



Connecting ARISE Life-Management Skills
Lessons to the Learning Goals of the
Ansell Casey Life-Skills Assessment – Teens

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CAREER PLANNING

Learning Goal:	Curricula Title	Pages	Worksheet Pages
Work Goals:			
#1: Is able to identify careers of interest.	Four-Wheel Drive for the Mind – Networking, Jobs and Money Section One, Chapter 3 – Finding a Job, Setting Up the Interview (Job Search: Places to Find Jobs)	13	55-59
	Section Two, Chapter 2 – Jobs (Things You Should Know About Jobs)	21	72
	So You're Thinking of Dropping Out of School		
	Section Two, Chapter 3 – Personal Audit	36-38	101-105
	Section Three, Chapter 3 – Holding Onto Your Job (Personal Audit)	54	132
#2: Is able to make an informed career decision.	Four-Wheel Drive for the Mind – Networking, Jobs and Money Section One, Chapter 1 – Building a Support System (How Can I Volunteer) Chapter 1 – Building a Support System (Volunteer Placement: How to Get Started)	9	43-45
	Placement: How to Get Started)	9	46
	So You're Thinking of Dropping Out of School		
	Section One, Chapter 2 – Facts About Dropping Out (What They Earn)	16-17	67
	Section Three, Chapter 1 – The Cost of Living	41-45	106-116
#3: Is able to develop a career plan.	So You're Thinking of Dropping Out of School Section One, Chapter 3 – Skipping School: A Step In The Wrong Direction Section Two, Chapter 1 – Importance of Education Chapter 1 – Importance of Education (GED, College: A Possibility, Vocational/Technical School: A Great Option)	19-22	73-79
	Section Two, Chapter 1 – Importance of Education	25-30	80-91
	Chapter 1 – Importance of Education (GED, College: A Possibility, Vocational/Technical School: A Great Option)	27-29	83-88
Employment:			
#4: Knows how to search for employment.	Four-Wheel Drive for the Mind – Networking, Jobs and Money Section One, Chapter 2 – Networking Chapter 3 – Finding a Job, Setting Up the Interview	11-12	49-54
	Chapter 3 – Finding a Job, Setting Up the Interview	13-15	55-62

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CAREER PLANNING

Learning Goal:	Curricula Title	Pages	Worksheet Pages
Employment: <i>(continued)</i>			
#5: Knows how to maintain employment.	Four-Wheel Drive for the Mind – Learning Strategies and Time Management		
	Section Three, Chapter 1 – Time Management	26-27	75-81
	Chapter 2 – Setting Short-Term Goals	28-29	82-86
	Chapter 3 – Setting Long-Term Goals	30-31	87-92
	Brain Food – More Secrets of Success		
	50 Tips for Dressing for Success	35-44	
#6: Understands the importance of education and its relation to employment.	So You’re Thinking of Dropping Out of School		
	Section One, Chapter 1 – Profile of a Dropout	13-15	59-66
	Section Two, Chapter 1 – The Importance of Education (Job Corps and The Military)	29-30	89-90
Workplace Communication:			
#7: Knows how to effectively respond to prejudice and discrimination.	Work In Progress – Anger Management		
	Section Two, Chapter 1 – Respect Others	16-17	50-56

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COMMUNICATION

Learning Goal:	Curricula Title	Pages	Worksheet Pages
Personal Development:			
#8: Knows and understands the concept of self-esteem.	Four-Wheel Drive for the Mind – Self-Esteem		
	Section One, Chapter 1 – Who Am I?	8-9	34-37
	Section Three, Chapter 2 – Self-Esteem Builders	26-27	75-81
#9: Knows and understands one’s personal strengths and needs.	Four-Wheel Drive for the Mind – Self-Esteem		
	Section One, Chapter 2 – Go A Little Deeper (Self-Esteem Activity)	10	41-42
	(all activities)	10-11	38-45
	Section Three, Chapter 3 – Self-Esteem Wrap-Up	28-29	82-90
#10: Knows and understands the impact of caring, respectful, responsible and honest behavior in relationships.	Brain Food – Peaceful Living		
	50 Tips for Fair Play and Values	55-64	
	50 More Tips for Fair Play and Values	65-74	
#11: Knows and understands how abuse, dishonesty and disrespectful behavior impact relationships.	Domestic Abuse		
	Section One, Chapter 1 – Physical Abuse	8-9	32-36
	Chapter 2 – Emotional Abuse	10-11	37-41
	Chapter 3 – Sexual Abuse	12-13	42-46

Interpersonal Relationships:			
#12: Knows and understands the elements of communication.	Work in Progress – Anger Management		
	Section Two, Chapter 1 – Respect Others	16-17	50-56
	Chapter 2 - Communication and Listening	18-19	57-61
	Section Three, Chapter 3 – Anger Control Through Body Language	28-29	86-91
	Brain Food – The Right Stuff and Money Matters		
	50 Tips for Nonverbal Communication	5-13	
50 Tips for Understanding Body Language	14-23		
25 More Body Language Tips	24-32		
#13: Knows how to manage conflict.	Work In Progress – Violence and Conflict		
	Section One, Chapter 1 – Conflict and Decision Making	8-9	34-40
	Chapter 2 – Dealing with Conflict	10-11	41-48

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COMMUNICATION

Learning Goal:	Curricula Title	Pages	Worksheet Pages
Interpersonal Relationships: <i>(continued)</i>			
#14: Knows how to use anger management techniques.	Work In Progress – Anger Management		
	Section One, Chapter 1 – Are We Naturally Aggressive	8-9	34-40
	Chapter 2 – Different Types of Anger	10-11	41-46
	Section Three, Chapter 1 – Don't Allow Anger to Take Control of Your Life	24-25	72-78
	Chapter 3 – Anger Control Through Body Language	28-29	86-91

Relationships:			
#15: Can describe everyday etiquette.	Brain Food – The Right Stuff and Money Matters		
	50 Tips for Proper Etiquette and Manners	53-61	
#16: Knows how to maintain good emotional health.	Four-Wheel Drive for the Mind – Self-Esteem		
	Section Two, Chapter 3 – Stress, Worry, and Self-Esteem	20-21	62-69
	Brain Food – Peaceful Living		
	50 Tips for Controlling Worry	5-14	
	50 Tips for Conquering Fear	15-24	
	50 Tips for Controlling Stress	25-34	
	50 Tips for Forgiving	35-44	
	50 Tips for Avoiding Guilt	45-54	

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DAILY LIVING

Learning Goal:	Curricula Title	Pages	Worksheet Pages
Nutrition:			
#17: Knows and understands the basic food groups.	Basic Health 101 – Nutrition and Exercise Section Two, Chapter 1 – MyPlate	19-20	59-65
	Official Homo Sapiens Operators Manual – Maintaining Your Homo-Sapiens Equipment Chapter 3 – Friendly Foods	17-20	63-77
#18: Knows and understands the relationship between what one eats and nutrition.	Basic Health 101 – Nutrition and Exercise Section One, Chapter 1 – Eating Well	11-12	37-43
#19: Knows and understands that nutrition impacts physical and emotional health.	Basic Health 101 – Nutrition and Exercise Section One, Chapter 3 – Eating Disorders	15-16	53-58
	Official Homo Sapiens Operators Manual – Maintaining Your Homo-Sapiens Equipment Chapter 4 – Healing Foods	21-23	80-92
	Chapter 7 – Avoiding Major Breakdowns	34-37	127-141
#20: Is able to evaluate one’s diet for nutritional content.	Basic Health 101 – Nutrition and Exercise Section One, Chapter 2 – Food Facts	13-14	44-52
	Section Two, Chapter 2 – Nutrients I	21-22	66-72
	Chapter 3 – Nutrients II	23-24	73-78
	Official Homo Sapiens Operators Manual – Maintaining Your Homo Sapiens Equipment Chapter 2 – Food is Fuel	14-16	52-62
Chapter 5 – Hostile Foods	24-29	93-113	
#21: Knows how to read food labels for nutritional information.	Basic Health 101 – Nutrition and Exercise Section One, Chapter 2 – Food Facts (Reading Food Labels and Grocery Receipts)	14	49-52

Meal Planning:			
#22: Is able to plan a simple meal with supervision.	Basic Health 101 – Nutrition and Exercise Section Two, Chapter 1 – MyPlate	19-20	59-65

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DAILY LIVING

Learning Goal:	Curricula Title	Pages	Worksheet Pages
Banking and Credit:			
#23: Knows how to open and maintain a savings account.	Four-Wheel Drive For the Mind – Networking, Jobs and Money Section Three, Chapter 2 – Opening Bank Accounts	31-34	88-96

Home Life:			
#24: Knows and understands the importance of home safety.	<p>Sprouts: <i>(This is a book that teaches teen parents how to keep young children safe. Many of the chapters fit into this domain. It was written to protect the safety of younger children, but if you teach it as if they were parents of younger children, they will learn a great deal of information on how they can be safe.)</i></p> <p>Sprouts – Keeping Your Child Safe</p> <p>Chapter 6 – Poisons 25-27 92-100</p> <p>Chapter 10 – Fire Safety 36-38 121-127</p> <p>Basic Health 101 – Health and Hygiene</p> <p>Section One, Chapter 1 – General Health (Poison Prevention and First-Aid Kit; Quick Thinking) 13 42-45</p>		

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HOUSING AND MONEY

Learning Goal:	Curricula Title	Pages	Worksheet Pages
Transportation:			
#25: Knows and understands the costs associated with a car.	Rules of the Road Chapter 8 – Automotive Insurance	35-36	129-137
#26: Knows how to buy a car.	Rules of the Road Chapter 10 – Buying a Car	39-43	147-164

Banking and Credit:			
#23: Knows how to open and maintain a savings account.	Four-Wheel Drive for the Mind – Networking, Jobs and Money Section Three, Chapter 2 – Opening Bank Accounts (Opening a Savings Account)	31	88
#27: Knows how to open and maintain a checking account.	Four-Wheel Drive for the Mind – Networking, Jobs and Money Section Three, Chapter 2 – Opening Bank Accounts (starting with Checking Accounts and all other activities)	32-34	89-96
#28: Knows and understands the pros and cons of using credit.	Four-Wheel Drive for the Mind – Networking, Jobs and Money Section Three, Chapter 3 – Credit Cards	35-37	97-100

Work Goals:			
#2: Is able to make an informed career decision.	Four-Wheel Drive for the Mind – Networking, Jobs and Money Section One, Chapter 1 – Building a Support System (How Can I Volunteer)	9	43-45
	Chapter 1 – Building a Support System (Volunteer Placement: How to Get Started)	9	46
	So You’re Thinking of Dropping Out of School Section One, Chapter 2 – Facts About Dropping Out (What They Earn)	16-17	67
	Section Two, Chapter 3 – Personal Audit (Career Options)	37	103
#3: Is able to develop a career plan.	So You’re Thinking of Dropping Out of School Section One, Chapter 3 – Skipping School: A Step In The Wrong Direction	19-22	73-79
	Section Two, Chapter 1 – Importance of Education	25-30	80-91
	Chapter 1 – Importance of Education (GED, College: A Possibility, Vocational/Technical School: A Great Option)	27-29	83-88

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SELF-CARE

Learning Goal:	Curricula Title	Pages	Worksheet Pages
Personal Hygiene:			
#29: Knows and understands the importance of good hygiene.	Basic Health 101 – Health and Hygiene Section Three, Chapter 1 – Personal Hygiene	28-29	83-85
#30: Can keep clean.	Basic Health 101 – Health and Hygiene Section Three, Chapter 2 – Hygiene Specifics	30-31	86-91
	Chapter 3 - Skin Care	32-33	92-96
#31: Can maintain good hygiene.	Basic Health 101 – Health and Hygiene Section Three, Chapter 2 – Hygiene Specifics	30-31	86-91

Health:			
#32: Knows how to stay healthy.	Basic Health 101 – Health and Hygiene Section One, Chapter 1 – General Health	12-13	38-45
	Chapter 2 – Handling Common Illnesses	14-15	46-53
	Official Homo Sapiens Operator’s Manual – Medical Records	6-17	16-75
	Medical Forms	18-68	
#33: Knows how to care for minor illnesses and simple injuries.	Basic Health 101 – Health and Hygiene Section One, Chapter 1 – General Health	12-13	38-45
	Chapter 2 – Handling Common Illnesses	14-15	46-53
#34: Knows when and how to seek medical attention.	Basic Health 101 – Health and Hygiene Section One, Chapter 1 – General Health (Poison Prevention)	13	42
	Chapter 2 – Handling Common Illnesses	14-15	46-53
#16: Knows how to maintain good emotional health.	Brain Food – Peaceful Living 50 Tips for Controlling Stress	25-34	

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SELF-CARE

Learning Goal:	Curricula Title	Pages	Worksheet Pages
Alcohol, Drugs and Tobacco:			
#35: Knows and understands the medical, social and emotional risks associated with alcohol, drug and tobacco use.	Work In Progress – Substance Abuse and Guns		
	Section One, Chapter 1 – Drugs Defined	8-9	40-44
	Section Two, Chapter 1 – All About Alcohol	16-17	56-64
#36: Knows and understands the types of help available for alcohol, drug, and tobacco addictions.	Work In Progress – Substance Abuse and Guns		
	Section One- Chapter 3- Getting Help	12-13	51-55
	Section Two- Chapter 2 –Alcohol Abuse and the Family	18-19	65-72

Relationships:			
#37: Knows and understands how to prevent, detect and treat STD's including AIDS.	Basic Health 101 – Health and Hygiene		
	Section Two, Chapter 1 – STD's	20-21	64-71
	Chapter 2 – HIV and AIDS	22-23	72-77
	Chapter 3 – Symptoms, Prevention, and Treatment	24-25	78-82
#38: Knows and understands how to keep safe when young.	Sprouts: <i>(This is a book that teaches teen parents how to keep young children safe. Many of the chapters fit into this domain. It was written to protect the safety of younger children, but if you teach it as if they were parents of younger children, they will learn a great deal of information on how they can be safe.)</i>		
	Sprouts – Keeping Your Child Safe		
	Chapter 5 – Gun Safety	22-24	87-90
	Chapter 11 – Using Auto Seat Belts and Child Restraints	39-42	129-134
	Chapter 12 – Personal Safety and Abuse	43-51	136-158
	Chapter 13 – Sexual Abuse	52-57	160-167
#39: Knows and understands to be safe when older.	Work In Progress – Domestic and Sexual Abuse		
	Section One, Chapter 1 – What is Abuse?	12-14	47-53
	Chapter 2 –Causes and Influences of Domestic Abuse	15-17	54-58
	Chapter 3 – How Can Abuse Be Prevented?	18-20	59-71

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SELF-CARE

Learning Goal:	Curricula Title	Pages	Worksheet Pages
Relationships: <i>(continued)</i>			
#24: Knows and understands the importance of home safety.	Sprouts: <i>(This is a book that teaches teen parents how to keep young children safe. Many of the chapters fit into this domain. It was written to protect the safety of younger children, but if you teach it as if they were parents of younger children, they will learn a great deal of information on how they can be safe).</i>		
	Sprouts – Keeping Your Child Safe		
	Chapter 1 – Kitchen Safety	9-12	65-67
	Chapter 2 – Bathroom Safety	13-15	69-72
	Chapter 3 – Living Room and Bedroom Safety	16-19	74-79
	Chapter 4 – Electrical Safety	20-21	81-85
	Chapter 7 – Lead Safety	28-31	102-109
	Chapter 8 – Water Safety	32-33	111-115
Chapter 9 – Sun Safety	34-35	117-119	
Chapter 10 – Fire Safety	36-38	121-127	
#40: Knows and Understands symptoms and effects of eating disorders.	Basic Health 101 – Nutrition and Exercise		
	Section One, Chapter 3 – Eating Disorders	15-16	53-58

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SOCIAL RELATIONSHIPS

Learning Goal:	Curricula Title	Pages	Worksheet Pages
Personal Development:			
#8: Knows and understands concept of self-esteem.	Four-Wheel Drive for the Mind – Self-Esteem		
	Section One, Chapter 1 – Who Am I?	8-9	34-37
	Chapter 3 – The Big Picture	12-13	46-51
#9: Knows and understands ones personal strengths and needs.	Four-Wheel Drive for the Mind – Self-Esteem		
	Section One – Chapter 2 – Go A Little Deeper (Self-Esteem Activity)	10	41-42
	(all activities)	10-11	38-45
	Section Three, Chapter 3 – Self-Esteem Wrap-Up	28-29	82-90
#10: Knows and understands the impact of caring, respectful, responsible and honest behavior on relationships.	Brain Food – Peaceful Living		
	50 Tips for Fair Play and Values	55-64	
	50 More Tips for Fair Play and Values	65-74	
#11: Knows and understands how abuse, dishonesty and disrespectful behavior impact relationships	Domestic Abuse		
	Section One, Chapter 1 – Physical Abuse	8-9	32-36
	Chapter 2 – Emotional Abuse	10-11	37-41
	Chapter 3 – Sexual Abuse	12-13	42-46

Cultural Awareness:			
#41: Knows and understands different cultural groups.	Four-Wheel Drive for the Mind – Self Esteem		
	Section One, Chapter 2 – Go a Little Deeper (We are all Minorities and Hispanic Mentors)	10.....	38-40
	Work In Progress – Anger Management		
	Section Two, Chapter 1 – Respect Others	16-17	50-56

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SOCIAL RELATIONSHIPS

Learning Goal:	Curricula Title	Pages	Worksheet Pages
Interpersonal Relationships:			
#12: Knows and understands the elements of communication.	Work in Progress – Anger Management		
	Section Two, Chapter 1 – Respect Others	16-17	50-56
	Chapter 2 - Communication and Listening	18-19	57-61
	Section Three, Chapter 3 – Anger Control Through Body Language	28-29	86-91
	Brain Food – The Right Stuff and Money Matters		
	50 Tips for Nonverbal Communication	5-13	
50 Tips for Understanding Body Language	14-23		
25 More Body Language Tips	24-32		
#13: Knows how to manage conflict.	Work In Progress – Violence and Conflict		
	Section One, Chapter 1 – Conflict and Decision Making	8-9	34-40
	Chapter 2 – Dealing with Conflict	10-11	41-48
#14: Knows how to use anger management techniques.	Work In Progress – Anger Management		
	Section One, Chapter 1 – Are We Naturally Aggressive?	8-9	34-40
	Chapter 2 – Different Types of Anger	10-11	41-46
	Section Three, Chapter 1 – Don't Allow Anger to Take Control of Your Life	24-25	72-78
	Chapter 3 – Anger Control Through Body Language	28-29	86-91

Relationships:			
#15: Can describe everyday etiquette.	Brain Food – The Right Stuff and Money Matters		
	50 Tips for Proper Etiquette and Manners	53-61	
#16: Knows how to maintain good emotional health.	Four-Wheel Drive for the Mind – Self-Esteem		
	Section Two, Chapter 3 – Stress, Worry, and Self-Esteem	20-21	62-69
	Brain Food – Peaceful Living		
	50 Tips for Controlling Worry	5-14	
	50 Tips for Conquering Fear	15-24	
	50 Tips for Controlling Stress	25-34	
	50 Tips for Forgiving	35-44	
50 Tips for Avoiding Guilt	45-54		

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SOCIAL RELATIONSHIPS

Learning Goal:	Curricula Title	Pages	Worksheet Pages
Work Life:			
#4: Knows how to search for employment.	Four-Wheel Drive for the Mind – Networking, Jobs and Money Section One, Chapter 3 – Finding a Job, Setting up an Interview	13-15	55-62
#42: Can complete a job application.	Four-Wheel Drive for the Mind – Networking, Jobs and Money Section Two, Chapter 1 – Interviews and Applications (Interview Checklist, My Strengths and Weaknesses)	18-19	63-64
#43: Can interview for a job.	Four-Wheel Drive for the Mind – Networking, Jobs and Money Section Two, Chapter 1 – Interview and Applications (Questions About You)	19	65
	Brain Food – More Secrets of Success 50 Tips for Dressing for Success	35-44	
#5: Knows how to maintain employment.	Four-Wheel Drive for the Mind – Learning Strategies and Time Management Section One, Chapter 1 – The Importance of Reading	8-9	34-39
	Section Three, Chapter 1 – Time Management	26-27	75-81
	Chapter 1 – Time Management (Time and Me)	26	75-77
	Chapter 1 – Time Management (Getting Organized–Life on a List)	27	81

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WORK AND STUDY SKILLS

Learning Goal:	Curricula Title	Pages	Worksheet Pages
Work Goals:			
#1: Is able to identify careers of interest.	Four-Wheel Drive for the Mind – Networking, Jobs and Money		
	Section One, Chapter 3 – Finding a Job, Setting Up the Interview (Job Search: Places to Find Jobs) 13 55-59		
	Section Two, Chapter 2 – Jobs (Things You Should Know About Jobs) 21 72		
	So You’re Thinking of Dropping Out of School		
	Section Two, Chapter 3 – Personal Audit 36-38 101-105		
	Section Three, Chapter 3 – Holding Onto Your Job (Personal Audit) 54 132		
#3: Is able to develop a career plan.	So You’re Thinking of Dropping Out of School		
	Section One, Chapter 3 – Skipping School: A Step In The Wrong Direction 19-22 73-79		
	Section Two, Chapter 1 – Importance of Education 25-30 80-91		
	Chapter 1 – Importance of Education (GED, College: A Possibility, Vocational/Technical School: A Great Option) 27-29 83-88		

Employment:			
#42: Can complete a job application.	Four-Wheel Drive for the Mind – Networking, Jobs and Money		
	Section Two, Chapter 1 – Interviews and Applications (Interview Checklist, My Strengths and Weaknesses) 18-19 63-64		
#5: Knows how to maintain employment.	Four-Wheel Drive for the Mind – Learning Strategies and Time Management		
	Section One, Chapter 1 – The Importance of Reading 8-9 34-39		
	Section Three, Chapter 1 – Time Management 26-27 75-81		
	Chapter 1 – Time Management (Time and Me) 26 75-77		
	Chapter 1 – Time Management (Getting Organized–Life on a List) 27 81		

Study Skills:			
#44: Is able to use one or more study techniques to achieve a study goal.	Brain Food – More Secrets of Success		
	50 Tips for Study Skills 14-23		