



Learning Objectives

Life Skills

Learning objective 1a Identify the basic guidelines for first aid, determined by the type of injury that has occurred.

Learning objective 1b Learn how Good Samaritan laws protect people who provide aid to others in emergency situations.

Learning objective 2a Evaluate why choking, respiratory failure, cardiovascular failure, shock, and severe bleeding are life threatening emergencies.

Learning objective 2b Describe first aid techniques for the following emergencies (choking respiratory failure, cardiovascular failure, shock, and severe bleeding).

Learning objective 3a Determine why conditions such as poisoning, burns, and fractures require first aid.

Learning objective 3b Describe first aid techniques for the following conditions (poisoning, burns, and fractures).

Learning objective 4a Recognize the symptoms of illness.

Learning objective 4b Identify warning signs of cancer and the types of treatment available for different cancers.

Learning objective 4c Describe what individuals can do to help prevent cardiovascular disease and cancer.

Learning objective 4d Identify the causes of diabetes and arthritis.

Learning objective 5a Identify the main causes of an acquired disease.

Learning objective 5b Examine the stages of infectious disease.

Learning objective 5c Describe how the body fights infection.

Learning objective 6a Determine when emotional self-treatment is appropriate and when people should seek professional help.

Learning objective 6b List the types of health care professionals and their areas of medicine.

Learning objective 6c Compare private health insurance, HMO's, PPO's, and government health insurance.

Learning objective 7a Review ways to practice good oral hygiene and maintain dental health.

Learning objective 7b Learn about dental insurance.

Learning objective 7c Explain what happens at a dental appointment.

Life Skills

Learning objective 8a Distinguish between prescription and OTC medicine.

Learning objective 8b Recognize the purposes of medicines and how they affect the body.

Learning objective 8c Identify problems associated with medicines.

Learning objective 8d Describe how to take medications safely.

Learning objective 9a Analyze the physical effects of tobacco and alcohol and explain why people use these drugs.

Learning objective 9b Describe what stimulants, depressants, narcotics, and hallucinogens are and their side effects on the body.

Learning objective 10 Recognize marijuana, inhalants, designer drugs, and steroids and what effect they have on the body.

Learning objective 11a Explain how to reduce the risks of falls, fires, poisoning, electrical shock, and home crimes.

Learning objective 11b Describe fire safety devices and the steps to take in the event of a fire, poisoning, or another emergency.

Learning objective 11c List safety tips for using the internet.

Learning objective 12a Examine how injuries at work can be reduced.

Learning objective 12b Describe recreational injuries, including those related to water activities and bicycling can be reduced.

Learning objective 13a List common safety features available on cars.

Learning objective 13b Discover how vehicle accidents can be prevented or reduced.

Learning objective 14 Discuss safety procedures that will help a pedestrian avoid accidents or crimes.

Learning objective 15 Describe how individuals and communities can prepare for disasters such as hurricanes, tornadoes, blizzards, floods, and thunderstorms.

Learning objective 16a Detail the purpose of a lease.

Learning objective 16b Examine how to conduct an apartment search.

Learning objective 17a Explain the tasks involved in setting up a new apartment.

Learning objective 17b Identify people and businesses that must be notified of your change of address.

Learning objective 18a Explain how to set up service with utility companies.

Learning objective 18b Describe how to maintain household equipment such as thermostat and pilot light.

Learning objective 19a Discover the different types of household insurances.

Learning objective 19b List the steps to follow in obtaining an insurance policy.

Learning objective 20a Identify steps to follow when arranging telephone service.

Learning objective 20b Describe why certain information should not be given out over the telephone.

Life Skills

Learning objective 21a Describe how to read a clothing care label.

Learning objective 21b Explain how to care for clothes.

Learning objective 22a Recognize the difference between using cash and using credit cards.

Learning objective 22b Identify situations when they should use cash and when they should not.

Learning objective 23a Identify the parts of a budget.

Learning objective 23b Explain how to make change.

Learning objective 23c Describe why a budget is helpful.

Learning objective 24a List the steps in setting up a budget.

Learning objective 24b Describe how to choose a bank.

Learning objective 24c Define a savings account and learn how to open and use a savings account.

Learning objective 25a Learn about a checking account and learn how to open and use a checking account.

Learning objective 25b Describe how to use an ATM.

Learning objective 25c Explain how an ATM works.

Learning objective 26a Learn about a paycheck.

Learning objective 26b Evaluate a paycheck stub.

Learning objective 27a Describe how direct deposit works.

Learning objective 27b Evaluate how to use credit.

Learning objective 27c Discover the problems that can result from using credit cards.

Learning objective 28a Discover to use credit cards wisely.

Learning objective 28b Examine a credit report.

Learning objective 28c Take advantage of being a wise consumer.

Learning objective 28d Analyze factors that influence consumers' choices.

Learning objective 29a Describe how to return a product.

Learning objective 29b Explain why a warranty is important.

Learning objective 29c Distinguish between the different kinds of taxes.

Learning objective 29d Identify what tax deductions are.

Life Skills

Learning objective 30a Analyze how to save for retirement.

Learning objective 30b Define and describe CD's.

Learning objective 30c Define and describe savings bonds.

Learning objective 30d Define and describe IRA's.

Learning objective 30e Define and describe tax-deferred savings plans.

Learning objective 31a Summarize the importance of close personal relationships.

Learning objective 31b Examine ways to maintain relationships.

Learning objective 32a List what makes communication successful and unsuccessful.

Learning objective 32b Evaluate how self esteem affects relationships.

Learning objective 33a Define socializing.

Learning objective 33b Learn ways to make new friends.

Learning objective 33c Learn the benefits and challenges of dating.

Learning objective 34a Describe the elements of courteous behavior.

Learning objective 34b Differentiate between courteous and discourteous behavior.

Learning objective 35a Define prejudice and discrimination and explain their effects on relationships.

Learning objective 35b List ways to overcome prejudice and discrimination.

Learning objective 36a Compare the difference between HIV and AIDS.

Learning objective 36b Realize how AIDS is and is not acquired.

Learning objective 36c Detail the symptoms, prevention, and treatment of HIV infection, AIDS, and other STD's.

Learning objective 37a Discover effective problem-solving skills.

Learning objective 37b Identify obstacles to problem solve.

Learning objective 37c Analyze how to make decisions.

Learning objective 38a Apply time-management techniques.

Learning objective 38b Compare some time-management obstacles.

Learning objective 39a Summarize why recreational activities are important.

Learning objective 39b List a variety of recreational activities.

Learning objective 40a Develop an activity plan that takes into consideration factors such as interests, goals, costs, and schedule.

Learning objective 40b Explain how to make travel arrangements.

Life Skills

Learning objective 41a Review why it is important to vote.

Learning objective 41b Describe how to register to vote.

Learning objective 41c Learn ways to gather and assess information about political candidates.

Learning objective 42 Discover ways that people can become involved in the community including volunteer opportunities.

Learning objective 43a Explain when and why people marry.

Learning objective 43b Identify the characteristics of a healthy marriage.

Learning objective 44a Evaluate why couples decide to have a baby.

Learning objective 44b Recognize parent responsibilities.

Learning objective 44c Identify different family types and how the family is changing.

Learning objective 44d Explain characteristics of a health family.

Learning objective 45a Compare the major learning styles: visual, auditory, and tactile learners.

Learning objective 45b Describe the learning strategies that are best suited for each learning style.

Learning objective 46a Evaluate the definition of skills and qualities and explain how they are related to choosing a career.

Learning objective 46b Identify a person's abilities.

Learning objective 46c Describe values and explain how they relate to choosing a career.

Learning objective 47a Detail characteristics of an ideal job.

Learning objective 47b Examine the characteristics of various work environments.

Learning objective 47c Review the responsibilities and skills needed for an ideal job.

Learning objective 48a List questions to be used to research possible occupations.

Learning objective 48b Compare about various resources that can be used to research occupations.

Learning objective 48c Analyze an information interview and types of questions that it might include.

Learning objective 49a List how to get information from postsecondary schools.

Learning objective 49b Discover apprenticeship programs.

Learning objective 49c Examine internship programs.

Learning objective 50a Learn about a resume.

Learning objective 50b Examine the purpose and main ideas of a cover letter.

Learning objective 50c Differentiate the types of people that should be used as references.

Learning objective 51a List some sources for finding a job.

Learning objective 51b Summarize resources for conducting a job search and networking.

Life Skills

Learning objective 52a Explain how to fill out a job application form.

Learning objective 52b Describe the appropriate behavior during and after a job interview.

Learning objective 53a Examine the negotiation process.

Learning objective 53b Determine the factors that make up a compensation package.

Learning objective 53c Identify the types of accommodations made for people with disabilities.

Learning objective 54a Recognize how to find schedules and fare information for public transportation.

Learning objective 54b List the different ways of paying for public transportation.

Learning objective 55a Identify the sources of information about colleges.

Learning objective 55b Summarize the facts needed about a college before choosing to apply for it.

Learning objective 56a Evaluate useful activities for a college visit.

Learning objective 56b Practice answering questions that might be asked in an admission interview.

Learning objective 57a Review the information required on a college application.

Learning objective 57b Recognize what is shown on a high school transcript.

Learning objective 57c Explain the purpose for a college application essay.

Learning objective 58a Explain the purpose of the pre-college preparatory program.

Learning objective 58b List the possible services offered to students with disabilities.

Learning objective 58c Describe the functions of an academic adviser and a college resource center.

Learning objective 59a Compare some general strategies for studying.

Learning objective 59b Evaluate strategies for memorizing, listening, note taking, organization, and taking tests.

Learning objective 60a Compare the different types of financial aid including scholarships, loans, and grants.

Learning objective 60b List procedures needed to apply for financial aid.

Learning objective 61 Identify actions that show coworkers that you value relationships with them.

Learning objective 62 List different types of information contained in an employee handbook.

Learning objective 63 Review how to make a personal schedule.

Learning objective 64 Recognize the importance of meeting deadlines in the workplace.

Learning objective 65 Identify actions that help a worker keep a job.

Learning objective 66 Describe how a company's human resources department helps workers.

Life Skills

Learning objective 67a List the steps to follow in resolving conflict.

Learning objective 67b Evaluate how good communication skills help resolve conflict.

Learning objective 68 Identify traits of a responsible worker.

Learning objective 69 Compare ways of coping with negative peer pressure.

Learning objective 70a Evaluate discrimination and harassment.

Learning objective 70b Explain ways of finding help when faced with discrimination or harassment.

Learning objective 71a Identify traits of realistic career goals.

Learning objective 71b Describe how to create a career plan.

Learning objective 72a Learn what a performance assessment is.

Learning objective 72b Describe how a performance assessment can help one become a better worker.

Learning objective 73a Recognize the need to continually update your skills.

Learning objective 73b Identify ways to learn new skills.

Learning objective 74a Review what raises and promotions are.

Learning objective 74b Identify things a worker can do to earn a raise or promotion.

Learning objective 75a Define layoffs and explain why they occur.

Learning objective 75b Compare ways an unemployed worker can find a new job.

Learning objective 76 Review how to use the MyPlate food guide.

Learning objective 77a Recognize the importance of each of the basic nutrients.

Learning objective 77b Identify food sources of each of the basic nutrients.

Learning objective 77c Analyze the special dietary needs for teens.

Learning objective 78 Discover the importance of carbohydrates, fats, proteins, vitamins, minerals, and water.

Learning objective 79a Identify what is found on a food label.

Learning objective 79b Describe the purposes of food additives.

Learning objective 80 List the parts of health related fitness.

Learning objective 81 Describe the benefits of exercise and some different types of exercises.

Learning objective 82 Explain the importance of sleep and rest for good health.

Life Skills

Learning objective 83a Evaluate how people respond to stress.

Learning objective 83b Recognize events that commonly cause stress.

Learning objective 83c Compare some ways to reduce and manage stress.

Learning objective 84 Examine the four forms of well-being: emotional, social, physical, and personal.

Learning objective 85 Describe actions that promote well-being.

Learning objective 86 Relate self-esteem and emotional health.

Learning objective 87a Describe ways to solve problems.

Learning objective 87b Identify healthy ways of thinking.

Learning objective 88a Distinguish between normal and abnormal behavior.

Learning objective 88b Describe self-defeating behaviors.

Learning objective 89 Explain how mental health disorders are treated.

Learning objective 90a Describe self-advocacy.

Learning objective 90b Summarize how to develop self advocacy skills.

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