

Unit 4

Planning for a Happy Family Life

Dear Student,

You are going through some of the biggest changes of your life. You are now ready to finish high school and take the next steps toward adulthood.

Now it is time to decide on the career you want. Soon you may be looking for a place to live on your own. In the next few years you may consider having a family.

In this unit, you will take a look at what you want your life to be like as an adult. This includes:

- what you are looking for in a relationship
- what it takes to have healthy relationships
- how to take care of a home
- how to be a good parent
- how to make good choices for you and your family

Moving from high school into adulthood is an exciting time in your life. We wish you much future success and happiness.

Putting Myself Together

Focus Sheet

Mark how you feel about each statement, positive or negative. Be honest, there is no right answer.

Building Personal Power

The way I feel about myself is usually:

☐ positive

☐ negative

The way I feel about my appearance is:

☐ positive

☐ negative

My personality is:

☐ positive

☐ negative

Most of my decisions are:

☐ positive

☐ negative

Communicating Effectively

When I talk to myself, I usually say things that are:

☐ positive

☐ negative

When I talk to my family I am usually:

☐ positive

☐ negative

When I talk to my friends I am usually:

☐ positive

☐ negative

When I talk to adults at school or work I am usually:

☐ positive

☐ negative

Setting a Career Goal

The way I feel about my career goal is:

☐ positive

☐ negative

The way I feel about reaching my career goal is:

☐ positive

☐ negative

The way I feel about preparing for my career is:

☐ positive

☐ negative

The effect my career goal will have on my life is:

☐ positive

☐ negative

Life-Long Learning

The way I feel about what I have learned in school is:

☐ positive

☐ negative

The way I feel about continuing my education is:

☐ positive

☐ negative

When I need to learn something new, I feel:

☐ positive

☐ negative

The way I feel about learning new job skills is:

☐ positive

☐ negative

Advocating for Myself

My beliefs about myself and my goals are:

☐ positive

☐ negative

The way I feel about how I stand up for my beliefs is:

☐ positive

☐ negative

The decisions I make about my life are usually:

☐ positive

☐ negative

The way I handle myself in my meetings is usually:

☐ positive

☐ negative

Getting a Job

My chances of getting the job I want are:

☐ positive

☐ negative

My skills for filling out a job application are:

☐ positive

☐ negative

My job interview skills are:

☐ positive

☐ negative

The way I feel about being prepared to find a job is:

☐ positive

☐ negative

Succeeding on the job

The way I feel about being able to keep a job is:

☐ positive

☐ negative

The way I feel about my skills as a good employee are:

☐ positive

☐ negative

The way I feel about working for someone is:

☐ positive

☐ negative

The way I work with others in a group is:

☐ positive

☐ negative

Putting Myself Together

Focus Sheet, page 2

Participating in the Community

My participation in my community is:

☐ positive

☐ negative

The way I feel about contributing to my community is:

☐ positive

☐ negative

The way I feel about volunteering in my community is:

☐ positive

☐ negative

The way I feel about the resources in my community is:

☐ positive

☐ negative

Staying Healthy

My overall physical health is:

☐ positive

☐ negative

My overall mental health is:

☐ positive

☐ negative

The way my current behavior affects my health is:

☐ positive

☐ negative

The control I have over my health is:

☐ positive

☐ negative

Enjoying Leisure Time

My leisure time activities are usually:

☐ positive

☐ negative

The things I choose to do for fun are:

☐ positive

☐ negative

The things I choose to do for myself are:

☐ positive

☐ negative

The affect my free time activities have on my health is:

☐ positive

☐ negative

Living Independently

The way I feel about living on my own is:

☐ positive

☐ negative

The skills I have for living on my own are:

☐ positive

☐ negative

The way I feel about family life is:

☐ positive

☐ negative

The way I feel about my skills for being a good parent is:

☐ positive

☐ negative

SCORING

After you have marked each statement, start at the beginning and count one point for each *positive* that is checked. Look at the scoring information below to find the recommendation for your score. **YOUR SCORE:** _____

RECOMMENDATIONS:

If your score is: 40-49, you are already on your way to having successful adult relationships. Go back and look at any of the statements marked "negative." Choose two of these statements and tell a partner what you will do to make these positive in your life.

If your score is: 30-39, you already have strong potential for successful adult relationships. Choose four areas that are marked negative and tell a partner what you will do to make these positive in your life.

If your score is below 29 you will need to begin working on the skills needed for successful relationships. Look over the items marked "negative" and choose four to work on now and four to work on later. Tell a partner what you will do to change these from "negative" to "positive."