

Mrs. Riddle

The second year of your life skills training focuses on decision making and preparing you to become healthy and responsible young adults. In this class you will learn:

- ✓ How to make informed decision
- ✓ Stress Management techniques
- ✓ What to do if you are worried about a friend
- ✓ How to read a nutrition facts label
- ✓ How to compare 2 similar products based on the nutrition facts label
- ✓ The importance of eating whole foods over processed foods
- ✓ How to improve your sleep and why you want to

Classroom Rules & Expectations:

Classroom Seating

You will be assigned a place to sit on the floor during the first week of class. This will be your seat for the entire class. The instructor reserves the right to change seats as necessary.

Course Materials

You will need your Chrome Book periodically in class.

Food

The only food allowed in class is healthy, homemade unprocessed food.

Grading

Your grade will be based on the following criteria:

1. N=1 Experiments

- Several times in class, you will be asked to put into practice the concepts learned in class. This will be done using Google classroom.

2. Class Work

- This includes all note taking, written assignments, and group work.

1. **Class Participation & Behavior**

In this class, participation and behavior counts as a large percentage of your grade. Your class participation grade will be determined based on the following criteria:

- *Attendance and Promptness:* Come to class and be on time.
- *Level of Engagement & Participation in Class:* This includes engaging (participating) in class discussions and working cooperatively with others.
- *Listening Skills:* This includes paying attention in class. Please be polite when others, or the instructor, are talking.
- *Behavior:* Disruptive or impolite behavior will not be tolerated.

2. **Make-up**

- If you are absent, you must make up any work you missed (videos, class work, etc.) It is **your responsibility** to check with Ms. Riddle to find out what you have missed.