

Life Skills

AC049306

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The learning will demonstrate competencies in the

area

Syllabus

of home, family, and community living which

allow

2010-2011

for independent living

502-5691

Course Description:

This course focuses on the development of basic Life Skills. Life Skills classes assist students with disabilities in acquiring and developing the skills needed to live independently. Skill areas include, but are not limited to; communication, budgeting and money management, home management, social skills and relationships, personal hygiene, shopping, meal planning and preparation, and job skills. In addition, students learn to advocate for themselves as they prepare for a life of independence.

Course Goals:

- To have students acquire sufficient independent living skills that they may be responsible for as much of their daily living skills as possible.
- To increase students self advocacy skills that they are able to make their request known.
- To introduce students to opportunities within the community to use appropriate social skills.

Competencies:

- Upon satisfactory completion of this course, the student will be able to do the following:
Maintain a sanitary living environment, kitchen, living area, bath, bedroom, and laundry room.
- Perform task such as sweeping, vacuuming, washing dishes, sorting laundry, using washing machine and dryer, disposing of trash, and making bed.

Methods of Instruction:

- Total Physical Response (TPR).
- Any supplementary or unique method of instruction could be used by the instructor as long as the major objectives are met.

Learning Activities: Students will:

- Experience and learn through contextual learning strategies, which will enable students to become self-sufficient.
- Interact with the instructor to build vocabulary and linguistic skills.

- Participate in physical activities that develop observational motor and special skills.