



CENTENNIAL REGIONAL HIGH SCHOOL

COURSE OUTLINE 2020-2021

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 his/her 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 the adolescent develop independence and responsibility

Recommended Class Materials: 1” binder, 3 dividers, paper, pens, pencils