

AIM HIGH PROGRAM 2024-2025

HOME LIFE

Mr. Eves (AH1, AH2); Ms. Lau (AH2)

This course is designed to offer the students a chance to develop life skills and promote autonomous behavior. Students will have opportunities to discuss and practice everyday life skills. The goals of this course are also to develop a positive self-concept so that students are equipped for future life goals.

Students will reflect upon the values that will help them succeed in daily living. Intrinsic motivation and the importance of consistency and respectful behavior will be promoted within the Aim High classroom.

Students will work on their personal strengths and gain experience in areas that may interest them in their future endeavors.

Course Content:

- 1) Discuss nutrition, plan a menu, food preparation, develop cooking skills.
- 2) Budgeting and financial planning.
- 3) Personal care and hygiene; physical well-being or wellness.
- 4) Apartment or house maintenance (such as electrical units, the furnace, ducts, breaker systems, and floor plans), designing for de-clutter, design projects.
- 5) Field trips, ongoing to develop team-building and explore fields of interest.

Evaluation Method:

- 1) Quizzes and Tests
- 2) Written Assignments
- 3) Projects
- 4) Participation in team-building activities and outings

Materials:

3-Ring Binder, Pencils, Pens, Erasers, Highlighters

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