



COURSE OUTLINE  
2023-2024

---

**Subject:** Family and Life Skills

**Level:** Secondary V – Option Course – 2 Credits

**COURSE DESCRIPTION**

Family and Life Skills education fosters the overall development of the student and the enrichment of their culture and environment. This course examines how best to make informed choices with respect to food and nutrition, and housing and family. Students will learn about the dynamics of human interaction; how to make responsible choices in their daily lives, and to develop strategies to assist them in managing their time, skills, and finances more effectively.

Students will increase their knowledge in the following areas:

- Cooking and Healthy Food Choices
- Financial Planning and creating budgets
- Family and Life Skills
- Housing and Independent Living

**OBJECTIVES**

**1. Management of Needs and Resources**

- Healthy Food Choices
- Awareness of Financial Resources
- Family Life Cycle
- Housing Needs and Options

**2. Self-awareness and understanding of his/her basic needs**

- To recognize and develop a value system
- To assist in the development of independence and responsibility

*\*Please note that every student is responsible for ALL classes missed and is required to communicate with their teacher ASAP for any work, information, and notes.*

*\*\*Please refer to the Faculty & Staff Directory at <http://www.crhs.rsb.qc.ca/> for your teacher's email/website address*