

Extended Standards
NC Elective Health, Safety, and Independent Living

PROGRAM DESCRIPTION

This course is designed to make available functional life skills that students require to effectively support participation in curricula, community and recreational/leisure activities.

Course Number:

Hours of Instruction: Six Semesters or Two Years

Assessment: Student learning can be observed through the triangulation of systematic instructional data, student work samples and performance events. Student performance data can be best assessed within the context of a portfolio. This will allow for multiple pieces of evidence and a thorough documentation of student skills and performance.

COMPETENCY GOAL 1: Develop and apply skills related to food preparation, safety and sanitation concepts.

Obj. #	Health, Safety, and Independent Living Elective Objective:
1.01	Understand methods for safety, sanitation, processes, conserving resources, and food preparation.
1.02	Follow recipe and apply procedures for preparing food including measuring, cutting/preparation, mixing, and cooking/cleaning.
1.03	Understand and utilize procedures, equipment, and cooking methods in food preparation.
1.04	Understand food choices by reading food label information and adjusting recipes.
1.05	Understand and demonstrate the principles of basic table setting and meal service.
1.06	Understand and apply guidelines for healthy food choices and their influences.
1.07	Apply principles of health and safety for meal planning, preparation, food selection, and storage.

Competency Goal 2: Develop and demonstrate knowledge of maintaining healthy living and prevention of diseases.

#	Health, Safety, and Independent Living Elective Objective: Develop skills related to healthy living including self-care and first aid.
2.01	Execute exercise programs with safety and effectiveness.
2.02	Apply skills associated with providing simple first aid and obtaining medical treatment when needed.
2.03	Identify symptoms and routine home treatments of common non-serious illnesses such as common cold, fever, headache, stomach ache, and body aches.
2.04	Apply daily hygiene/grooming habits including common practices that help prevent illnesses and germ spreading.

COMPETENCY GOAL 3: Develop and demonstrate independent living skills.

#	Health, Safety, and Independent Living Elective Objective:
3.01	Understand and utilize procedures, equipment and methods in maintaining a clean and organized living environment such as sweeping or vacuuming a floor, washing dishes, etc.
3.02	Understand responsibility of contributing to a living environment such as performing basic chores, participating in group decision making, and maintaining interpersonal relationships.
3.03	Define the terms family, friends, acquaintance, community helper, and stranger and identify at least one person from each of these categories in a variety of settings (school, community, home, work, etc.).
3.04	Demonstrate and participate in appropriate social routines and meaningful communicative exchanges for a variety of living situations: <ul style="list-style-type: none">● Introductions,● Conversations,● Interactions with strangers (e.g. provision of personal information, obtaining help as needed, maintaining personal boundaries with strangers),● Interactions with friends and acquaintances (e.g. establishing and maintaining friendships, responding to peer pressure and negative interactions, values and beliefs different than one's own, personality conflicts),● Interactions with authority figures (e.g. compliance with instructions, problem reporting, requests for assistance),● How do you know when you need help and in what ways can you do it?
3.05	Prepare daily schedule to incorporate choices for the necessary aspects of home living and daily functioning such as meals, leisure time, activities, rest, and appointments.
3.06	Understand and demonstrate structured decision-making options for supported and independent living within communities. <ul style="list-style-type: none">● Live with family● Group home● Assisted living● Independent living

3.07	Develop a plan to carry out common disaster/accident procedures for preparation in the home (if advance warning is received) and response to medical, fire, tornado, flood, winter storm, hurricane and emergency.
COMPETENCY GOAL 4: Demonstrate and apply principles of financial management.	
#	Independent Living Elective Objective:
4.01	<p>Create and use simple financial goals.</p> <ul style="list-style-type: none"> ● The benefits of saving for future financial purchases.
4.02	Identify various sources of income.
4.03	<p>Use strategies to manage money to prevent impulse buying. Such as making decisions based upon wants vs. needs, quality of goods, value and price comparison of goods, etc.</p> <ul style="list-style-type: none"> ● Develop list of needed items to purchase. ● Explore prices of needed items to find best purchase price. ● Compare goods to determine value, quantity and price. ● Develop list of items/things desired. ● Shop for best price of desired items. <p>Budget money to provide needs and wants.</p>
4.04	<p>Use various strategies to make monetary exchanges</p> <ul style="list-style-type: none"> ● Next dollar up strategy. ● Making change. ● Counting sets of coins and/or dollars. ● Using debit, credit, and gift cards.
4.05	Understand the importance and consequences of being fiscally responsible

	<ul style="list-style-type: none"> ● Paying bills in a timely manner. ● Overspending. ● Protection of financial information (Social Security number, bank account, credit card accounts, etc.). ● Safeguarding money when in public.
COMPETENCY GOAL 5: Demonstrate and employ principles of clothing management.	
#	Independent Living Elective Objective:
5.01	<p>Demonstrate an awareness of procedures to care for clothing</p> <ul style="list-style-type: none"> ● Puts dirty clothes in hamper. ● Puts clean clothes away with assistance. ● Sorts clothes according to color, washing needs. ● Folds clothes with assistance. ● Hangs clothes on hanger, or puts away. ● Operates washing machine with assistance. ● Operates clothes dryer with assistance. ● Seeks alterations, mending of clothing as needed.
5.02	<p>Differentiate appropriate dress for specific roles and occasions.</p> <ul style="list-style-type: none"> ● Recognize needs and shop for clothing items. ● Interpret dress needed for personal safety and wellbeing in all weather conditions. ● Distinguish between clothing needed for work, leisure, and social occasions.

5.03	<p>Differentiate sizes for articles of clothing and make purchases accordingly.</p> <ul style="list-style-type: none"> ● Recognize general sizes needed for purchase. ● Adjust sizes as needed. ● Request assistance with trying different sizes, or needing different sizes. ● Recognize pros and cons of clothing items, (dry clean only, ease of care).
COMPETENCY GOAL 6: Develop and apply interpersonal skills in appropriate environments.	
#	Independent Living Elective Objective:
6.01	<p>Recognize and acknowledge the perspective of others.</p> <ul style="list-style-type: none"> ● Identifies feelings of others. ● Recognizes individual and group similarities and differences. ● Works effectively with others of different abilities, cultures, ages and genders. ● Respects other points of view and contributions. <p>Respectfully analyze and evaluate perspectives and contributions.</p>
6.02	<p>Demonstrate respect for property and privacy of others</p> <ul style="list-style-type: none"> ● Identify personal space and property, and communicates needs. ● Recognize information, activities and belongings of others. ● Respect the work spaces and products of others. ● Handle confidential information professionally. ● Practice honesty and fairness regarding ownership and confidentiality.

6.03	<p>Demonstrate an appropriate response on constructive feedback and guidance.</p> <ul style="list-style-type: none">● Demonstrate comprehension of directions.● Respond to new directives and guidance appropriately.● Correct inappropriate responses or actions upon request.● Seek suggestions and solutions from others. <p>Use feedback to guide continuous improvement of performance.</p>
6.04	<p>Demonstrate an understanding of managing conflict.</p> <ul style="list-style-type: none">● Manage stress appropriately during a conflict.● Acknowledge conflict and advocates position appropriately.● Participate respectfully in group compromise.● Work to resolve different interests for the benefit of the group as a whole.● Objectively lead groups or participate in a problem-solving process.