

# Life Management Skills Session 1

## Weekly Breakdown

<b>Credit:</b>	½	<b>Prerequisites:</b>	None
<b>Weeks:</b>	6	<b>Attendance:</b>	Mandatory Weekly Attendance

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### Week 1

Assignment	Points
<b>Module 1: Construction Site</b>	
Assignment 1: Constructing Positive Self-Esteem	100
Assignment 2: Building Strong Families	100
Week 1 Participation	15
<b>WEEK 1 TOTAL POINTS</b>	<b>215</b>

### Week 2

Assignment	Points
<b>Module 1: Construction Site</b>	
Assignment 3: Exploring Pathways to Parenting Skills	100
<b>Module 2: The Crosswalk</b>	
Assignment 1: Take the Crosswalk to Healthy Food	100
Assignment 2: Take the Crosswalk to Better Nutrition	100
Week 2 Participation	15
<b>WEEK 2 TOTAL POINTS</b>	<b>315</b>

## Week 3

Assignment	Points
<b>Module 2: The Crosswalk</b>	
Assignment 3: Take the Crosswalk Away From Eating Disorders	100
Assignment 4: Understanding Food Labels	100
Assignment 5: Take the Crosswalk to Food Safety	100
Week 3 Participation	15
<b>WEEK 3 TOTAL POINTS</b>	<b>315</b>

## Week 4

Assignment	Points
<b>Module 3: Two-Way Street</b>	
Assignment 1: Detour For Effective Verbal Communication	100
Assignment 2: Stop, Look & Listen	100
Assignment 3: Roadblocks to Two-Way Communication	100
Week 4 Participation	15
<b>WEEK 4 TOTAL POINTS</b>	<b>315</b>

## Week 5

Assignment	Points
<b>Module 3: Two-Way Street (Continued)</b>	
Assignment 4: The Communication Zone	100
Assignment 5: Family Communication Patterns	100
Assignment 6: Conflict Resolution	100
Week 5 Participation	15
<b>WEEK 5 TOTAL POINTS</b>	<b>315</b>

## Week 6

Assignment	Points
Module 4: Warning: Dangerous Chemicals	
Assignment 1: Warning: Look Beyond the Smoke Screen	100
Assignment 2: Warning: Alcohol Can Be A Very Dangerous Chemical	100
Assignment 3: Caution: Hazardous Chemicals	100
Week 6 Participation	15
<b>WEEK 6 TOTAL POINTS</b>	<b>315</b>