

Life Skills Course Options Presented (for reference)

Note: Students were asked for 1st and 2nd choices from Category A and 1st, 2nd and 3rd choices from Category B

Category A Option 1: How to Get What You Want: (A session on goal setting)

Category A Option 2: How to Set Your Body and Mind Up for Success: (A session on wellness and performance)

Category A Option 3: How Not to be a Jerk: (A session on communication and conflict resolution)

Category A Option 4: Finding Meaning in How You Spend your Spare Time (A session on the benefits of and options for Volunteering)

Category B Option 1: Earning Money and Starting a Small Business

Category B Option 2- Cake and Cookie Decorating

Category B Option 3- Fashion Design and Trends

Category B Option 4- Stock Market Investing & Personal Finance

Category B Option 5- Video Editing

Category B Option 6- First Aid Basics

Category B Option 7- Decorating a Room

Category B Option 8- Sports Readiness-Conditioning/Fitness/ and Skills Development