

Life Skills and Study Skills

Instructor: Selynda Vass; prautusok@gmail.com

Grades: 6th-10th

Fees: \$30/month tuition, plus \$15 PER semester course fee

Course Description: To develop self-awareness and organizational skills that will help the student not only academically now, but in various areas in life. This class is based in part on a very successful outcome based education program that the instructor is certified to teach, called Botvin life skills. This curriculum walks students through step by step processes that are meant to be mentally, emotionally, and socially enriching, along with substance abuse preventatives (though parents may discuss with the instructor if they do not want their student in any classes that directly address substance information such as vaping). Topics include goal setting, decision making, coping with emotions such as anxiety and anger, social skills and confidence and assertiveness skills.