

Life Skills

Class Syllabus

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Description: Life skills are a set of human skills that are used to handle the challenges of every day life.

Objective:

- A. To create self-awareness within the student.
- B. To provide the students with the tools needed to be successful in the academic environment.
- C. To provide the students with the tools needed to handle interpersonal relationships.

Life Skills Topics:

- A. Decision Making/Goal Setting
- B. Character Building
- C. Drugs & Alcohol Prevention
- D. Study & Organizational Skills
- E. Mindset Mentality
- F. Learning Styles
- G. Personality Types
- H. Emergency & Safety Preparation

Grading Plan:

- A. *Participation:* Sharing personal stories and applying the material to the student's life is key for the class therefore the student will be receiving a grade for participating in class discussions.
- B. *Journal:* At the start of every class the students will write their thoughts down regarding an inspirational quote or thought. Every Friday they will receive a grade for participating in the activity.
- B. *Extra Credit:* Bring in an article or a written account of an event or story that justifiably applies to what we are discussing in class for 10 extra credit points.
- C. *Final Project/Presentation:* The student will be presenting to the class what they have learned from the course by pulling all the information they received from the semester into a final project.

Classroom Behavior Expectations:

- A. You can engage in any behavior you want as long as it does not cause a problem for yourself or someone else in the class.
- B. If there is a problem, you have the choice to solve the problem as long as it does not disturb someone else or I will help solve the problem for you.
- C. I listen to students who raise their hands.
- E. I listen to students who are respectful.
- D. I participate in mature conversations.

