

Life Skills Syllabus

Instructor Daura Beard

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Description:

This course is designed to help students develop important skills in life including developing time management, resilience, and critical thinking skills. We will spend some time in class reviewing and understanding the way our brains work, what determines good health, and the importance of setting and sticking to goals. It is imperative for the success of the class that everyone make an effort to participate and to be on task.

Requirements:

Students will receive a **daily grade for being present and on task** (equal to roughly 35% of the grade of the class). Attendance is important! Students will complete activities, reflect on their learning, and interact with each other and guests in the class to develop skills for navigating life after high school.

Completed work should be turned into the "Turn In Basket" located by the classroom door or turned in through Google Classroom. Late work will incur a small penalty.

Students who are not able to attend class or need to raise their grades are encouraged to take advantage of the "Enrichment" assignments in class - several options are available in class as well as posted online.

Evaluation:

Grades will be based on effort in class and work completed. Being on time, on task, cooperative, and having a good attitude all counts towards your daily grade. Being tardy, bathroom breaks, being disruptive, refusing to work, being on your phone, etc. will lower your daily grade. All work, including weekly participation grades, will be posted on Google Classroom and can be accessed by students. Any work that is not turned in will be counted as a "zero" but, with rare exceptions, will still be accepted. PLEASE make sure you check all your work grades and do not rely on the "missing" work tabs as Google counts any grade as completed, even "0."

Progress reports will be mailed out the fifth and sixth weeks of the quarter, but parents can receive emailed summaries through Google Classroom – they will not be able to see the stream or assignments, but they will be able to see upcoming assignments and recently graded and/or missing assignments. Parents are encouraged to call/email/message through Aeries Parent Square with any questions or concerns.

Course Schedule* (subject to change)

Unit 1: Setting goals and managing resources

Unit 2: Determinants of health

Unit 3: Financial literacy (a very brief intro)

Unit 4: SmartTalk Curriculum/Cannabis awareness, prevention, harm reduction

Unit 5*: Self control and healthy coping strategies with our counselor, Mrs. Garcia