

Life 101 Class Curriculum

- Basic nutrition
 - a. Reading nutrition labels.
 - b. Eating and cooking healthy (especially in college)
- Financial management
 - a. Budgeting and money management tips
 - b. Checking and savings accounts, credit/debit cards and credit reports
 - c. Protect personal and financial information from identity theft.
 - d. Managing debt
- Job Hunting and Negotiation
 - a. Job and interview preparation (dress code, resume)
 - b. How to sell yourself for a job.
 - c. Salary/benefits negotiation.
- Apartment hunting
 - a. Understanding a Residential Lease
 - b. Tenant rights and responsibilities
 - c. Setting up your utilities - electric, gas, water, cable, internet
- Auto maintenance
 - a. How to change the tire on your automobile
 - b. Knowing what is in the hood of a car, checking your oil
- How to sew
 - a. Basic techniques: how to sew a button and a seam
- Emergency preparedness
 - a. Basic First Aid techniques
 - b. How to react in an emergency, emergency plan