



School-Based Life Skills Program Topics
 South Eastern HS Fall 2021
 Tuesdays 2:45-5:15pm

Session Number	Topics Covered
Unit 1: Building the Foundation	
Session 1 Sept 14, 2021	Orientation, Class Expectations, Team Building Activities
Session 2 Sept 21, 2021	Personal Values, Building Confidence, and Decision Making Skills ➤ Social Justice: Ethnocentrism and Unique Personal Values
Session 3 Sept 28, 2021	Assertive Communication, Active Listening, and Conflict Resolution ➤ Social Justice: Standing Up for Others
Session 4 Oct 5, 2021	Healthy Relationships: "Love Language" and Setting Boundaries YWCA Presentation
Session 5 Oct 12, 2021	Gender, Sexuality, and Stereotypes ➤ Social Justice: Negative Impacts of Stereotyping
Session 6 Oct 19, 2021	Positive Mindset and Healthy Coping: Accessing Resources Available
Unit 2: Career and Education Game Plan	
Session 7 Oct 26, 2021	Discovering Passions: Assessing Talents, Learning Style, and Careers Vision Board Creation
Session 8 Nov 2, 2021	Career Exploration: Employment and Higher Education Discovery
Session 9 Nov 9, 2021	Employment Skills: Networking, Social Media, Applications, and Interviews ➤ Social Justice: Workplace Discrimination Protections
Session 10 Nov 16, 2021	Mock Interviews, Resume Development, and Positive Work Ethic Mock Interviews
Unit 3: Housing and Financial Management	
Session 11 Nov 23, 2021	Lifestyle Choices, Income, and Education: What is your vision for yourself?
Session 12 Nov 30, 2021	Costs of Living Independently: Lease, Utilities, and Creating a Budget ➤ Social Justice: Wage Gap
Session 13 Dec 7, 2021	Credit Scores, Loans, Paychecks, and Taxes ➤ Social Justice: Intergenerational Wealth
Session 14 Dec 14, 2021	Managing a Household: Grocery Shopping, Laundry, and Cooking
Session 15 Dec 21, 2021	End of Class Celebration: SMART Goals