

Life Skills

Curriculum Outline

Commonwealth of Kentucky
Cabinet for Health & Family Services
Department for Community Based Services
Out of Home Care Branch
Chafee Independence Program

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Community Resources

Goals: Youth will acquire skills necessary to access and utilize community resources

- Is able to use available resources to obtain community resources (CR1)
- Can gain information from community resources by asking effective questions (CR2)
- Knows how to develop and enhance a personal support system (CR3)
- Can apply problem solving skills and community resources to solve problems (CR4)
- Knows how to obtain a copy of personal documents (CR5, CR5-1, CR5-2, CR5-3, CR5-4, CR5-5, CR5-6, CR5-7)
- Understands civic responsibilities with voter registration (CR6)
- Knows and understands how to organize and maintain important documents (CR7)
- Has knowledge of personal strengths and needs when planning for self-sufficiency and can identify resources for transition to the community (CR8, CR8-1, CR8-2, CR8-3, CR8-4, CR8-5)

Education

Goals: Youth will develop a career plan, acquire study skills and the skills necessary to access and utilize educational/vocational resources

- Understands the difference between a job and a career (ED1)
- Understands the importance of technology in the workplace (ED2)
- Understands the importance of education (ED3)
- Knows how to utilize educational resources (ED4, ED4-1)
- Knows how to develop a career plan (ED5, ED5-1)
- Understands the process of extended commitment (ED6, ED6-1)
- Knows how to identify personal learning styles and can utilize study skills that relate to those styles (ED7, ED7-1)
- Knows how to utilize educational/vocational resources and how to fill out the applications (ED8, ED8-1, ED8-2, ED8-3, ED8-4 ED8-5)
- Knows how to utilize the College Admissions checklists (ED9, ED9-1, ED9-2)

Employment

Goals: Youth will acquire skills necessary to obtain and maintain employment

- Understands the importance of employment (EP1)
- Can search for employment in a variety of ways (EP2, EP2-1, EP2-2)
- Understands the employee/applicant selection process and can ask effective questions about the employment ads (EP3)
- Can complete a resume (EP4)
- Understands the importance of a cover letter (EP5)
- Can complete a job application and how to follow up (EP6, EP6-1, EP6-2)
- Can complete a job interview (EP7, EP7-1, EP7-2)
- Knows and understands payments, benefits, how to read a paycheck / paystub and tax obligations with regards to employment (EP8,EP8-1)
- Knows how to apply rules of the workplace to maintain employment (EP9, EP9-1)
- Knows and understands the importance of listening and effective communication skills (EP10)
- Knows how to cooperate with others in a work environment (EP11)
- Knows how to resolve conflicts with others (EP12)
- Knows and understands the importance of quitting a job properly (EP13)

Housing

Goal: Youth will acquire skills necessary to locate housing.

- Knows and understands what to look for in an living situation (HS1, HS1-1, HS1-2)
- Knows and understands how to look for housing (HS2, HS2-1)
- Understands what information is needed for a basic rental application (HS3)
- Understands what is needed to obtain housing (HS4)
- Understands the pros and cons of having a roommate (HS5, HS5-1)
- Knows how to design a written agreement between roommates (HS5-1)
- Can complete an apartment lease (HS6)
- Understands how to read a lease agreement and what the different terms mean (HS6-1)
- Knows and understands the rights and responsibilities of Landlords (HS7)
- Knows and understands the rights and responsibilities of Tenants (HS7)
- Knows how to estimate the cost of housing set up (HS8)
- Knows how to develop realistic housing expectations (HS9)
- Understands renter's insurance (HS9)
- Knows how to ensure personal safety while living on their own (HS10)
- Can determine a realistic plan for readiness to move into the community (HS10, HS11)

Money Management

Goals: Youth will acquire skills necessary to manage their income and make informed decisions about purchases.

- Understands the differences between “luxuries” and “necessities” (MM1)
- Can make a realistic monthly budget using a thoughtful decision-making process (MM2)
- Can maintain a monthly budget using a thoughtful decision-making process (MM3, MM3-1)
- Knows and understands the advantages and disadvantages of advertising (MM4)
- Knows and understands comparison shopping (MM5, MM5-1)
- Can recognize the relationship between a short-term budgeting decision and a long-term financial goal (MM6)
- Can use money orders to pay bills (MM7)
- Knows how to open a checking and savings account at a local bank (MM8)
- Knows how to maintain a checking and savings account, use a debit card and is aware of internet/electronic banking (MM9, MM9-1, MM9-2, MM9-3, MM9-4, MM9-5, MM9-6)
- Understands the concept of credit (MM10, MM10-1, MM10-2, MM10-3, MM10-4)
- Knows how to apply for a loan (MM11, MM11-1, MM11-2)
- Understands the rights of a consumer (MM12, MM12-1)
- Knows and understands tax forms W-4,W-2, 1040EZ, and 740EZ (MM13, MM13-1, MM13-2, MM13-3)
- Knows and understands forms of identity theft such as “phishing” scams and how to protect against it. (MM14, MM14-1,MM14-2, MM14-3)

Healthy Relationships

Goals: Youth will acquire skills necessary to be in a healthy relationship and prepare for parenthood.

- Knows and understands sexuality and how love and sex differ (HR1, HR1-1)
- Understands the meaning of abstinence (HR2)
- Knows and understands STDs and how to prevent them (HR3, HR4,)
- Can complete the “Sexuality, STD and Pregnancy Prevention” worksheet (HR5, HR5-1)
- Understands the different types of STDs and the risks of not treating them (HR6, HR6-1)
- Understands the basic facts about HIV/AIDS and how to protect against it (HR7, HR7-1)
- Knows and understands what values are (HR8)
- Knows and understands the responsibilities of being sexually active (HR9)
- Knows and can recognize dating violence (HR10)
- Knows how to obtain help for dating violence (HR10-1)
- Knows what to expect in pre-natal doctor visits (HR11, HR11-1)
- Understands what items are necessary to bring home a newborn (HR11-1, HR11-2)
- Knows and understands positive parenting skills (HR11-3)
- Knows and understands how to keep an infant safe (HR11-3)
- Understands the techniques to comfort a newborn (HR11-4)

Health

Goals: Youth will acquire skills to locate and access health needs across the community.

- Knows and understands how to select a doctor (HE1, HE1-1)
- Knows and understands where to go to obtain medical insurance (HE1, HE1-1)
- Knows and understands how to obtain personal records from the Cabinet for Health and Family Services (HE1-2, HE1-3)
- Knows and understands the importance of having a living will and health surrogate in case one is unable to make decisions for oneself (HE2, HE2-1, HE2-2, HE2-3, HE2-4, HE2-5, HE2-6, HE2-7)