

LIFE MANAGEMENT SKILLS 1: SELF ESTEEM & COMMUNICATION

Course Description

Life skills help people make responsible and informed choices and can promote healthy lifestyles as well as career skills. The purpose of this course is to prepare students for the roles, responsibilities, and relationships essential to functional families and to understand the nature, function, and significance of human relationships within family and individual units. The life skills focused on in this course will include self-development and learning about self-esteem, awareness, resilience, decreasing stress, understanding one's values and motivation, learning to problem solve, listen and effectively communicate. This course will culminate in a Final Project.

Prerequisite

None

Credit Requirement Area

Elective

Learning Objectives

- Students will consider the effects of and reflect on their own self-esteem, confidence and positive thinking on personal development.
- Students will learn about and reflect on their own helpful, rational and truth-based thoughts, self-awareness and try two personality tests.
- Students will learn about and reflect on their own resilience and how it contributes to positive emotional development.
- Students will learn about others' resilience as well as maintaining self-wellness for positive emotional development.
- Students will learn about and reflect on their own values and how it contributes to positive emotional development and personal relationships.
- Students will learn about stress and assess coping techniques for stress management.
- Students will learn about and reflect on their own creativity and the benefits of prioritization in daily life.
- Students will learn about and reflect on finding root causes and using problem solving techniques.
- Students will learn about and reflect on their own motivation and how it contributes to positive emotional development and personal relationships.
- Students will learn how being a better listener contributes to improving personal relationships.
- Students will learn how being a better listener and using effective communication skills maintain personal relationships.
- Students will learn how effective communication skills contribute to improving personal relationships.

Suggested Weekly Schedule

Week	Graded Activities	Suggested Due Date	% Points
1	Assignment 1: Self Esteem	Wednesday of Week 1	50%
	Assignment 2: Self Awareness and Personality	Friday of Week 1	50%
Week 1 Total Percentage Towards Final Grade			16.6%

Week	Graded Activities	Suggested Due Date	% Points
2	Assignment 1: Resilience	Wednesday of Week 2	50%
	Assignment 2: Wellbeing	Friday of Week 2	50%
Week 2 Total Percentage Towards Final Grade			16.6%
3	Assignment 1: Values	Wednesday of Week 3	50%
	Assignment 2: Stress	Friday of Week 3	50%
Week 3 Total Percentage Towards Final Grade			16.6%
4	Assignment 1: Creativity and Prioritization	Wednesday of Week 4	50%
	Assignment 2: Problem Solving	Friday of Week 4	50%
Week 4 Total Percentage Towards Final Grade			16.6%
5	Assignment 1: Motivation	Wednesday of Week 5	50%
	Assignment 2: Listening Skills	Friday of Week 5	50%
Week 5 Total Percentage Towards Final Grade			16.6%
6	Assignment 1: Listening and Communication	Monday of Week 6	33.3%
	Assignment 2: Communication and Persuasion	Wednesday of Week 6	33.3%
	Final Project	Friday of Week 6	33.4%
Week 6 Total Percentage Towards Final Grade			17%
WEIGHTED TOTAL			100%