

Life Skills-Functional Self Help I-IV

Transcript Category: This is a class for students on a certificate of completion track, non “a-g” elective.

Recommended Grade Level: ATP, years 1-4

Prerequisite: This is ONLY for [ATP](#) (Adult Transition Program) students.

Length: Semester or year

Course Title and Credit Value

- Life Skills-Functional Self Help IA (5 Credits)
- Life Skills-Functional Self Help IB (5 Credits)
- Life Skills-Functional Self Help IIA (5 Credits)
- Life Skills-Functional Self Help IIB (5 Credits)
- Life Skills-Functional Self Help IIIA (5 Credits)
- Life Skills-Functional Self Help IIIB (5 Credits)
- Life Skills-Functional Self Help IVA (5 Credits)
- Life Skills-Functional Self Help IVB (5 Credits)

Course Description

This course is for ATP students and focuses on functional self-help skills. Functional self-help skills are skills that the student will need to use in order to live independently. Self-help skills are necessary for a person to care for themselves and to manage their own needs. Some areas that may be explored include self-management, personal hygiene, health-safety-first aid, meal preparation and feeding, and functional mobility. This is not an exhaustive list. Please refer to the student’s last signed IEP for guidance on what functional self-help skills are needed based on the student’s IEP goals.

Generalization of these skills across the school, home, and community environments is the desired outcome to maximize students’ independence and participation in all aspects of their lives.

Suggested Curriculum

- [Unique Learning Curriculum](#)- This is an online standards-based program that provides a leveled approach to teaching the subject matter.
- [Attainment Company](#) -
- [Conover Company](#) -
- [ProEd, Inc](#) -

Helpful Resources:

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Course Expectations

1. Students will work in the course a minimum of 60 hours per semester showing academic progress in each learning period.
2. Complete all elements of the course as assigned.
3. HST will collect at least one work sample each learning period.
4. This course is a letter-graded course. An A-F grade will be determined with the collaboration of the HST and SPED ATP Case manager.