

Life Transitions 30 (2020)

Course Outline

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Course Mark

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

Aim: The aim of 7-12 Practical and Applied Arts is to provide life skills to prepare students to participate as family members, community members, citizens, consumers and producers in Canadian society. Life Transitions 30 provides students with opportunities to acquire knowledge and skills to take charge of their lives from dependence to independence in achieving and maintaining a positive lifestyle. The courses help students develop personal and career goals, cultivate healthy relationships, become responsible consumers and contributing members of society.

Areas of Focus:

- skills for becoming independent and informed adults and for developing healthy lifestyle habits
- personal awareness and safety
- self-health care
- responsible consumerism
- positive relationships
- mental well-being
- responsible and engaged citizens.

Purpose: The purpose of Life Transitions 20, 30 is for students to develop lifelong skills for achieving and maintaining a positive self-concept and lifestyle. Students will learn how to adapt and grow with change, develop positive relationships, appreciate diverse perspectives and establish habits for healthy living. Students will acquire skills in time management and effective workplace and personal communication as well as learn ways to become aware and responsible consumers. Students will build an understanding of the financial and personal responsibilities and obligations, involved in living on their own. The teachings in Life Transitions 20, 30 should equip students with the necessary skills for successfully transitioning toward independence in adulthood and growing into well-rounded and thriving contributors of their communities.

Module 2: Personal Awareness (A) Goal Setting (Optional)	3-4 hours
Investigate personal goals and the importance of goal setting.	
Module 5: Care & Maintenance of Personal Items (Optional)	5-10 hours
Demonstrate care and maintenance of personal items to support independent living.	
Module 7: Documentation for Life (Optional)	4-5 hours
Investigate processes required to acquire documentation to support living and working in Saskatchewan.	
Module 9: Food Choices (Optional)	7-10 hours
Investigate food choices that impact personal and community wellbeing.	
Module 10: Equity, Diversity, and Inclusion (Optional)	5-10 hours
Assess one's self awareness and understanding of equity, diversity and inclusion.	
Module 12: Health Self-Care - Advanced (CORE)	5-7 hours
Investigate processes required to acquire documentation to support living and working in Saskatchewan.	
Module 13: Independent Living Arrangements (Optional)	5-10 hours
Investigate personal goals and the importance of goal setting.	

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Module 15: Family Relationships through the Lifecycle (CORE)	3-5 hours
Demonstrate care and maintenance of personal items to support independent living.	
Module 19: Investigating Financial Aspects of Independent Living (Optional)	3-5 hours
Investigate financial aspects related to independent living.	
Module 21: What is Mental Health/Wellness (CORE)	10-15 hours
Explore holistic approaches to mental health.	
Module 22: Suicide (Optional) *Prerequisite: Module 21	3-10 hours
Analyze the warning signs and risk factors for preventing suicide, including resilience and the supports available.	
Module 23: Addictions - Intermediate (Optional)	5-10 hours
Analyze the strategies and services available in Saskatchewan to fight addition.	
Module 26: Responsible Consumerism (Optional)	5-7 hours
Analyze the factors that influence the choices of responsible consumerism.	
Module 28: Active & Engaged Citizenship (Optional)	5-7 hours
Investigate elements of active engagement as a Canadian citizen.	
Module 99A: Introductory Extended Study	10-15 hours
Module 99B: Intermediate Extended Study	10-15 hours

