

# Life Management Syllabus

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Room E23  
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## Course Description

Life Management will examine aspects of adult life. Students will explore physical, mental, and social wellness as it contributes to the quality of their lives. Students will participate in activities designed to explore careers and financial management focusing on consumer choices (i.e.: transportation, insurance, credit cards, housing).

## Rules/Expectations

Respect	Engagement	Integrity
❖ Do not use cell phones and/or other electronic devices during class time.	❖ Come to class on time. prepared – paper, folder, writing utensil, assignment notebook and any other necessary materials.	❖ Cheating will not be tolerated. Cheating will result in a zero.
❖ Be respectful of everyone and everything.		
❖ Keep the room neat and clean.		
❖ Be willing to compromise	❖ Pull your own weight in group projects	❖ It is your responsibility to make up work when absent, talk to the teacher or see the class website.
❖ Avoid put downs, inappropriate language and inappropriate behavior.		

## Assessments

### A. Includes:

1. Summative
  - i. Homework
  - ii. Test
  - iii. Quizzes
  - iv. Class Projects
2. Formative
  - i. Active Class Participation – in discussion, oral sharing, written sharing, brainstorming ideas, and visual alertness
  - ii. Cooperation
3. Peer-Reflection
4. Self-Reflection

### Grading Reminders:

- ❖ Grades can change drastically from one assignment/lab to another.
- ❖ All work for the Unit is due on the test day.
- ❖ Powerschool/Canvas has made it easy to routinely check your grades.
- ❖ Keep all your papers until the end of the semester in case there is a grade discrepancy.

### Course Content (subject to change):

Chapter 1 Making Healthy Choices	Chapter 15 Movement and Coordination	Chapter 18 Personal Care
Chapter 3 Managing Stress		Chapter 25 A Healthy Environment
Chapter 12 Food and Nutrition	Chapter 16 Cardiovascular and Respiratory Health	Chapter 26 Choosing Health Care
Chapter 13 Making Healthy Food Choices	Chapter 17 Exercise, Rest and Recreation	Chapter 27 Public Health
Chapter 14 Digestion and Excretion		Chapter 28 Preventing Injuries
		Chapter 29 First Aid

### Instructional Strategies

Instructional strategies that will be used in this course, but are not limited to are: direct instruction, active participation, student projects, cooperative learning, probing questions, and reflections.

### Resources

Please bring a large pocket folder or binder, loose-leaf paper, pens, and pencils. The assigned textbook used within the classroom is Health Skills for Wellness, Prentice Hall 2001.

### Academic/Behavior Expectations

#### Behavior

Inappropriate behavior will be handled as follows:

- detention
- a visit to the AP Office
- an apology to the teacher
- an acceptance letter back to the classroom if removed
- Temporary or Permanent removal may occur depending on the incident resulting in no credit for the class

**Technology Usage:** Cell phones and electronic devices are a part of our world. That said, they will not be a disruptive part of class. There will be occasions where the use is acceptable, but for the most part, while in class they are **not allowed**. If I see them out on your desk, if your backpack or purse is hiding them or if the devices are in your ear, I will have the device removed from you and it will be kept in the AP office.

**Cheating/Plagiarism:** Cheating is a lack of self-respect and is a poor reflection of the student's personal values. Students must complete their own work. Cheating by looking at another student's schoolwork, copying other's work, copying for other sources or material will result in **NO CREDIT** for that assignment, test, or project. In addition to the discipline outlined in the Dubuque Community School District Policy 5200: Student Behavior, Expectations, and Consequences, will include loss of class credit.

**Make-up Assignment Policy** Students will be given reasonable time (refer to District Policy #5200) to make up assignments and lab work missed due to excused and/or unexcused absences. Assignments (including quizzes & tests) will be given an extra day for each day missed, unless it has a prior announced due date, thus it is due when student returns from the absence. **IT IS THE RESPONSIBILITY of the student to talk to the instructor before or after class, or during class study time, concerning all makeup assignments and labs the first day back from an absence.**

### Grading Plan

**Grading:** The following grading scale will be used for this class:

A	93-100	B+	87-89	C+	77-79	D+	67-69	F	59-0%
A-	90-92	B	83-86	C	73-76	D	63-66		
		B-	80-82	C-	70-72	D-	60-62		