

THE TRANSITIONS CURRICULUM

SYLLABUS

Life Management

Choosing to make the most out of life!

Objectives

UNIT 1: Maintaining a Healthy Life

You will learn, apply, practice and evaluate your lifestyle to maintain healthy habits.

UNIT 2: Enjoying Your Leisure Time

You will learn, apply, practice and evaluate four ways to spend your free time: fun, physical, learning and reflection.

UNIT 3: Living on Your Own

You will discover, learn and make decisions about how to live independently, including finding a place to live, managing money and smart shopping.

UNIT 4: Planning for a Happy Family Life

You will learn and practice ways to develop a happy family life, including finding the right partner, getting along with others and learning to be an effective parent.

Course Requirements

- **Attendance:** Attendance of all classes is required. Absences must be excused and all work made up within one week.
- **Classroom Participation:** You are required to participate in all classroom activities including individual or group work.
- **In and Out-of-Class Assignments:** You are required to complete all in-class and out-of-class homework assignments.
- **Personal Goals:** You will be required to develop and monitor your progress daily toward reaching person goals in each of the four unit topic areas.
- **Journal Writing:** You are required to write an entry in your journal at the beginning of each class. Journals will be checked once a week.
- **Community Service Project:** You are required to complete a community service project that includes 20 hours of service work, a log of your work and a written or oral report describing your community service work.
- **Transition Portfolio:** You are required to complete a portfolio which includes an evaluation of your work, samples of your completed class work, completed goal charts, your journal, your completed transition plan and your community service project.

Grading

All requirements must be met to receive a passing grade in this class. Your grade will be determined using the following chart:

10%	=	Attendance
15%	=	Classroom Participation
15%	=	In & Out-of-Class Assignments
10%	=	Personal Goals
10%	=	Journal
20%	=	Community Service Project
20%	=	Transition Portfolio
<hr/>		
100%		