

COURSE: Transition Seminar – 15:1
GRADE LEVEL: 11-12

MAIN/GENERAL TOPIC:	SUB-TOPIC:	ESSENTIAL QUESTIONS:	WHAT THE STUDENTS WILL KNOW OR BE ABLE TO DO:	SKILLS:	WHEN STUDENT DOES IT:	ASSESSMENTS:
APPLYING FOR AGENCY SUPPORT	<ul style="list-style-type: none"> Seeking support from adult agencies 	<ul style="list-style-type: none"> Where can I apply to receive assistance after high school? What agencies exist to help a young adult? 	<ul style="list-style-type: none"> Correctly complete a VESID application Research local agencies and the clientele each agency will assist 	<ul style="list-style-type: none"> Research local agencies Telephone etiquette 	September	<ul style="list-style-type: none"> Complete application Project
MOVING TOWARD INDEPENDENT LIVING	<ul style="list-style-type: none"> Coping with change and stress 	<ul style="list-style-type: none"> How is high school different than adult life? What is important to me and what do I want to accomplish in life? 	<ul style="list-style-type: none"> Define self-concept and identify ways to boost self-esteem Discuss how heredity and environment influence personality Identify strategies for reaching your potential and using your resources Identify strategies to communicate with parents Recognize normal feelings when separating from home and family and how to deal with them Describe qualities that strengthen relationships Explain why stereotypes and prejudice are harmful Identify strategies for resolving conflicts Describe ways to control anger and funnel energies in a positive direction Describe methods teenagers can use to meet life's challenges List resources available on 	<ul style="list-style-type: none"> Self evaluation Goal setting Forming strategies Problem solving skills 	November to December	<ul style="list-style-type: none"> Class participation Written assignments Unit test

			<p>campus to college students who need help</p> <ul style="list-style-type: none"> Recognize elements of dorm safety and safety in general 			
COOKING FOR INDEPENDENT LIVING	<ul style="list-style-type: none"> Eating healthy 	<ul style="list-style-type: none"> What foods are healthy choices? What foods contain a large amount of fat, salt and sugar? What healthy food choices are offered in restaurants? How do I buy and prepare healthy food with limited money and cooking equipment? How do I create a simple, healthy dish following a recipe? What are some recipe sources I can find on the computer? How do you set up a kitchen for the first time? 	<ul style="list-style-type: none"> Assess the effect of nutrients on health, appearance, and peak performance in academics and athletics Assess the impact of food and diet fads, food addictions, and eating disorder on wellness Compare and assess different portions and apply portion control Evaluate sources of food and nutrition information, including food labels, related to health and wellness Apply various dietary guidelines in planning to meet nutrition and wellness needs Demonstrate the ability to select, store, prepare and serve nutritious and aesthetically pleasing snacks and simple meals Manage the preparation of simple, healthy snacks and meals using limited resources Make a list of kitchen necessities 	<ul style="list-style-type: none"> Dietary knowledge Food preparation techniques Sanitation awareness Awareness of availability of a variety of kitchen equipment 	January to February	<ul style="list-style-type: none"> Class participation Written assignments Unit test Unit Test Lab projects
CLEANLINESS FOR INDEPENDENT LIVING	<ul style="list-style-type: none"> A Stitch in Time 	<ul style="list-style-type: none"> How do I treat laundry stains and wash clothes? How do I iron a shirt? How do I sew on a button and snap? How do I hem a pair of gym shorts? 	<ul style="list-style-type: none"> Demonstrate routine clothing care Show how to launder and press clothes Illustrate how to make simple clothing repairs Illustrate how to treat simple stains Plan clothing storage Perform sewing skills using a variety of basic techniques 	<ul style="list-style-type: none"> Hand eye coordination Ability to follow directions in a sequential order 	February	<ul style="list-style-type: none"> Class participation Written assignments Unit test Laundry projects Sewing projects Ironing projects

TRANSPORTATION FOR INDEPENDENT LIVING	<ul style="list-style-type: none"> Automobiles 	<ul style="list-style-type: none"> Why is it important to take care of your car? Why is it important to have the ability to “do it yourself”? What do I need to pass a driver’s test? 	<ul style="list-style-type: none"> Fix-a-Flat Tune Up Jump Start Cool it Oil changes Road signs Driving laws 	<ul style="list-style-type: none"> Automotive maintenance Problem solving Awareness of the road 	March	<ul style="list-style-type: none"> Automotive checklist Permit tests
DO IT YOURSELF	<ul style="list-style-type: none"> Room/ Apartment Maintenance 	<ul style="list-style-type: none"> Why is it important to understand basic construction techniques? How do I maintain an apartment? Why should you now how to operate power tools properly? 	<ul style="list-style-type: none"> Cover your “tracks” (room repair – spackle, sand and paint) Show how to keep an apartment clean Some assembly required (basic tools and construction) Finishing (sand, stain, shellac) 	<ul style="list-style-type: none"> Basic construction methods Basic tools for cleaning Tool use Assembly processes 	March	<ul style="list-style-type: none"> Projects
JOB SKILLS	<ul style="list-style-type: none"> Application and interview skills 	<ul style="list-style-type: none"> What is the proper procedure for job applications? What is a resume? What are some questions to anticipate in an interview? 	<ul style="list-style-type: none"> Compare the pros and cons of jobs and employment Compare the pros and cons of independent living Understand the importance of organizing important paperwork 	<ul style="list-style-type: none"> Personal resume Practice interview techniques How to read apartment ads 	April – May	<ul style="list-style-type: none"> Prepare a resume Prepare a letter of application Mock interviews
PERSONAL FINANCE	<ul style="list-style-type: none"> Understanding personal finances 	<ul style="list-style-type: none"> What is a budget? Why is it important to keep accurate financial records? How do you choose a banking institution? What are services that a banking institution offers? What credit card is the best one? 	<ul style="list-style-type: none"> Develop a budget based on income vs. expenses Keep an accurate checkbook Know how different types of credit work Choose the type of credit that is appropriate Choose the loan situation that is best for the parent and the student 	<ul style="list-style-type: none"> Balancing a checkbook Applying for a loan Applying for credit cards 	April – May	<ul style="list-style-type: none"> Keep a checkbook Prepare a budget Research and compare different credit cards
PERSONAL FINANCE	<ul style="list-style-type: none"> Understanding taxes 	<ul style="list-style-type: none"> What is the IRS? Why are there TAXES? What is Social Security? 	<ul style="list-style-type: none"> Understand how to prepare a 1040 EZ Understand social security 	<ul style="list-style-type: none"> How to do their own simple tax return 	May - June	<ul style="list-style-type: none"> Prepare a 1040 EZ

PERSONAL FINANCE	<ul style="list-style-type: none"> • Legal Issues Facing Graduating Seniors 	<ul style="list-style-type: none"> • What rights do young adults have? • What are the rights of a consumer using credit? 	<ul style="list-style-type: none"> • Identify their credit rights • Identify what debts can be dismissed through bankruptcy and which debts cannot be dismissed • Understand how identity theft occurs and the problems associated with identity theft 	<ul style="list-style-type: none"> • Identify laws that protect students • Identify laws that protect consumers 	May– June	<ul style="list-style-type: none"> • Research laws that protect students and consumers
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