

My Full Life™

COURSE TITLES

2025



COURSE TITLES

My Full Life™

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LIFELONG LEARNING

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Develop essential skills for continuous growth, including time management, personal advocacy, and effective use of technology.

MY PLACE

5-6

Gain independence by mastering home cleanliness, personal care, meal planning, and safe kitchen practices.

CONNECTIONS

7

Build and maintain meaningful relationships through communication skills, friendship development, and personal support networks.

FUN AND TALENTS

7

Explore hobbies and activities that enhance personal joy, creativity, and well-being.

WELLNESS

8

Cultivate physical, emotional, and personal well-being through self-care, exercise, safety, and mental health practices.





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GETTING AROUND

9

Learn essential transportation skills, including navigating public transit, walking safely, and understanding community resources.

COMMUNITY ENGAGEMENT

9

Engage actively in your community, understand civic responsibilities, and practice self-advocacy in public settings.

EARNING MY WAY

10

Build foundational financial literacy and job skills to promote financial independence and career readiness.

COLLEGE TO CAREER AND MORE

11

Transition smoothly from high school to post-secondary life with skills for career planning, college readiness, and workforce preparation.

HOPES AND DREAMS

12

Set meaningful goals, identify strengths, and create actionable plans for achieving a fulfilling and independent life.





LIFELONG LEARNING

1. Introduction to Lifelong Learning
 - Overview of lifelong learning skills and their importance
2. Time Management
 - Calendars and Schedules
 - Calendars: What's the Date?
 - Making Time Priorities
 - Time Management
 - Time: Analog, Digital, and Alarms
3. Personal Growth/Learning
 - Advocating for Learning
 - Choice
 - Decisions
 - Identifying Learning Styles
 - Solving Problems
4. Technology and Cell Phone Usage
 - Cell Phones: Basic Functions
 - Learning to Chat Safely with AI
 - Can I Trust This? Fact-checking Online
5. Planning and Directing My IEP
 - What is an IEP?
 - Transition Plan – Creating and Sharing My Hopes and Dreams
 - Turning Hopes and Dreams into Goals
 - Disability Awareness
 - Getting to Know Your IEP
 - Advocacy
 - Preparing for My IEP
 - IEP Meeting: Who Comes and What They Do
 - IEP Reflection





MY PLACE

1. Introduction to My Place
 - Overview of maintaining a personal space and related skills
2. Home Cleanliness & Safety
 - A Clean Sweep
 - Bathroom Safety
 - Cleaning Bathtubs & Sinks
 - Cleaning the Toilet
 - Countertops
 - Keeping Rooms Neat & Clean
 - Kitchen Safety
 - Locking Doors and Safety Routines
 - Meal Clean-Up
 - Mopping Up
 - Safe Food Handling
 - Stovetops
 - Taking the Garbage Out
 - Vacuum Cleaner
3. Care of Clothing and Linens
 - Clothing Care
 - Doing Laundry
 - Picking Up and Putting Away Clothes
4. Kitchen Appliance Use
 - Can Opener
 - Countertop Grill
 - Dishwasher
 - Exhaust Fan
 - Kitchen Appliances/Tools
 - Toaster
 - Toaster Oven
 - Using a Microwave
 - Using a Stove and Oven
 - Vegetable Peeler





MY PLACE

5. Meal Planning

- Budgeting for My Weekly Menu
- Healthy Snacks in My Diet
- Healthy and Unhealthy Food Portions
- Introduction to Healthy Eating
- Let's Plan a Meal
- Plan Meals for One Day
- Planning for a Special Occasion
- The Five Food Groups
- Weekly Meal Planning
- What's In a Recipe?

6. Meal Preparation

- Food Labeling
- Handling Fruits and Vegetables
- Knowing When Food Goes Bad
- Measuring in the Kitchen
- Nutrition and Food Labels
- Preparing Packaged Foods
- Preparing a Simple Meal
- Safely Handling Raw Meats
- Sharp Knives
- Table Manners
- Table Setting

7. Grocery Shopping

- Comparison Shopping
- Grocery Shopping: The Basics
- Online Grocery Shopping
- Self Serve Shopping



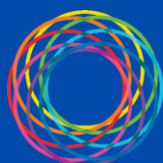


CONNECTIONS

1. Introduction to Connections
 - Can't Touch This
 - Developing and Maintaining Friendships
 - Emergency Contacts
 - Friendship Stages
 - Personal Support Networks
 - Safe and Healthy Relationships
 - Social Media
2. Communicating and Listening
 - Body Language and Facial Expressions
 - Contacting Trusted Supports
 - Making Conversation

FUN AND TALENTS

1. Introduction to Fun and Talents
 - Activities I Enjoy
 - Athletics: Watching and Playing
 - Enjoying the Theater
 - Finding New Leisure Activities
 - Finding Time for Fun





WELLNESS

1. Introduction to Wellness
2. Self-Care
 - Bathing
 - Dental Hygiene
 - Dressing for the Weather & Occasion
 - Evening Routines
 - Morning Routines
 - Personal Hygiene Routine
 - Toileting
 - Washing Hands
3. Physical Health
 - Fitness Anytime, Anywhere
 - How to Stay Healthy During a Pandemic
 - Individual Health
 - Major and Minor Illnesses
 - Making My Exercise Count
 - My Medical Information and Insurance
 - My Medications
 - My Prescriptions
 - Using Telehealth
 - Water in My Diet
 - What is COVID-19?
 - Strength and Balance
 - How to Join a Health Club
 - Healthy Snacks
 - Explore Exercise
4. Sexual Health
 - Your Body
 - Consent
 - Safe Sex





GETTING AROUND

1. Introduction to Getting Around
2. Transportation Basics
 - Getting a Driver's License
 - Types of Transportation in My Community
 - Paratransit Services
3. Safety and Etiquette
 - Safely Using Transportation
 - Safety When Walking
 - Transportation Etiquette
4. Specific Modes of Travel
 - Traveling by Bus
 - Traveling by Subway System
 - Traveling by Taxicab, Uber, or Lyft
 - Traveling by Train

COMMUNITY ENGAGEMENT

1. Introduction to Community Engagement
2. Advocacy and Rights
 - Advocating for Yourself
 - Citizen Rights and Responsibilities
 - Interacting Safely with Police
 - My Legal Rights as a Person with a Disability
 - Obeying the Law
3. Environmental Responsibility
 - Reduce, Reuse, Recycle, and My Carbon Footprint
4. Civic Participation
 - Staying Informed
 - Volunteering in My Community
 - Voting





EARNING MY WAY

1. Introduction to Earning My Way
2. Financial Literacy
 - Handling My Money
 - Basic Money Skills
 - Debit Cards and Checks
 - Introduction to Banking
 - Know When to Receive Change
 - Knowledge and Value of Money
 - Withdrawals and Deposits
3. Money Management
 - Money Management
 - Budgeting
 - Estimating Costs
 - Wants and Needs
4. Employment Readiness
 - Jobs and Careers
 - Advocating for Yourself at Work
 - Job Applications
 - Cover Letters
 - Interviewing Skills
 - Job Exploration Process
 - Resume
5. Workplace Skills
 - Solving Problems on the Job
 - Time Management and My Job





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COLLEGE TO CAREER AND MORE

1. Introduction to College to Career and More
2. Transitioning from High School to Career
 - Transitioning from High School
 - Strengths, Interests, and Goals
 - Connecting Strengths and Interests to Career
 - Career Planning: Programs and Options
 - Career Decision Making
3. College Preparation
 - Choosing a College
 - Completing Applications and Essays for Post-Secondary Programs
 - Exploring a Campus
 - Financial Aid: Loans, Grants, Scholarships, and Resources
 - Housing and Preparing for College
4. Career Preparation
 - Job Applications
 - Mentoring, Internships, and Volunteering
 - Resume Building and Interviewing Skills
 - Workforce Readiness and Apprenticeship





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HOPES AND DREAMS

Your Full Life Curriculum Outline

1. Your Full Life
2. Create Your Full Life
3. Obstacles and Assets
4. Goal Setting
5. Action Plans
6. Review and Revise

