

Life Skills Syllabus

Name _____

X	Subject	Learning Goals /Expectations	Activities	Hrs.	Grade	Resources
	Martial Arts	<ul style="list-style-type: none"> •Learn the basic techniques of San Soo Kung fu 	<ol style="list-style-type: none"> 1.Learn the basic punch/block pattern. 2.Learn basic takedowns. 3.Learn the philosophy behind “free-form” style 4.begin to develop own style. 	20+		
	Fitness	<ul style="list-style-type: none"> •Develop a personal exercise program and follow 	<ol style="list-style-type: none"> 1.create a workout log 2.connect with Physical trainer to validate healthy goals in log 3.follow routines and track 	40+		
	Abandonment	<ul style="list-style-type: none"> •Define abandonment •Learn the issues that come from feeling abandoned. •Learn and practice techniques that allow a person to cope and resolve abandonment. 	<ol style="list-style-type: none"> 1.Discover and express times that you have felt abandoned. Discuss. 2.Journal what you would say to the person/s who you feel abandoned. 3.Read letters aloud or burn them 	2		
	4th Step- Who we've hurt and how to make amends	<ul style="list-style-type: none"> •Develop self-awareness around past actions and how they effected others. •Learn and practice skills that can repair damaged relationships. 	<ol style="list-style-type: none"> 1.4th step worksheet 2.Discuss 	3		
	Affirmations	<ul style="list-style-type: none"> •Develop a personal language of positive affirm thoughts that lead to positive feelings, actions and results. 	<ol style="list-style-type: none"> 1.Learn language patterns that promote neuro growth and create statements using those patterns. 2.Record the statements on a subliminal track underneath favorite song. 3.Listen daily and track results after one week. 	2		
	Anger	<ul style="list-style-type: none"> •Identify what makes an individual angry •Learn how the individual expresses anger. •Develop and practice skills that can offer alternatives to anger and still result in a powerful outcome. 	<ol style="list-style-type: none"> 1.Use the anger workbook to clarify personal experiences with anger 2.discuss past experiences that triggered deepest anger reaction. 3.Discuss how anger can turn destructive 4.Name at least 3 alternatives to acting out on anger. 	2		

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	Autobiography in 5 short chapters	•Use the Autobiography as a self awareness tool for challenges that seem to repeat themselves.	<ol style="list-style-type: none"> 1. Identify a personal repeating situation. 2. Identify where in your process you are with the situation, what chapter you are on. 3. discuss why you are on that chapter and give/ receive feedback from other students to validate. 4. determine what actions are necessary to move on to the next "chapter". 	2		
	Conflict Resolution	•Explore different conflict resolution techniques and practice them.	<ol style="list-style-type: none"> 1. Identify most common conflict with family. 2. Identify the "process" that the family normally takes to resolve it. 3. discuss whether the conflict is really resolved or just postponed. 4. discuss resolution techniques that could bring the conflict to a real resolution quickly and with all parties feeling like needs are being met. 	2		
	Cutting and Self Harm	•Develop an understanding of why people cut and how it effects their life.	<ol style="list-style-type: none"> 1. Read and discuss psychological studies on cutting and speak with students in group who know of people who cut or are personally involved with cutting. 2. discuss tools that cutters use 3. consider in a group setting alternatives to cutting and the psychological impact of cutting on a family. 	2		

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	Becoming an Expert	•Develop a plan of action that helps an individual become an expert in something they are passionate about.	<ol style="list-style-type: none"> 1.Discover students biggest passion. Locate topic directly related to that subject. 2.Student is to find 5 books based on the subject and read reviews choosing the best one. 3. Identify 3 experts on the subject 4.get contact information for experts 5.create 3 questions for the experts that inspire conversation. 6.Pick one expert and conduct interview 7.Create a field trip experience for the other students to attend to learn about the subject 8.decide about resources and equipment needed for trip experience and design budget. 	3		
	Entitlement Issues	•Identify the meaning of “spoiled” and “entitled” and discover how parents can raise their children to express these traits.	<ol style="list-style-type: none"> 1.Decide what habits parents have that create entitled children. 2.learn what experts think about spoiled and entitled children and compare their answers with students 3.Identify and practice techniques to deal with a friend or loved one who is “spoiled”. 	2		
	Finances	•Learn the different ways of using money.	<ol style="list-style-type: none"> 1.Practice in a board game setting how finances work and how many different scenarios may emerge when all players try different things using the same financial profile. 2. Create budget based on current wages and income and current expenses as a teen 3.Review and discuss 	12+		

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	Archetypes	<ul style="list-style-type: none"> •Study the 4 primary archetypes and become self aware of which archetype is the one that is used as a survival mechanism. •Identify which archetype family members and people in your direct community use. 	<ol style="list-style-type: none"> 1.Discuss different personality types and the history of archetypal psychology. 2.going through the archetypes used by Fire Mountain, find the ones that match family members. 3.discuss habits and traits and values shared by archetypes 4.Learn and practice communication skills between the archetypes 	4		
	Groceries and Food Budgets	<ul style="list-style-type: none"> •Understand the need for budgeting, planning and saving money with regards to food. 	<ol style="list-style-type: none"> 1.design a weeks menu for when you are living on your own. 2.Practice, in a grocery store, finding and pricing food, saving money and reconciling personal food budgets. 	4		
	Pet Ownership and Pet Budgets	<ul style="list-style-type: none"> •Understand the reality of owning a pet and the costs associated with it. •Make a yearly budget of expected costs. 	<ol style="list-style-type: none"> 1.find an ideal pet and figure cost of purchasing a infant vs. finding one online or at the pound 2.create budget discovering realistic pet ownership responsibilities. 	1		
	How to Change	<ul style="list-style-type: none"> •Create an awareness on personal thing, virtues, habits and attitudes that one would like to change 	<ol style="list-style-type: none"> 1.learn and practice techniques that act as a catalyst for change. 2.Learn techniques on how to integrate change into daily habits. 	3		
	Writing an Impact Letter	<ul style="list-style-type: none"> •Understand the definition of an impact letter and why it's used. •Learn the techniques for writing a letter to someone that is impactful. 	<ol style="list-style-type: none"> 1. Define and discuss examples of impact letters you have written or received in the past. 2.decide on a person to send an impact letter to. 3.write the letter and read it to other students to receive feedback 4.send the letter. 	3		

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	Life Plan	<ul style="list-style-type: none"> •Understand the benefit to having a plan and practice making decisions based on current knowledge about where a persons life is headed. •Identify all key factors that influences a life plan decision. • 	<ol style="list-style-type: none"> 1.Using the life plan worksheet, identify the ages that key factors in your personal development took place. record those on the time line. 2.decide future events that happen that impact your life and take you closer to the life goals you desire. 3.Based on personal awareness of key factors, re-evaluate life plan. Discuss with other students. 	4		
	How to tell when someone is Lying	<ul style="list-style-type: none"> •Gain a working knowledge of how police and body language experts tell when someone is lying. 	<ol style="list-style-type: none"> 1. Identify the body language signals that someone displays when they are lying. 2.Practice with a "truth/lie" storytelling process 	2		
	How to Repay Your Parents	<ul style="list-style-type: none"> •Become aware of how current destructive behaviors have impacted family members in a financial way. 	<ol style="list-style-type: none"> 1.Create action plan of repayment for family members using, time, money and energy. •Identify time, energy and fiscal resources that were used or wasted. 2. 	2		
	Locus of Control	<ul style="list-style-type: none"> •Using the Locus of Control chart identify to what extent students believe that they have control of the situation in their life. 		3		
	Men's Group Work	<ul style="list-style-type: none"> •Identify work that is particular to mens studies and can support boys making a transition into manhood. 	<ol style="list-style-type: none"> 1.Using self awareness tools identify events in life that you COULD control but didn't. 2. Identify the skills it takes to have a HIGH level locus of control to better effect life. 	2		
	Motivational Interviewing	<ul style="list-style-type: none"> •Come to understand the basics of client-centered, semi-directive method of engaging intrinsic motivation to change behavior by developing discrepancy and exploring and resolving ambivalence within the client. 	<ol style="list-style-type: none"> 1.Practice these techniques in mock "therapy sessions" 2.Discuss techniques and situations that Motivational Interviewing can be used. 	3		

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	Money Psychology	Understand the different beliefs around money and different philosophies people have about money. Identify and discuss personal beliefs.	1.Discuss different money personalities. 2.discover personal money beliefs 3.Identify values with money that create wealth	3		
	Relationships	•Take a close look at models of successful relationships and analyze their virtues.	1.Identify what makes a successful relationship possible. 2.Using self awareness, identify similarities in past failed relationships.	4		
	Writing a Resume	•Understand and discuss the importance of a well written resume.	•Identify the differences between well written and successful resumes and poorly created ones. •Identify which past experiences and trainings are resume worthy. •Create a personal, age appropriate resume	4		
	Self Esteem	•Learn to distinguish between healthy self esteem and poor self esteem.	•Using self awareness, analyze your personal self esteem •Learn techniques and exercises that improve self esteem.	2		
	Restorative Justice	•Understand the approach to justice that focuses on the needs of victims, offenders, as well as the involved community, instead of satisfying abstract legal principles or punishing the offender. •	•Practice a reparative process for a past indiscretion.	4+		
	Transforming your Dragons	•Using a model of fear patterning called Dragons, identify which dragon (fear) runs your life.	1.Take a quiz on negative fear traits that you are effected by. •identify family dragons and dragon patterns that emerge in relationships. •discuss techniques and exercises to “Tame the Dragon”	3		

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	Therapy	Define therapy and understand it's use in medicine and dysfunction.	<ul style="list-style-type: none"> •Identify the reason behind therapeutic techniques and who created them. •Identify famous therapists and therapeutic modalities that they created. •Practice identifying basic psychological dysfunctions based on behaviors. •discuss personal therapeutic experiences that worked and did not work. 	4		
	12 Steps (Fire Mountain version)	•Learn 12 steps to Sobriety based on Fire Mountain's teen focused sobriety design.	<ol style="list-style-type: none"> 1.Attend NA meetings in the community 2.Attend NA meetings in the Group home 3.practice the steps and discuss process and failures in a supportive group setting 	20+		
	Police Procedure	•Learn how peace officers do their jobs and rules that they have to follow.	<ul style="list-style-type: none"> •Identify personal rights based on the Bill of Rights. •Practice in pretend "pull over" sessions how to speak to a officer, protecting personal rights and without obstructing justice. •Watch "how not to talk to the police" by chris Rock. 	3		
	Suicide	Get a clear understand of suicide and why people commit suicide.	<ul style="list-style-type: none"> •Review the psychological conditions surrounding suicide and different perspectives about it. •study the difference between suicidal ideation and suicidal tendencies •Identify the signs and symptoms of a person who is suicidal. •Learn the proper steps to support someone who has revealed that they feel suicidal. 	2		
	Magnolia	•Watch and understand the movie Magnolia and it's artistic nuance.	<ol style="list-style-type: none"> 1.Watch the film 2.Discuss symbolism present in the film 3.relate the intricate relationships to own life 4.Complete worksheet 	4		

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	Fight Club	•Watch and understand the movie Fight Club and it's artistic nuance.	1. Watch the film 2. Discuss psychological symbolism present in the film 3. relate the intricate relationships to own life 4. Complete worksheet	4		
	How to get a Job	•Understand the process that getting a job requires	•Learn step by step goals and the process of finding, applying, interviewing and following up with each step of the process. •Practice by actually seeking employment.	12+		
	Life Map	•Learn the importance of planning events, including life.	•Using a timeline model, identify all details of the past that have effected where you are in life. •Based on self awareness, create future impactful events that determine where life will go	2		
	Narcissism	•Gain a basic understanding of narcissism by reviewing psychological definitions.	•Identify the mental illness of Narcissism and it's signs and symptoms. •learn how diagnosis are made •discover techniques that allow for a healthy, productive relationship with a person who suffers from Narcissism	2		
	Sensual Awareness Inventory	•Gain a basic understanding of 6 senses and how they are used	•Identify all 6 senses and which personal sense is a primary for the individual. •Learn tools and techniques for experiencing all techniques fully.	2		
	Leadership Games	•Understand leadership games and how they improve leadership qualities.	•Learn different leadership games used by corporations and therapeutic programs to inspire leadership qualities. •Practice and play games and debrief experiences.	4		
	Negotiation	•Have a basic understanding of negotiations, when they are used, and how to use techniques effectively	•Identify the basic techniques used in business negotiations to fulfill needs. •Practice these techniques in mock negotiations.	4		

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	Co-Dependency	•Learn the basics signs and symptoms of a co-dependent relationship.	•Identify co-dependent relationships that have directly effected the student. •Learn tools and techniques to repair do-dependent relationships that the student is involved in.	4		
	Counter Dependency			2		
	Exercise and Nutrition	•Identify a healthy balance between exercise and good eating habits.	•Develop a personal plan with guidance from an expert. •Create a exercise and nutrition log. •Implement plan and track results.	20+		
	Family Tree Trauma	Understand how family experiences effect your life.	•Identify what traumatic events have befallen immediate family members for 3 generations. •discuss possible effects of others trauma on the students. •Discuss how past family events could have effected students current situation.	3		
	Relapse Prevention	Understand Relapses in recovery and how to avoid it.	•Discuss why relapse prevention is important to those who could suffer from it's effects. •Develop resources for when the temptation to relapse arrives.	6		
	SWOT Analysis	•Have a basic knowledge of SWOT and how to use it in planning	•Discuss SWOT as a strategic planning formula. •Learn to define the different aspects of a swot analysis. •Create a plan using the SWOT for a project.	4		
	Interventions	•Understand how interventions work and why they are used.	•Identify when an intervention becomes necessary. •Research different intervention techniques •Discuss intervention techniques used by professionals. •Create recourses for helping a family stage an intervention. •Watch episodes of intervention and discuss	2		

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	Listening	<ul style="list-style-type: none"> •Understand the listening is a conscious skill that has techniques that allow for improve or understanding and retention 	<ul style="list-style-type: none"> •Discuss what listening is and define good listening skills. •Practice listening skills with other students 	2		
	Self Made Treatment Plans	<ul style="list-style-type: none"> •Have a basic understanding of treatment plans (goal plans) and why they are used in treatment of addiction among other dysfunctions. 	<ul style="list-style-type: none"> •Discover how and why treatment plans are created. •discuss techniques that allow students to be a integral part of their own treatment. 	6+		
	Symbolism (Therapeutic Techniques)	<ul style="list-style-type: none"> •Gain a basic understanding of symbolism in a therapeutic setting and why therapists use symbols to interpret deeper meaning. 	<ul style="list-style-type: none"> •Identify what symbols therapists use to understand deeper workings of a client. •Experience a basic assessment of home life by drawing and analyzing a simple picture drawn of the home. •discuss personal findings of students drawings. 	3		
	Pyramid Goal Setting	<ul style="list-style-type: none"> •Discuss the power of goal setting as a map for planning. 	<ul style="list-style-type: none"> •Using a Fire Mountain Goal planning model, learn how breaking big pictures into smaller, achievable goals and then setting a time line to the accomplishment of those goals makes the task easier. •Experience own goals in same model and discover how to work those goals into a day timer. 	8		
	Daytimers	<ul style="list-style-type: none"> •Understand the benefits to using a day timer. 	<ul style="list-style-type: none"> •Using a Fire Mountain Goal planning model, learn how breaking big pictures into smaller, achievable goals and then setting a time line to the accomplishment of those goals makes the task easier. •Experience own goals in same model and discover how to work those goals into a day-timer. 	3		

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	Personal Health	<ul style="list-style-type: none"> •Gain a basic knowledge of personal health and how our daily actions contribute to life long patterns. 	<ul style="list-style-type: none"> •Discover personal health habits. •Review personal health habits and discover whether they are in-line with desired optimal health. •Debate on what magazines, health workers, TV, and “experts say about achieving optimal health. 	12+		
	Road Trip	<ul style="list-style-type: none"> •Have a understanding of what a road trip takes to plan and accomplish. 	<ul style="list-style-type: none"> •Plan a personal Road trip. •Create a realistic financial budget for the road trip. •Discover ways to save money and optimize travel plans accordingly. •discuss personal trips. 	3		
	Giving Feedback	<ul style="list-style-type: none"> •Have a basic understanding of how to give constructive feedback to someone. 	<ul style="list-style-type: none"> •Discuss societies reaction to feedback. •Identify ways of giving feedback that can be received. •Identify types of feedback that convey negative messages or have ambiguous meaning. •Practice feedback with other students that convey positive, constructive meaning. 	3		
	My 1st Apartment	<ul style="list-style-type: none"> •Discover the reality of having a first apartment and the expectations that come with it. 	<ul style="list-style-type: none"> •Design a first apartment. •list and price everything that the apartment contains. •Develop a realistic budget. •Re-evaluate personal apartment design and make changes as necessary to match budget. 	12+		
	Personal Budget	<ul style="list-style-type: none"> •Learn how to develop a yearly complete budget that works for apartment living. 	<ul style="list-style-type: none"> •use the budget worksheet to fill planned and actual expenses vs. wages and extra income. •discuss saving tactics to reconcile budget. 	5		

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	Meal Planning	<ul style="list-style-type: none"> •Understand what it takes to plan, shop and prepare healthy meals. 	<ul style="list-style-type: none"> •Develop a weekly meal plan based on healthy diet choices. List all ingredients. •Review ingredients and find ingredients on a grocery list. •Take grocery list to grocery store and treasure hunt the items, finding cheapest price to reconcile budget. 	8		
	Outdoor Survival	<ul style="list-style-type: none"> •Understand basic survival skills with regards to shelter, warmth, water and food. •Recognize the importance and Demonstrate a knowledge of how to get found as quickly as possible. •learn basic first aid techniques. 	<ol style="list-style-type: none"> 1.Build a shelter 2.discover techniques on how to make the ground warm without fire 3.practices different fire building techniques (with and without matches) 4.Learn basic food sources 5.Learn how to purify and sanitize water for drinking 6.practice basic wilderness medicine in mock injury senarios 	20+		
	Outdoor Survival (Winter)	<ul style="list-style-type: none"> •Understand basic survival skills in a winter setting with regards to shelter, warmth, water and food. •Recognize the importance and demonstrate a knowledge of how to get found as quickly as possible. •Learn basic first aid techniques in a winter setting. 	<ol style="list-style-type: none"> 1.Build a shelter 2.discover techniques on how to make the ground warm without fire 3.practices different fire building techniques (with and without matches) 4.Learn basic food sources 5.Learn how to purify and sanitize water for drinking 6.practice basic wilderness medicine in mock injury scenarios 	16		
	Rock Climbing	<ul style="list-style-type: none"> •Learn the basics of rock climbing. 	<ul style="list-style-type: none"> •Understand safety measures. •Be able to safely belay other students. •demonstrate proper use of safety equipment. •Demonstrate proper climbing technique. 	20+		

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	River Rafting	<ul style="list-style-type: none"> •Learn the basics of River Rafting . 	<ul style="list-style-type: none"> •Understand safety measures. •Be able to safely communicate and participate in the group requirements with other students and demonstrate the ability to follow the guide's instructions. •demonstrate proper use of safety equipment. •Demonstrate proper River Rafting technique. 	12+		
	Mentorship	<ul style="list-style-type: none"> •Understand the basics of child mentorship and child psychology. 	<ul style="list-style-type: none"> •Recognize how children communicate needs. •Learn the skills necessary to meet a child where they are emotionally. •Practice skills in mock situations with other students. 	8		
	Chores	<ul style="list-style-type: none"> •Learn the necessity of household chores. • 	<ol style="list-style-type: none"> 1.Watch episodes of Hoarders and discuss. •Identify problems associated with neglecting chores from simple family strife to health hazards. •identify all things in a home that must be done to ensure a functional household. •create a realistic chore chart will work with a family. •Define age appropriate expectations and consequences that reinforce contributive behavior. 	12+		
	Camping	<ul style="list-style-type: none"> •Understand basic camping techniques. • 	<ol style="list-style-type: none"> 1.Learn how to set up a tent. 2.Learn Leave No Trace Techniques. 3.Learn proper disposal of waste (human and food) 4. 	12+		

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	Model Mugging	<ul style="list-style-type: none"> •Understand the term “model mugging and become knowledgeable in the basics of model mugging as a martial art training form 	<ul style="list-style-type: none"> •Discuss the pro’s and con’s of mock attack training. •Understand the martial arts philosophies associated with Model Mugging. •Demonstrate a clear understanding of the psychological circumstances surrounding Model Mugging. •Demonstrate a clear understanding of safety rules, precautions, and ability to perform while listening to instructions. 	4		
	Body Language	<ul style="list-style-type: none"> •Understand the basics of human communication through the use of body language. 	<ul style="list-style-type: none"> •Discuss barriers (mental and physical) to reading body language. •Learn the signs of a closed individual vs. an open one. 	4		
	Covert Persuasion	<ul style="list-style-type: none"> •Understand covert persuasion and it’s use in TV, cults and seminars and religions. 	<ol style="list-style-type: none"> 1.Discuss morals and virtues 2.Discuss how covert persuasion is used to change minds and thoughts 3.Discuss pros and cons of using covert persuasion 4.Discuss NLP as a therapeutic model 5. 	3		
	Movie Analysis	<ul style="list-style-type: none"> •To gain a deeper understanding of movies as an art form and how to critique them. 	<ul style="list-style-type: none"> • Understand the difference between a movie consumer and a movie critique. •Begin to watch things in the movie beyond the action and acting to understand how directing choices, editing styles, music and costuming effect the story. •Fill out worksheets 	12+		
	Documentary Analysis	<ul style="list-style-type: none"> •Watch documentaries and demonstrate a basic knowledge of the topic covered. • 	<ul style="list-style-type: none"> •Discuss with students the topic. •fill out worksheet 	12+		

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	Gardening and Farming (horticulture therapy)	•Understand the basics of farming and experience farm life through volunteer work.	1.Work both at the home farm and at a farm in the community that focuses on organic farming 2.Utilize the therapist in group sessions to discuss personal learnings and breakthroughs.	20		
	Defense Mechanisms	•Understand basic defense mechanisms and how they effect relationships and conversations.	1.Discuss more popular defense mechanisms that people utilize 2.gain self awareness about defense mechanisms used by the student. 3.Discuss in group setting ways through defense mechanisms 4.practice with other members of the group	3		
	Contracts	•To have a working knowledge of the contractual process	•Understand the basics of contracts, how and why they are used, and when they are necessary. •Practice contractual language and define terms specific to contracts. •Write contracts that are effective and implement them with family with regards to behavior and actions in the home.	8		
	Eating disorders	•To have a basic understanding of eating disorders and how to utilize resources to help someone with an eating disorder.	•Define different types of eating disorders. •Recognize health risks involved with eating disorders. •Learn to recognize signs and symptoms of an eating disorder. •Demonstrate a knowledge or resources for support.	3		