

Adulthood School: Course List

Domain	Subject Area	Course Topic
Accepting Responsibility for Yourself	<u>Education/Career Development</u>	<ul style="list-style-type: none"> • Process for applying to higher education • Following through with long-term projects • Studying skills • Taking tests
	<u>Citizenship</u>	<ul style="list-style-type: none"> • Traveling in my own country • Traveling to other countries • Being involved in environmental causes • Learning new languages • Learning about cultures different than one's own • Learning about on own culture • Being involved in community organizations
	<u>Lifestyle</u>	<ul style="list-style-type: none"> • Stress management • Healthy eating • Create a more active lifestyle • Changing alcohol and/or drug use • Improving mood • Reducing anxiety • Making better health decisions now • Prevent later health problems
	<u>DIY: Auto</u>	<ul style="list-style-type: none"> • Under the hood (e.g., wiper fluid, checking oil, fluids) • Auto maintenance (e.g., oil changes, scheduled maintenance, changing wiper blades, registration/inspection, putting gas in the car, tire maintenance) • In the car (e.g., Keeping interior clean/organized, car seat installation) • When things go wrong (e.g., fender benders, dashboard alerts, changing a tire)
	<u>DIY: Home</u>	<ul style="list-style-type: none"> • Cleaning/Maintenance (e.g., Spring cleaning, Unclogging a drain, Cleaning routine (e.g., vacuum, mopping, etc), Cleaning bathroom, Kitchen appliances – maintenance, Knowing your cleaning supplies, Cleaning – by room) • Moving in/moving out/renovations (e.g., fill a hole, hanging pictures, basic painting) • Home safety & security (e.g., understanding home security, replacing a lock, safe storage of personal belongings and paperwork) • Seasonal (e.g., installing air conditioners, plants/herbs)
	<u>DIY: Kitchen/Cooking</u>	<ul style="list-style-type: none"> • Food preparation (e.g., Chopping/prepping, Understanding expiration dates, Shopping) • Cooking (e.g., Boil water, Knife work, Seasoning, Baking and roasting, Frying/sautéing, Baking goodies (cookies etc.), Special occasion meal cooking for a date, Cooking for

		<ul style="list-style-type: none"> my family, Cooking meat, BBQing, Cooking with seafood (shucking oysters, clams, etc.)) Cleaning/Storing
	<u>DIY: Outdoor Property</u>	<ul style="list-style-type: none"> Lawn/Garden Maintenance (e.g., Lawn mowing, raking, basic pruning/clipping, basic botany) Snow maintenance and removal (e.g., roof raking, shoveling)
	<u>DIY: Laundry</u>	<ul style="list-style-type: none"> Basic laundry and clothing maintenance (e.g., washing, drying, dry cleaning, ironing, folding clothes and bedding, using bleach, using softeners, shoe maintenance)
	<u>DIY: Home Organization</u>	<ul style="list-style-type: none"> Home organization (e.g., System for paying bills, Organizing mail, Organizing and storing important documents (what belongs in a safe), Keeping receipts, Keepsakes, Organizational overhauls – save, dump, donate, Organizing for moves) Digital file organization
	<u>Relationships</u>	<ul style="list-style-type: none"> Effective communication Saying no and setting boundaries Managing conflict Being a good caretaker Asking for help Self-advocacy Ending or changing relationships
	<u>Manners/Etiquette</u>	<ul style="list-style-type: none"> Basic Etiquette (e.g., social media, social events, formal dinners)
	<u>Professional Skills</u>	<ul style="list-style-type: none"> Effective communication in professional settings (e.g., accept feedback constructively, solicit feedback needed, offensive language) Managing job demands/expectations (e.g., flexibility, motivation, time management, clothing, availability, work ethic)
Making Independent Decisions	<u>Citizenship</u>	<ul style="list-style-type: none"> Becoming an informed member of my community (e.g., voting and civil rights as a citizen, staying informed and educated about local issues, staying informed and educated about global issues, making the world a more equitable and sustainable place, how to give back to organizations)
	<u>Personal Life</u>	<ul style="list-style-type: none"> General decision-making (e.g., independence in day-to-day decisions, confidence in making decisions, empowerment) Reproduction/sex (e.g., Being more informed and making decisions about reproductive rights, understanding how to effectively prevent sexually transmitted diseases, understanding how to effectively prevent unwanted pregnancy, having a strong voice in sexual relationships – not succumbing to pressure) Spirituality/religion (e.g., how to connect with a religious or spiritual community that fits with existing beliefs.)
	<u>Professional World</u>	<ul style="list-style-type: none"> Getting a job (e.g., Resume skills, interview skills, where to look to find a career of interest, how to network

		<p>professionally – how to hustle, how to negotiate a fair salary)</p> <ul style="list-style-type: none"> • Handling workplace challenges (e.g., Understanding how to advocate for unique learning needs/style, or other physical or medical needs in the workplace, how to leave a job, how to negotiate when faced with conflict in the professional setting, how to improve efficiency in the workplace)
<p>Being Financially Independent</p>	<p><u>Spending</u></p>	<ul style="list-style-type: none"> • Budgeting (e.g., debt/debt management, managing a budget, preventing unmanageable debt, understanding childcare options, adjusting budgets for personal/family changes) • Credit/Credit Score (e.g., understanding credit/credit scores, what affects credit scores, how to improve) • Loans (e.g., understanding different loans, financial aid, big purchases) • Taxes • Being an informed consumer (e.g., understanding marketing strategies that influence spending) • Professional services (e.g., knowing how to find professionals you can trust)
	<p><u>Saving</u></p>	<ul style="list-style-type: none"> • Investments (e.g., IRAs, HSAs) • Saving for the future (e.g., distinguishing needs/wants, saving for large purchases, saving for emergencies)
	<p><u>Sharing</u></p>	<ul style="list-style-type: none"> • Charitable giving (e.g., knowing where your money goes, how to be fiscally feasible in charitable giving, learning about organizations) • Donating your time
	<p><u>Sources of Revenue</u></p>	<ul style="list-style-type: none"> • Entrepreneurship • Goal setting for increasing sources of revenue • Understanding my paycheck • Major gifts/estate planning