

COURSE NUMBER 303
COURSE TITLE: Contemporary Living
COURSE LENGTH: Semester, One Credit
PREREQUISITE: None

GRADE LEVEL: 11, 12

COURSE DESCRIPTION: Decisions, decisions, decisions.....everything you do effects your life today and quite possibly your life for years to come. This class focuses on decisions that effect you, those around you, and your future. Good decision making and the evaluation of choices is vital to your physical, social, emotional, spiritual, and financial well-being.

COURSE RATIONALE:

This course is designed to help students meet the challenges of their daily lives with confidence. Students will learn and practice decision making skills and evaluate the effects of good and poor judgement.

METHOD OF INSTRUCTION: Lectures, video, discussion groups, projects, and community resource people. Individual, partner, and group work are used.

ASSESSMENT: Grades will be based on projects, quizzes, tests, class assignments and classroom participation and attitude.

CRITICAL OBJECTIVES:

1. Develop an understanding of yourself: strengths weaknesses, interests, abilities, values, goals and standards, etc.
2. Demonstrate effective communication skills and problems solving in all relationships and in varying situations.
3. Understand and internalize the difference between abstinence and intimate sexual behavior.
4. Consider mate selection and discuss the role of marriage in our society.
5. Demonstrate appreciation for diverse perspectives, needs, and characteristics of individuals and families.
6. Identify causes of stress and ways to alleviate the negative effects of stress.
7. Analyze strategies to manage multiple individual, family, career, and community roles and responsibilities.
8. Analyze the impact of family on our society.
9. Identify factors to consider in making career decisions.
10. Demonstrate transferable and employability skills in community and workplace settings.
11. Demonstrate management of financial resources to meet the goals of individuals and families across the life span.