



# Discovering LIFE SKILLS

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## CORRELATION TO ALABAMA COURSE OF STUDY

STANDARDS	PAGE REFERENCES
<b>Personal Discoveries</b>	
1. Describe physical and emotional changes that occur during adolescence.	<b>Student Edition:</b> 16-17, 19 <i>Figure 1.2</i> 14 <i>Interpersonal and Collaborative</i> 26 <b>Teacher Annotated Edition:</b> CA TM189

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<p>2. Describe the process of decision-making, problem-solving, and goal-setting.</p>	<p><b>Student Edition:</b>  87-89, 116-118, 120-121, 122-124, 126-127  <i>Hands-On Lab</i> 86, 119  <i>Active Learning #13</i> 92  <i>Problem-Solving</i> 92, 130  <i>Graphic Organizer</i> 116, 122  <i>English Language Arts</i> 121, 127, 131  <i>How To...</i> 125  <i>Social Studies</i> 127  <i>Technology Applications</i> 130  <i>Active Learning #14</i> 130  <i>Net Connection</i> 130</p> <p><b>Teacher Annotated Edition:</b>  BRAC TM95; CA TM90, TM95; DS TM90, TM94;  RS TM86; SP TM94 (L3), TM95</p>
<p>3. Explain the importance of character education for teenagers.</p> <ul style="list-style-type: none"> <li>• Describing manners used in various settings</li> <li>• Identifying grooming habits that lead to a healthy appearance</li> <li>• Describing ways to show respect for self, others, and property</li> </ul>	<p><b>Student Edition:</b>  19-20, 22-23, 35-37, 100-102  <i>Writing Activity</i> 5  <i>Character Counts</i> 10, 57, 82, 105, 127, 141, 219, 247, 356, 494  <i>Graphic Organizer</i> 18  <i>Active Learning</i> 112  <i>Succeed In School</i> 520</p> <p><b>Teacher Annotated Edition:</b>  CA TM72; CT TM71; SP TM71, TM89</p>
<p>4. Compare verbal and nonverbal communication skills used to improve interpersonal relationships.</p> <ul style="list-style-type: none"> <li>• Determining barriers to teen communication</li> </ul>	<p><b>Student Edition:</b>  77-78, 80-82, 84-85  <i>Graphic Organizer</i> 76, 83  <i>Figure 4.1</i> 79  <i>Science You Can Use</i> 80  <i>English Language Arts</i> 82, 89, 93  <i>Hands-On Lab</i> 86  <i>Interpersonal and Collaborative</i> 92  <i>Active Learning #13</i> 92  <i>Social Studies</i> 93</p> <p><b>Teacher Annotated Edition:</b>  BRAC TM84; CT TM86; SP TM84 (L1); UA TM78</p>

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<p>5. Describe characteristics of healthy relationships with family and friends.</p> <ul style="list-style-type: none"> <li>Explaining the role of family members and friends</li> <li>Describing the significance of family traditions</li> <li>Determining qualities of a true friend</li> </ul>	<p><b>Student Edition:</b> 32-39, 52-58 <i>Writing Activity</i> 29 <i>Graphic Organizer</i> 30, 40 <i>English Language Arts</i> 39, 58 <i>Reading Check</i> 44, 55 <i>Technology Applications</i> 48 <i>Active Learning</i> 48</p> <p><b>Teacher Annotated Edition:</b> DS TM76; SP TM71 (L1), TM72 (L2), TM76 (L1, L2)</p>
<p>6. Compare positive and negative peer pressure. Examples: positive—involving friends in community service, tutoring peers negative—bullying, teasing, gossiping</p> <ul style="list-style-type: none"> <li>Determining causes of teen conflict</li> </ul>	<p><b>Student Edition:</b> 59-65, 81, 84 <i>Graphic Organizer</i> 59 <i>Community Connections</i> 61 <i>English Language Arts</i> 65 <i>Social Studies</i> 65 <i>Character Counts</i> 82 <i>Active Learning</i> #13 92</p> <p><b>Teacher Annotated Edition:</b> BRAC TM77, TM85; FCCLA TM81; Q #1 TM78</p>
<b>Food and Wellness Discoveries</b>	
<p>7. Explain the importance of diet, exercise, and rest for teen health.</p>	<p><b>Student Edition:</b> 421-428, 429-437, 445, 447-448 <i>Writing Activity</i> 419 <i>Succeed In School</i> 421, 434 <i>English Language Arts</i> 428, 437, 441, 450, 461 <i>Safety Check</i> 448 <i>Social Studies</i> 450 <i>Interpersonal and Collaborative</i> 460 <i>Active Learning</i> #13 460 <i>Life Skills Project</i> 462-463</p> <p><b>Teacher Annotated Edition:</b> BRAC TM181; DS TM185; SP TM185 (L2)</p>

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<p>8. Prepare nutritious snacks.</p> <ul style="list-style-type: none"> <li>Practicing safety and sanitation techniques in the laboratory</li> <li>Using kitchen equipment in a correct manner</li> <li>Comparing the nutritive value and cost of various foods</li> </ul>	<p><b>Student Edition:</b>  <i>Interpersonal and Collaborative</i> 506  <i>Hands-On Lab</i> 514  <i>Safety Check</i> 522  <i>Career Activities #2</i> 524  <i>Active Learning</i> 526  <i>Life Skills Project</i> 528-529</p> <p><b>Teacher Annotated Edition:</b>            SP TM193 (L3), TM198; UA TM193</p>
<p>9. Demonstrate basic table setting skills.</p>	<p><b>Student Edition:</b>  <i>Net Connection</i> 484</p>
<b>Consumer Discoveries</b>	
<p>10. Describe ways teenagers can become wise consumers.</p> <p>Examples: savings, needs and wants, conserving resources and energy</p> <ul style="list-style-type: none"> <li>Identifying the role of the media in the dissemination of consumer information</li> </ul>	<p><b>Student Edition:</b>            236, 239-240, 241-248, 307-308, 314-315  <i>Financial Literacy</i> 26, 81, 261, 300, 412, 460, 501, 506, 526  <i>As You Read</i> 242  <i>Safety Check</i> 243, 307  <i>English Language Arts</i> 251, 255, 308  <i>Social Studies</i> 251, 308  <i>Problem-Solving</i> 254, 300  <i>Active Learning #13</i> 254  <i>Net Connection</i> 254  <i>Science</i> 255, 365  <i>Life Skills Project</i> 276-277  <i>How To...</i> 313  <i>Math You Can Use</i> 330</p> <p><b>Teacher Annotated Edition:</b>            CA TM130; CT TM128, TM174; SP TM129 (L3), TM137</p>

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<p>11. Describe time management tools and techniques.</p>	<p><b>Student Edition:</b>  265-268  <i>Graphic Organizer</i> 264  <i>Succeed In School</i> 265, 267, 268, 400  <i>English Language Arts</i> 271  <i>Social Studies</i> 271  <i>Career Activities #2</i> 272  <i>Problem-Solving</i> 274  <i>Technology Applications</i> 274  <i>Figure 22.1</i> 493</p> <p><b>Teacher Annotated Edition:</b>  BRAC TM134; CT TM135; SP TM134 (L1);  WS TM135</p>
<b>Clothing Discoveries</b>	
<p>12. Determine factors that influence teen clothing selection.</p> <p>Examples: individualism, trends, cost, maintenance</p>	<p><b>Student Edition:</b>  236-239, 326-328, 337-339, 349-350, 352, 356  <i>As You Read</i> 327  <i>Math You Can Use</i> 330  <i>Social Studies</i> 332  <i>English Language Arts</i> 339, 343  <i>Career Activities #3</i> 340  <i>Interpersonal and Collaborative</i> 342  <i>Net Connection</i> 342  <i>Character Counts</i> 356  <i>Technology Applications</i> 364  <i>Active Learning #13</i> 364  <i>Life Skills Project</i> 366-367</p> <p><b>Teacher Annotated Edition:</b>  CA TM155, TM160; Q #2 TM156;  SP TM159 (L2, L3)</p>

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<p>13. Practice basic sewing skills.</p> <ul style="list-style-type: none"> <li>Utilizing sewing equipment in a safe and correct manner</li> </ul>	<p><b>Student Edition:</b>  <i>Hands-On Lab</i> 375, 405  <i>Math You Can Use</i> 397  <i>English Language Arts</i> 398  <i>How To...</i>401  <i>Safety Check</i> 407  <i>Problem-Solving</i> 412  <i>Active Learning #13</i> 412  <i>Life Skills Project</i> 414-415</p> <p><b>Teacher Annotated Edition:</b>  BRAC TM167; CA TM168, TM173; SP TM167, TM173 (L3)</p>
<p>14. Describe appropriate care of clothing.</p> <ul style="list-style-type: none"> <li>Identifying laundering techniques</li> <li>Explaining how to store clothes properly</li> </ul>	<p><b>Student Edition:</b>  354-355, 357-361  <i>Graphic Organizer</i> 354  <i>Science You Can Use</i> 358  <i>English Language Arts</i> 361, 365  <i>Career Activities #2 #4</i> 362  <i>Technology Applications</i> 364  <i>Active Learning #14</i> 364</p> <p><b>Teacher Annotated Edition:</b>  BRAC TM160; C TM161; CT TM161;  SP TM160 (L1, L2)</p>
<b>Child Care Discoveries</b>	
<p>15. Explain responsibilities involved in babysitting related to age, safety, and health of the child.</p>	<p><b>Student Edition:</b>  208-213, 214-215, 217-219, 221-223  <i>Writing Activity</i> 207  <i>Safety Check</i> 210, 212  <i>English Language Arts</i> 213  <i>Graphic Organizer</i> 214  <i>Hands-On Lab</i> 216  <i>Character Counts</i> 219  <i>How To...</i>220  <i>Problem-Solving</i> 226  <i>Technology Applications</i> 226  <i>Net Connection</i> 226</p> <p><b>Teacher Annotated Edition:</b>  BRAC TM120, TM121; DS TM120; Q TM122;  SP TM120, TM121</p>

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16. Describe the importance of play to a child's development.	<b>Student Edition:</b> 199-201 <i>Hands-On Lab</i> 189, 198 <i>English Language Arts</i> 201 <i>Net Connection</i> 204 <i>Active Learning</i> 226 #13 <i>Life Skills Project</i> 228-229 <b>Teacher Annotated Edition:</b> CA TM124; SP TM124 (L1)
<b>Housing Discoveries</b>	
17. Explain how housing meets the needs of individuals and families. <ul style="list-style-type: none"> <li>• Describing ways to arrange or organize teen living space</li> </ul>	<b>Student Edition:</b> 283-285, 292-297 <i>Writing Activity</i> 281 <i>Graphic Organizer</i> 282, 292 <i>English Language Arts</i> 297 <i>Net Connection</i> 300 <b>Teacher Annotated Edition:</b> CA TM142; UA TM141; WS TM143
18. Determine procedures for basic household maintenance and safety.	<b>Student Edition:</b> 285-288, 290-291 <i>Safety Check</i> 288 <i>Hands-On Lab</i> 289 <i>English Language Arts</i> 291 <i>Active Learning</i> #14 300 <i>How To...</i> 313 <i>Financial Literacy</i> 314 <i>Science You Can Use</i> 476 <b>Teacher Annotated Edition:</b> BRAC TM141; DS TM141; SP TM141
<b>Technology and Career Discoveries</b>	
19. Determine ways technology improves and impacts the lives of teens.	<b>Student Edition:</b> 144, 150, 163, 243 <i>Safety Check</i> 78 <i>Social Studies</i> 82, 240 <i>Succeed In School</i> 140 <i>Net Connection</i> 176 <i>Career Activities</i> #3 272, 504 <b>Teacher Annotated Edition:</b> BRAC TM102; CT TM135; RS TM102; SP TM103 (L2)

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20. Describe factors that impact choosing a career.	<p><b>Student Edition:</b>  138-143, 151  <i>Graphic Organizer</i> 138  <i>English Language Arts</i> 144  <i>Hands-On Lab</i> 149  <i>Problem-Solving</i> 154  <i>Social Studies</i> 167  <i>Interpersonal and Collaborative</i> 176</p> <p><b>Teacher Annotated Edition:</b>  BRAC TM107; FCCLA TM99; SP TM103 (L3)</p>