



Curriculum Wishlist



Independent Living Skills _____

Digital Materials

- Banking: Credit & Loans
- Banking: Checking & Savings
- Getting Around
- Living on Your Own
- Skills for Buying a Car
- Renting an Apartment
- Life Skills for the Telephone
- Consumer Shopping
- Customer Service
- Time Management
- Perimeter & Area
- Laundry
- Using Money
- Kitchen Safety
- Kitchen Tools
- Measurements
- Baking Math
- Sales Tax, Discounts, & Tips
- Study Skills
- General Housekeeping Tips



Job Prep & Employability Skills _____

Digital Materials

- Planning Career Goals
- Looking for a Job
- Developing a Resume
- Completing a Job Application
- Interviewing for a Job
- Positive Attitudes in Getting a Job
- Your Appearance in the Interview
- Verbal & Non-Verbal Communication
- Written Communication
- Your Appearance on the Job
- Positive Attitudes in Keeping a Job
- Maintaining Regular Attendance
- Following Directions
- Workplace Literacy
- Expectations on the Job
- On the Job Phone Skills
- Managing Your Money



Self-Confidence & Social Skills _____

Digital Materials

- Cyberbullying
- Bullying
- Internet Safety
- Problem Solving
- Conflict Resolution
- Self-Esteem
- Friendship Basics
- Teamwork
- Service Learning
- Social Skills
- Showing Respect
- Diversity Awareness
- Self-Determination
- Workplace Bullying



Health & Nutrition _____

Digital Materials

- Planning Healthy Meals
- Weight Control & Physical Activity
- Healthy Snacks
- Healthy Meals on a Budget
- Food Labels
- Active Recreation
- Passive Recreation
- Dangers of Tobacco
- Basic First Aid
- Basic Hygiene
- Dangers of Alcohol

Online Training:

We are happy to offer online instruction to help teachers utilize our **Achieve Life Skills** resources. Ask us how you can participate in a comprehensive webinar prior to using our curriculum in your classroom!