

Life skills are problem-solving behaviors used appropriately and responsibly in the management of personal affairs. They are a set of human skills acquired via teaching or direct experience that are used to handle problems and questions commonly encountered in daily human life. The subject varies greatly depending on societal norms and community expectations.

The Progressive Center for Independent Living (PCIL) has been providing Life Skills education to students with disabilities since 2003 through our Transition Instructors. In the Life Skills Program, Instructors will focus on self-help skills and the development of self-discovery with important life lessons; assist students in exploring career opportunities or post-secondary options with high school students, based on individual interests, all is outlined in the attached syllabus.

Life Skills instructors provide a myriad of lesson plans, including:

- Self-Advocacy
- Self-Discovery
- Career Awareness
- Advocacy & Relationships
- Travel & Safety
- Social Skills Development
- Knowing Your Community
- Essential Lifestyle Planning
- Time Management
- Health & Wellness
- Job Smart Curriculum

Life skills are essential to job functioning, and they must be included in instruction for students with IEP's. Large numbers of students with disabilities, both high school graduates and dropouts, earn very low salaries (Edgar, 1988). These students do possess the potential to live and work in the community if they receive appropriate life skills instruction (Rusch & Phelps, 1987). However, without this instruction they often fail to hold their jobs. A life skills curriculum approach blends academic, daily living, personal/social, and occupational skills into integrated lessons designed to help students learn to function independently in society.

GOAL	OBJECTIVE
Topic 1	
Advocacy Skills & Relationships	Development and implementation of student self-advocacy as it pertains to relationships with others
Topic 2	
Social Skill Development	Students learn ways to express wants and needs through appropriate communication skills
Topic 3	

Conflict Resolution Identify how conflict at home and/or the workplace affects a person, explore effective coping techniques

Topic 4

Job Training Through career exploration, identify a career of interest and investigate skills needed, training required and wages associated with position

Topic 5

Financial Literacy Gain an understanding of everyday spending and learn techniques in budgeting and expense

Topic 6

Independent Living Develop an understanding of what it means to “live on Reality Check your own” and its benefits and pitfalls

Always Available Instructors are available to meet with family/guardian and student individually

If this program is for you contact your local child study team and ask them to provide this for your child.

For more information contact Program Management, Renee Pfaff.