

HUSC 140

Teaching Life Skills

3 Credits

Community College of Baltimore County
Common Course Outline

Description

HUSC 140 – Teaching Life Skills: is a course in which students investigate teaching life skills with a focus on working with clients in out-of-home placement. Students explore the issues in creating and maintaining a safe and healthy living environment. Topics include the development and implementation of leisure time activities, goal setting, daily living skills, job search skills, and money management.

Overall Course Objectives

Upon completion of this course, students will be able to:

1. teach the skills needed to develop age-appropriate activities of daily living;
2. describe motivational techniques to encourage participation in activities;
3. identify age-appropriate social skills;
4. demonstrate cultural competence;
5. demonstrate teaching culturally-appropriate communication skills;
6. apply appropriate documentation skills in record-keeping;
7. explain healthy food planning, preparation, intake, clean-up, and storage;
8. demonstrate teaching universal precautions and infection control procedures;
9. identify the basic symptoms of illness;
10. design age- and developmentally-appropriate recreation activities;
11. explore job attainment skills with individuals;
12. assess behaviors related to suicide, self-injury, and sexual acting-out;
13. categorize resources to assist with age-appropriate educational issues;
14. identify skills and resources for transitioning out of care;
15. assist with time management skills; and
16. employ interventions for behavior management.

Major Topics

- I. Activities of Daily Living, including:
 - a. Personal Hygiene
 - b. Laundering
 - c. Cleaning
 - d. Money Management
 - e. Food and Nutrition
 - f. Transportation
- II. Culturally-Appropriate Social Skills
- III. Cultural Competence
- IV. Verbal and Nonverbal Communication
- V. Objective Documentation Skills
- VI. Food and Drug Administration (FDA) Standards for Nutrition

The Common Course Outline (CCO) determines the essential nature of each course.

For more information, see your professor's syllabus.

- VII. Menu Planning and Food Preparation
- VIII. Universal Precautions
- IX. Identification and Use of Appropriate Cleaning Materials
- X. Wellness and Typical Illnesses
- XI. Job Attainment Skills
- XII. Money Management and Budgeting
- XIII. Incorporation of Therapeutic Elements into Activities
- XIV. Time Management
- XV. Educational Issues

Course Requirements

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- Two examinations to include skills demonstrations
- Two written assignments demonstrative of objective writing skills
- One activity plan, written or video recorded
- One written reflection paper

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

Date Revised: 11/1/2022

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