Follow us on Instagram to check out what we are doing in class--- @pvjh\_wellness  
Check out our class website at <http://spartanlifeskills.weebly.com/> for class updates, homework, and daily summary

**CLASS PROTOCOL**

**When we enter the classroom we will:** Go straight to our assigned seat and complete task on screen and record assignments in our own planner.

**Agenda / Homework board:** Look here to record assignments and homework due dates prior to end of class.

**We turn in Make-up Work and Late Work:** Before or after school only.

* It is our (student’s) responsibility to check the website, Infinite Campus, communicate with classmates and teachers, and complete all **make-up work**.
* It is our (student’s) responsibility to talk with our teacher about **completing late/missing work**.
* It is NOT our teachers OR our parents responsibility to make sure we have our work turned in.

**We appropriately use technology**: Laptops, tablets, iPods, and cell phones should be stored away safely. We can use these for academic purposes when we have **permission from our teacher**. Misuse will lead to removal of device during class.

**CLASS EXPECTATIONS**

**We will RESPECT:** our teacher, classmates, ourselves, classroom & materials

**We will be PROACTIVE**: by being on time, eager to learn, eager to grow as a person, ready to take on responsibility

**We will COMMUNICATE:** by listening when others speak, keeping our hands to ourselves, asking questions for further understanding, and participating in class discussions respectfully

**We will BEHAVE**: like the mature 8th graders we are by coming to class with a positive attitude and open mind, ready to put forth our best effort every day

**We will have a GROWTH MINDSET:** knowing it’s okay to fail, as long as we don’t give up, and keep trying our best

**GRADING POLICY**

**We are graded:** on assignments, in-class activities, quizzes, and projects in this class. The final grade is determined by the # of earned points / by the # of total points.

**We determine our own grade:** we will work hard every day because our effort will reflect the grade we earn. We will check the portal often and communicate any concerns with our teacher.

**If we are not satisfied with a grade**: We will take responsibility and have an individual discussion with our teacher FIRST before having our parents call or email.

**DAILY MATERIALS**

* Notebook or Loose Leaf Paper
* Folder
* Pen or Pencil

**PARENT/GUARDIAN INVOLVEMENT**

**We will include our parents/guardians as a part of our class by:** talking with them about class concepts and activities, encouraging them to check the portal, and communicating WHY we earned our grades on specific assignments.

This class runs in conjunction with the wellness program. This class is taught on Tuesdays and Thursdays, opposite of PE. We set out to create more opportunities for our students to prepare themselves for their future, both in and out of school. Students will gain exposure to the following areas of development:

* Developing effective habits and putting effective habits into practice
* Improving self-awareness and self-advocacy skills
* Developing the skills necessary to work effectively with others

**Course Outline**

**1st Quarter: College and Career Planning/ Workplace Readiness**

Students will explore careers and colleges using the Career Cruising online resource (www.careercruising.com). Interest surveys and other tools will assist students to find a career path that matches their strengths, weaknesses, likes, and dislikes. Upon choosing a career to explore, students will research colleges that will help prepare them for their career, and which high school classes are needed to prepare them for that college program.

**2nd Quarter: Workplace Readiness/ Finance/ Budgeting**

Now I have a career path, how do I get the job? We will explore workplace skills necessary for success in a part-time position (Fareway) and skills necessary to land a “big boy/girl job”. Students will learn how to fill out job applications, develop a career portfolio including a cover letter, resume, & letter of recommendation, and partake in a mock interview process.

Now that I have a job and I’m making money, what do I do? We will exploring basic finances & developing a budget based on a set income.

**3rd Quarter: Health**

We will be expanding on human growth and development, healthy relationships, and mental & emotional health.

**4th Quarter: Team Building/Cooperative Games**

Students learn about their strengths and weaknesses based on a personality test, and are divided into teams to solve physical and mental challenges. Students have to learn how to work well with all personality types in order to be successful. Students will develop and use skills such as teamwork, leadership, problem solving, communication, and creative thinking