

This course allows students to explore their personality type and interests, as well as refine important skills that will benefit them throughout their lives, including personal nutrition and fitness skills, time & stress management, communication & healthy relationships, goal setting, study skills, leadership and service, environmental and consumer health, and personal finances. In addition, students will explore possible colleges and careers that match their needs, interests, and talents.

Unit 1: Self Discovery

- Discovering Self
- Decision Making Skills
- Goal Setting

Unit 2: Mental Health

- Healthy Relationships
- Communication Skills

Unit 3: Stress & Time Management

- Stress Management
- Time Management
- School & Community

Unit 4: Nutrition & Fitness

- Nutrition & Weight Management
- Fitness Programming

Unit 5: Consumer Skills

- Money Management
- Wise Consumerism
- Medical Management

Unit 6: College & Career Planning

- College & Career Planning
- Employability