



# Life Skills

LIFE SKILLS seeks to train students to meet the challenges of daily living. The course provides students with basic information needed to make well thought out decisions in school, at home, and beyond.

## Work Environment

Students in the Life Skills program are provided with basic information and skills to take them beyond their years of school toward independent living.

## Course Outline

- School Skills
- Vocational Skills
- Problem-Solving Skills
- Interpersonal Skills
- Communication Skills
- Money Management
- Introduction to World of Work
- Food Nutrition: Meal Planning and Preparation
- Basic Living Skills
- Health
- Transportation

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