**Course Description:** Each day hundreds of decisions are made, including important decisions that have a huge impact on personal life. Making good decisions is a whole lot easier for those who have the correct information before making those decisions. Being equipped with correct information will empower students to manage real issues, like quality nutrition, substance abuse, coping with stress, and sexual abstinence.

Good health is both mental and physical. Making good decisions starts with knowing the facts, understanding the consequences, and having the confidence to choose well. A series of signposts take students through the course, providing information, direction, and a little encouragement. Students learn to use important tools for communicating feelings and opinions. Other tools provide a foundation for becoming a savvy consumer in a world of advertising, credit cards, and focusing on earth-friendly practices that will help the environment.

This course comes with a long-term payoff. Learning to make good decisions now will set a positive direction to follow for the future.

**Discussion-Based Assessments:** 2.6, 4.4, and 6.6

**Collaboration Activities:** 3.6

**Honors Lessons:** This course does not contain honors lessons or assessments.

**Course Profile:**

Honors Assessments	N/A
Automated Quizzes	7
Project-Based Assessments	1
Labs	1
Writing Assignments	N/A
Graded Assessments	43
Non-Graded Assessments	0

**Types of Assessments:**

Multiple Choice	X	Essay	X
Worksheets		Collaborative	X
Web 2.0		Short Response	X
Project – Based	X	Labs	X
Self - Check		Discussion-Based Assessments	X

## **Scope and Sequence:**

### Module 1

- Constructing Positive Self-Esteem
- Building Strong Families
- Exploring Pathways to Parenting Skills
- Building Strong
- Constructing Your Health Decisions

### Module 2

- Making Healthy Food Choices
- Nutrients
- Eating Disorders
- Food Labels
- Food Safety

### Module 3

- Verbal Communication
- Non-Verbal Communication and Active Listening
- Two-Way Communication
- Communication Zone
- Family Communication Patterns
- Conflict Resolution

### Module 4

- Smoking Hazards
- Alcohol
- Hazardous Chemicals

### Module 5

- Refusal Skills
- Stress Management Quiz
- Time Management Work
- Setting Goals
- Decision Making Skills
- Suicide

### Module 6

- Advertising
- Consumers
- Credit Card
- Checking
- Recycling

Module 7

- Female Reproductive System
- Breast Self-Examination
- Male Reproductive System
- Testicular Self-Examination
- Teen Pregnancy

Module 8

- Sexually Transmitted Diseases
- HIV Exam

Module 9

- CPR Certification