

# today's life skills

**Teacher's Resource Materials**

**\$75** Item No. 1097

TLS is an evidence-based curriculum developed by The Curriculum Center for Family and Consumer Sciences at Texas Tech University. Over 1500 students and 525 adults were surveyed on topics related to future expectations and life skills for work and family. The research findings suggested that both adults and students see a need for further development in all life skill categories. In response to these findings, The Curriculum Center developed the Today's Life Skills curriculum to supplement educational programs across the nation.

Each module contains:

- Guided lessons, written for the teacher, providing a comprehensive overview of each topic
- Lessons for grades 7 & 8, 9 & 10, and 11 & 12
- Learning Activities and Answers
- POWER Teaching Aids
- Web Resources

Digital and Print Bundle  
Updates and PowerPoints® are  
included

**Personal Development Skills** ■

**Health and Wellness Skills** ■

**Citizenship Skills** ■

**Communication Skills** ■

**Consumer Skills** ■

**Employability Skills** ■

**Parenting and Child Care Skills** ■

**Balancing Work and Family Skills** ■

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## Units

- **Unit 1 Personal Development Skills:** Personal development skills contribute to the growth of an individual's ability to function personally and in relationships with others. (Self-Esteem; and Social Conduct)
- **Unit 2 Health and Wellness Skills:** Health and wellness contribute greatly to an individual's ability to function successfully in work and family life. (Stress Management; HIV/AIDS Awareness and Prevention; Weight Management; Human Nutrition; Substance Abuse; Sex Education; and Cancer and Cardiovascular Disease)
- **Unit 3 Citizenship Skills:** Citizenship involves responsible participation in the community, nation and world. (Effective Citizenship; The United States Flag; Parliamentary Procedure; The United Nations; and Misdemeanors and Felonies)
- **Unit 4 Communication Skills:** Effective group functioning at home and at work depends on effective communication skills. (Verbal and Nonverbal Communication; Leadership; and Conflict Resolution)
- **Unit 5 Consumer Skills:** Keen consumer skills are necessary in a rapidly changing, highly technological society. (Personal Checking Accounts; Budgeting/Purchasing; Financial Planning; and Managing Credit)
- **Unit 6 Employability Skills:** Equipping students for the future includes preparing them for employment. (Characteristics needed for employment; Work Schedules and Compensation; Employment Opportunities; Self-Improvement; Social Security System; and Securing Employment)
- **Unit 7 Parenting and Child Care Skills:** While some students have realistic expectations and positive role models for parenting, many students lack such role models. As such, there is a diverse need for parenting skills. (Functioning Effectively as a Family; School-Age Parenting; Selecting Child Care; Parenting: What's It All About; and Parenting Education: Prenatal, Postnatal, and Infant Care)
- **Unit 8 Balancing Work and Family Skills:** The growing number of working women, dual-career families, and single parents has intensified the need for skills to manage work and family responsibilities. (Managing Multiple Roles; Goal Setting and Decision Making; and Initiatives for Families and Work)