**Life Transitions 20**

**Course Outline**

**Instructor: Miss Jennifer Foley**

Phone: 297-2733 Ext. 241 E-mail: [jfoley@chinooksd.ca](mailto:jfoley@chinooksd.ca)

Remind Texts: text @life20fun to (306)992-6966

Website: [www.liveitup4life.com](http://www.liveitup4life.com)

**Course Mark**

**Exams & Major Assignments** will be worth ***twice as much*** as **Assignments & Quizzes**.

**Aim:** to enable students to acquire and refine the knowledge, skills and abilitiesto plan and enhance their personal health, family life, community life, and career development in order toeffectively manage the change encountered in the transitions they will face throughout life.

**Goals:** Life Transitions centers on personal health, family, community and career, while providing students the opportunity to:

* develop a positive self-concept and the skills necessary to maintain it
* develop the attitude and skills to grow with change
* acquire and practice the skills needed to progress from dependence to independence
* apply knowledge and skills to take charge of their lives in achieving and maintaining a positive lifestyle
* examine, reflect and act upon their personal goals and level of well-being in managing their lives as purposeful, contributing members of society.

|  |  |
| --- | --- |
| **Module 1: Orientation To Life Transitions (Required)** | |
| Transitions defined, types of transitions, planning for transitions, personal reflection & assessment, decision-making models, goal setting, personal standards and goals. | |
| **Module 2: Personal Self-Knowledge (Required)** | |
| Mental health & managing change, abilities & interest inventories, personal inventories, personal standards vs behavior, effects of stereotyping on self-concept, self-concept & future achievements, communication skills, defense mechanisms, mental health, decision-making & managing change. | |
| **Module 3: Relationships (Required)** | |
| Types of relationships, different relationships meet different needs, commitments & expectations, initiating acquaintances & closer relationships, maintaining relationships, communication skills, terminating relationships, common problems, managing conflict. | |
| **Module 4: Time Management (Required)** | |
| Time management as stress management, personality types & time management, assessment of personal practices, effective time management techniques, common time wasters. | |
| **Module 5: Career Self-Knowledge (Required)** | |
| Relating self to careers, lifestyle & leisure choices, lifestyle & characteristics of entrepreneurs, changing career patterns, stereotypes & roles in workplaces, entrepreneurial opportunities, relating personal profiles to career clusters, supports. | |
| **Module 6: Life Balance (Optional)** | **Module 7: Community Issues and Ethics (Optional)** |
| Balance vs unbalance in areas of life, impact of lifestyle choices on career & work, impact of lifestyle choices on family life, influences of culture & gender, healthy vs unhealthy behavior patterns. | Identifying community or ethical issues, proposals for solution, analyzing issues. |
| **Module 8: Career Services and Supports (Optional)** | **Module 9: Human Sexuality (Optional)** |
| Defined, placement services & transitions from high school, financial services & supports for post-secondary, entrepreneurs support, personal resource catalogue. | Sex & sexuality, controlling instinctual behaviors, responsibility with, sexual messages, defining sexual activity, human sexual response cycle, contraception, pregnancy/labour/birth, unplanned pregnancy options, factors affecting sexual behavior decisions, sexual decisions & life goals. |

**A Few Course Related Thoughts…**

Well-being is a 'broadly defined term used to describe a highly developed level of health resulting from the balancing of all dimensions of health: physical, social, spiritual, emotional and intellectual.

Life Transitions is a term signifying ‘major changes encountered throughout life'. A few examples include graduating from high school, entering the world of work, selecting a mate, becoming a parent and changing careers.

Personal health, family, community and career represent aspects of one's life. Throughout this curriculum they are listed in that order to represent a focus on the narrowest aspect of self, progressing toward the broadest aspect of career.

The term career, throughout the Life Transitions course, encompasses the sum total of one's life experiences including the roles in which an individual is involved (worker, learner, family member, community member), the settings where an individual finds him/herself (home, school, workplace, community) and the events that occur over an individual's lifetime (career change, marriage, retirement). In this sense, career means that the focus is on the total person -- the human career.

