

## Life Skill Curriculum

**Objectives:** Life skills is a course which fosters:

- self-reflection and seeks to improve the essential life and career practices that lead to success.
- the use of effective communication and collaboration skills.
- the possession of financial literacy and responsibility at home and in the broader community.
- the planning, execution, and altering of career goals in response to changing society and economic conditions.
- the seeking to attain skill and content mastery to achieve success in a chosen career path.

These objectives line in congruence with the [New Jersey Education vision](#) for Career Readiness, Life Literacies & Key Skills.

**Standards:** One or more will be applied in the lessons for Life Skills.

- **Standard 9.1** Personal Financial Literacy: This standard outlines the important fiscal knowledge, habits, and skills that must be mastered in order for students to make informed decisions about personal finance. Financial literacy is an integral component of a student's college and career readiness, enabling students to achieve fulfilling, financially-secure, and successful careers.
- **Standard 9.2** Career Awareness, Exploration, Preparation and Training: This standard outlines the importance of being knowledgeable about one's interests and talents, and being well informed about postsecondary and career options, career planning, and career requirements.
- **Standard 9.3:** Career and Technical Education: This standard outlines what students should know and be able to do upon completion of a CTE Program of Study.
- **Standard 9.4** Life Literacies and Key Skills: This standard outlines key literacies and technical skills such as critical thinking, global and cultural awareness, and technology

literacy that are critical for students to develop to live and work in an interconnected global economy.

**Lesson Plan Topics-** Units are color coated and can be rearranged.

Mondays, Wednesdays, and Fridays

<b><i>Date / Lesson #</i></b>	<b><i>Topic</i></b>	<b><i>Category/Standard</i></b>
9/8 (Lesson 1)	Introduction: To each other & goals	Intro
9/11 (Lesson 2)	Introduction: expectations & course summary	Intro
9/13 (Lesson 3)	Introduction: Safety in the classroom: kitchen safety: knives, hot water, appliances, heating elements. Allergy review.	Intro
9/18 (Lesson 4)	Health Insurance overview	<b><u>Standard 9.4</u></b>
9/20 (Lesson 5)	Memorizing key: Phone, address, emergency contacts, and doctors. How to make emergency phone calls.	<b><u>Standard 9.4</u></b>
9/22 (Lesson 6)	How to find a doctor / specialist	<b><u>Standard 9.4 ; Standard 9.3</u></b>
9/27 (Lesson 7)	Transportation (Car vs. public transportation)	<b><u>Standard 9.4 ; Standard 9.3 ; Standard 9.1</u></b>
9/29 (Lesson 8)	How to purchase a car (research project on purchase/leasing/financing )	<b><u>Standard 9.4 ; Standard 9.3 ; Standard 9.1</u></b>

10/2 (Lesson 9)	How to purchase a car (research project on purchase/leasing and )	<u>Standard 9.4 ; Standard 9.3 ; Standard 9.1</u>
10/4 (Lesson 10)	Presentation for Car Purchase	<u>Standard 9.4 ; Standard 9.3 ; Standard 9.1</u>
10/6 (Lesson 11)	Restaurant Roll play: How to calculate tip	<u>Standard 9.4 ; Standard 9.3 ; Standard 9.1</u>
10/9 (Lesson 12)	Basic shopping at store and in store. Food shopping	<u>Standard 9.4 ; Standard 9.3 ; Standard 9.1</u>
10/11 (Lesson 13)	Avoiding Scams and Pet adoptions/responsibilities	<u>Standard 9.4 ; Standard 9.3 ; Standard 9.1</u>
10/13 (Lesson 14)	Avoiding Scams and Pet adoptions/responsibilities <i>Friday the 13th- animal safety</i>	<u>Standard 9.4 ; Standard 9.3 ; Standard 9.1</u>
10/16 (Lesson 15)	Home Responsibilities: Dishes, Laundry, Trash, Recycling, etc.	<u>Standard 9.3 &amp; Standard 9.4</u>
10/18 (Lesson 16)	Home Responsibilities: Dishes, Laundry, Trash, Recycling, etc.	<u>Standard 9.3 &amp; Standard 9.4</u>
10/20 (Lesson 17)	Purchasing safe household products. Poison and Safety	<u>Standard 9.3 &amp; Standard 9.4</u>
10/23 (Lesson 18)	Purchasing safe household products. Poison and Safety	<u>Standard 9.3 &amp; Standard 9.4</u>
10/25 (Lesson 19)	Basic First Aid	<u>Standard 9.3 &amp; Standard 9.4</u>

10/27 (Lesson 20)	Basic First Aid- Outdoor survival skills	<u>Standard 9.3 &amp; Standard 9.4</u>
10/30 (Lesson 21)	Secondary Health and Safety: Blood Pressure and Heart Rate	<u>Standard 9.3 &amp; Standard 9.4</u>
11/1 (Lesson 22)	Basic Cooking: Making Tea	<u>Standard 9.3 &amp; Standard 9.4</u>
11/3 (Lesson 23)	Basic Cooking: Making Eggs and Toast	<u>Standard 9.3 &amp; Standard 9.4</u>
11/6 (Lesson 24)	Basic Cooking: Making a Grilled Cheese and Soup	<u>Standard 9.3 &amp; Standard 9.4</u>
11/13 (Lesson 25)	Basic Cooking: Meal Prep	<u>Standard 9.3 &amp; Standard 9.4</u>
11/15 (Lesson 26)	Basic Cooking: Meal Prep	<u>Standard 9.3 &amp; Standard 9.4</u>
11/17 (Lesson 27)	Basic Cooking: Meal Prep	<u>Standard 9.3 &amp; Standard 9.4</u>
11/20 (Lesson 28)	Career Search (Research Project)	<u>Standard 9.2 &amp; Standard 9.3</u>
11/27 (Lesson 29)	Career Search (Research Project)	<u>Standard 9.2 &amp; Standard 9.3</u>
12/1 (Lesson 30)	Career Search (Research Project)	<u>Standard 9.2 &amp; Standard 9.3</u>
12/4 (Lesson 31)	Career Search- Presentation	<u>Standard 9.2 &amp; Standard 9.3</u>
12/6 (Lesson 32)	Career Search- Presentation	<u>Standard 9.2 &amp; Standard 9.3</u>

12/8 (Lesson 33)	Making a budget	<u>Standard 9.1</u>
12/11 (Lesson 34)	Making a budget	<u>Standard 9.1</u>
12/13 (Lesson 35)	Bicycle Maintenance & Fixes	<u>Standard 9.4</u>
12/15 (Lesson 36)	Car Maintenance & Fixes (winter)	<u>Standard 9.4</u>
12/18 (Lesson 37)	Car Maintenance & Fixes (winter)	<u>Standard 9.4</u>
12/20 (Lesson 38)	Opening a bank account; Credit Unions	<u>Standard 9.1 &amp; Standard 9.4</u>
1/3 (Lesson 39)	Credit cards and debit cards	<u>Standard 9.1 &amp; Standard 9.4</u>
1/5 (Lesson 40)	Living Choices: Renting	<u>Standard 9.1 &amp; Standard 9.4</u>
1/8 (Lesson 41)	Living Choices: Condos, Co-ops, Townhouses, & Modular homes	<u>Standard 9.1 &amp; Standard 9.4</u>
1/10 (Lesson 42)	Living Choices: Single & Multi Family Homes	<u>Standard 9.1 &amp; Standard 9.4</u>
1/12 (Lesson 43)	How to purchase a home (What to look for, loans, interest rates, and the process)	<u>Standard 9.1 &amp; Standard 9.4</u>
1/17 (Lesson 44)	House purchasing (Project)	<u>Standard 9.1 &amp; Standard 9.4</u>
1/19 (Lesson 45)	House purchasing (Project)	<u>Standard 9.1 &amp; Standard 9.4</u>

1/22 (Lesson 46)	House purchasing presentation	<u>Standard 9.1 &amp; Standard 9.4</u>
1/24 (Lesson 47)	House purchasing presentation	<u>Standard 9.1 &amp; Standard 9.4</u>
1/26 (Lesson 48)	Getting your foot in the door/ Volunteering	<u>Standard 9.2 &amp; Standard 9.3</u>
1/29 (Lesson 49)	Review	All standards