



SYLLABUS 2022-2023

SECONDARY SCHOOL

11th GRADE

Life Skills & College Guidance I

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LIFE AHEAD METHODOLOGY

Personal growth is assured through the philosophical foundations, and the school's Life Ahead Methodology. The Life Ahead Methodology promotes autonomy, organization, responsibility, and social skills. Its major goal is to produce self-reliant individuals who will assume an ever-greater responsibility for their own learning.

COURSE DESCRIPTION

Life skills are those competencies that provide the means for an individual to be resourceful and positive while taking on life's changes. Development of one's personality by being aware of the self, connecting with others, reflecting on the abstract and the concrete, leading and generating change, and staying rooted.

OBJECTIVES

- Define and identify different life skills required in personal and professional life
- Develop an awareness of the self and apply well-defined techniques to cope with emotions and stress
- Explain the basic mechanics of effective communication and demonstrate these through presentations
- Take part in group discussions
- Use appropriate thinking and problem-solving techniques to solve new problems
- Understand the basics of teamwork and leadership
- Develop and enhance respect and tolerance towards other people in all spheres in life
- Provide orientation, exploration and skills development through self-awareness and a positive self-image.

SKILL STRANDS

- Time management
- Money management
- Communication
- Positive self-image development
- Growth mindset and self-improvement
- Stress management

EXPECTATIONS

- Respect the effort of each member of the class
- Appreciate the choices made by each person
- Be constructive in any criticism o Include positive responses as part of any full critique

ASSESSMENT

Students' progress will be measured by multiple choice assessments as well as speech writing assignments.

APPOINTMENTS:

If you have any questions, you can request a meeting with the teacher by sending an email to iamaya@colegiomaya.edu.sv or calling 2316-7800.

For further information, we invite you to visit us at:



www.colegiomaya.edu.sv



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