



Includes Two Instructional Levels

Independent Living Skills

- ☐ 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

- ☐ 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

Curriculum Wishlist

Self-Confidence & Social Skills

- ☐ 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

- ☐ 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 Delivery: Microsoft and PDF file downloads

Training: On-demand & On-line training options

Pricing & Information:

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