

LIFE MANAGEMENT SKILLS 2: GOAL SETTING & DECISION MAKING

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 goal setting, decision-making processes, recognizing cognitive biases, nudges, trying behavior changes, understanding our habits, establishing trust, team building and learning the value of coaching. This course will culminate in a Final Project.

Prerequisite

None

Credit Requirement Area

Elective

Learning Objectives

- Students will gain an understanding of goals, goal setting and a theory behind goal setting and how goals contribute to positive emotional development and personal relationships.
- Students will write a SMART goal, learn about goal setting mistakes and become aware of the Medici Effect and how they contribute to positive emotional development and personal relationships.
- Students will learn about decision making biases and models and become aware of the Innovator's Dilemma and how by recognizing them one can continue to grow in positive emotional development and personal relationships.
- Students will learn about decision making biases and mistakes and how by recognizing them one can continue to grow in positive emotional development and personal relationships.
- Students will learn how decision-making processes contribute to positive emotional development and personal relationships.
- Students will become aware of nudges and sludges and how changing behaviors can contribute to positive emotional development and personal relationships.
- Students will learn about various behavior change models and how they contribute to positive emotional development and personal relationships.
- Students will learn about various behavior change models as well as automaticity and how they contribute to positive emotional development and personal relationships.
- Students will learn about habits as well as the Johari Window and how they contribute to positive emotional development and personal relationships.
- Students will learn about trust and how it contributes to positive emotional development and personal relationships.
- Students will learn about trust, team building, and change and how it contributes to positive emotional development and personal relationships.
- Students will learn about coaching and how it contributes to positive emotional development and personal relationships.

Suggested Weekly Schedule

Week	Graded Activities	Suggested Due Date	% Points
1	Assignment 1: Goals	Wednesday of Week 1	50%
	Assignment 2: Goal Setting	Friday of Week 1	50%
Week 1 Total Percentage Towards Final Grade			16.6%
2	Assignment 1: Decision Making	Wednesday of Week 2	50%
	Assignment 2: Cognitive Biases	Friday of Week 2	50%
Week 2 Total Percentage Towards Final Grade			16.6%
3	Assignment 1: Decision Making Processes	Wednesday of Week 3	50%
	Assignment 2: Nudges	Friday of Week 3	50%
Week 3 Total Percentage Towards Final Grade			16.6%
4	Assignment 1: Behavior Change Models	Wednesday of Week 4	50%
	Assignment 2: Behavior Change Wheel	Friday of Week 4	50%
Week 4 Total Percentage Towards Final Grade			16.6%
5	Assignment 1: Habits	Wednesday of Week 5	50%
	Assignment 2: Trust	Friday of Week 5	50%
Week 5 Total Percentage Towards Final Grade			16.6%
6	Assignment 1: Trust and Teams	Monday of Week 6	33.3%
	Assignment 2: Coaching	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%