



## School-Based Life Skills Program Topics

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

**Questions or suggestions please contact:**

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