

### 3-Year Class Unit Overview

<b>Independent Living: Tues/Thurs</b> <u>On-Going:</u> Budgeting, transit, phone & calendar skills, planning and journaling	<b>Adult Living: Mon/Wed/Fri</b> <u>On-Going:</u> News-2-You, basic functional skills (time, money), leisure activities
<b>1.1 Personal Power (TC 1, Unit 1)</b> Human needs and differences, goal setting & personal success, decision-making process	<b>1.1 Circles 1 (Video Curriculum)</b> Circles of intimacy & relationships, relationship building, Touch-Talk-Trust
<b>1.2 Effective Communication (TC 1, Unit 2)</b> Positive vs. negative talk, empowering language, understanding & controlling anger, differences & conflicts	<b>1.2 Circles 2 (Video Curriculum)</b> Circle jumping, reversing intimacy levels, rejecting & rejection of intimacy, ending relationships
<b>1.3 Career Education (TC 1, Unit 3)</b> Choices & dreams, values & meaning in work, personal skills & preferences, accommodations and support	<b>1.3 Getting a Job for You (TC 2, Unit 2)</b> Job search process, making a good impression, interviewing skills, resumes & applications
<b>2.1 Self-Advocacy (TC 2, Unit 1)</b> Self-advocacy & setting goals, identifying & accessing community resources, steps to success	<b>2.1 Be Cool (Video Curriculum)</b> Coping with difficult people (teasing, anger, criticism, bullying), Cold-Hot-Cool
<b>2.2 Succeeding as an Employee (TC 2, Unit 3)</b> Workplace basics, employer expectations, being a valuable employee	<b>2.2 Job Smart (Video Curriculum)</b> First impressions, getting along with co-workers, job keeping skills, job safety
<b>2.3 Community Participation (TC 2, Unit 4)</b> Community resources, rights & responsibilities, community support system	<b>2.3 People Smart (Video Curriculum)</b> Meeting people, basic friendship skills, closer friendships, issues of trust & gullibility
<b>3.1 Healthy Lifestyle (TC 3, Unit 1)</b> Healthy habits, managing stress and diet, fitness and unhealthy habits, caring for your health	<b>3.1 Safety Smart (Video Curriculum)</b> Home, pedestrian & transit safety, Fire, police, healthcare and pharmacy resources, basic first aid
<b>3.2 Leisure Time (TC 3, Unit 2)</b> Learning about leisure, choosing leisure activities, leisure activity evaluation	<b>3.2 Money Smart (Video Curriculum)</b> Savvy shopping, avoiding overspending, following a budget, avoiding scams, shopping safety
<b>3.3 Living on Your Own (TC 3, Unit 3)</b> Making life decisions, budgeting & banking, housing & transportation, consumer skills	<b>3.3 Home of Your Own (Video Curriculum)</b> Borrowing & lending, sharing, community & consumer skills, resolving conflicts