

Life Skills

This course will focus on four core areas including Health and Nutrition, Occupational Preparation, Home Maintenance, and Community Exploration. Concepts to be covered include but are not limited to basic personal health and awareness of the world, strengthening employment behaviors, menu planning, food preparation and establishing social relationships. This course may be taken more than one time for credit.

Programming for students who require support in acquiring independent living and functional skills is provided as a part of a comprehensive academic program for students with disabilities. Academic and functional skills are derived from standards aligned with the core curriculum offered to all students.

Specialized instruction is provided to ensure that students received explicit instruction in all areas of need outlined in their Individualized Education Programs (IEPs) and the Aligned Standards of Learning which supports the Virginia Alternative Assessment Program (VAAP). These classes provide students opportunities to practice the skills that are important for success in the community and future work place, such as communication, cooperation, following a schedule, problem solving, self-initiation and independent living. Students with disabilities are provided with opportunities to learn and practice independent living skills that align with the transition plans within students' IEPs. Instruction is delivered in general education or special education classes. Additional opportunities to use communication and other skills are provided in the community through job sampling and internships.

High School Credits: 1

School Level: High School

Grade: 9, 10, 11, 12

Prerequisites:

Student must be participating in the Career Preparation Curriculum.

Program: Academic Support Courses