

PRACTICAL LIVING CERTIFICATE OF SKILLS

The 6 non-credit course sequence provides an opportunity for students with disabilities to improve their everyday living skills. The courses will address independent living skills in the areas of cooking, nutrition, being a consumer, social skills, self-advocacy and personal relationships. This may lead the students to have greater independence in their home and community life. Successful completion of the courses will earn the students a Practical Living Certificate of Skills.

Required Courses:		Hours
LRS 525	Cooking for Adult Learners with Disabilities	21.25
LRS 526	Nutrition for Adult Learners with Disabilities	21.25
LRS 527	Consumer Skills for Adult Learners with Disabilities	21.25
LRS 528	Social Skills for Adult Learners with Disabilities	21.25
LRS 529	Self-Advocacy for Adult Learners with Disabilities	21.25
LRS 530	Personal Relationships for Adult Learners with Disabilities	21.25
Total hours required for Certificate		127.50

Program Level Student Learning Outcomes:

1. Improve preparation and cooking skills and kitchen hygiene and safety; make healthy food choices as well as planning and preparing recipes; and learn about budgeting, restaurant and shopping etiquette.
2. Develop appropriate social skills in relation to school, work, and community interactions; develop advocate skills for life decisions; and understand personal hygiene, feelings and relationships.