

INSTRUCTIONAL SYSTEMS INC.

LIFE SKILLS PROGRAM

CHAPTER 1 - Being a Good Consumer

- Lesson 1 - Banking: deposit/withdrawal
- Lesson 2 - Bills
- Lesson 3 - Budgeting
- Lesson 4 - Credit Cards
- Lesson 5 - Loans
- Lesson 6 - Dining Out
- Lesson 7 - Finding a Lawyer
- Lesson 8 - Working with Your Lawyer
- Lesson 9 - Junk Mail
- Lesson 10 - Mail Order and Online Shopping
- Lesson 11 - Measurement
- Lesson 12 - Reading Product Labels
- Lesson 13 - Reading a Warranty
- Lesson 14 - Health Insurance
- Lesson 15 - Auto Insurance
- Lesson 16 - Life Insurance
- Lesson 17 - Tax Basics

CHAPTER 2 - Health and Safety

- Lesson 1 - AIDS
- Lesson 2 - Alcohol
- Lesson 3 - Balanced Diet
- Lesson 4 - Cholesterol
- Lesson 5 - Diabetes
- Lesson 6 - Doctor or First Aid
- Lesson 7 - Drug Effects
- Lesson 8 - Fire Safety
- Lesson 9 - First Aid
- Lesson 10 - Generic Drug
- Lesson 11 - High Blood Pressure
- Lesson 12 - Immunizations
- Lesson 13 - Lead Poisoning
- Lesson 14 - Medical Specialties
- Lesson 15 - Nutrition
- Lesson 16 - Obesity
- Lesson 17 - Poisons
- Lesson 18 - Preventing Cancer
- Lesson 19 - Preventing Pregnancy
- Lesson 20 - Secondhand Smoke

- Lesson 21 - Sleep
- Lesson 22 - Smog
- Lesson 23 - Vision

CHAPTER 3 - Home Maintenance

- Lesson 1 - Home Maintenance Tools
- Lesson 2 - Home Window Maintenance
- Lesson 3 - Home Door Maintenance
- Lesson 4 - Air Conditioning Maintenance
- Lesson 5 - Energy Efficient Heating
- Lesson 6 - Hot Water Heater Maintenance
- Lesson 7 - Refrigerator Maintenance
- Lesson 8 - Managing Clogged Drains
- Lesson 9 - Garbage Disposal Maintenance
- Lesson 10 - Home Safety Tips
- Lesson 11 - Electricity and Safety
- Lesson 12 - Home Security: Locks and Alarm Systems

CHAPTER 4 - Parenting

- Lesson 1 - Child Safety
- Lesson 2 - Children's Travel Safety
- Lesson 3 - First Teacher
- Lesson 4 - Parental Involvement
- Lesson 5 - Parenthood
- Lesson 6 - Raising Children
- Lesson 7 - Personal Responsibility
- Lesson 8 - School Readiness
- Lesson 9 - Sudden Infant Death Syndrome
- Lesson 10 - Teen Suicide
- Lesson 11 - Television
- Lesson 12 - Toilet Training

CHAPTER 5 - Personal Development

- Lesson 1 - Coping with Failure
- Lesson 2 - Looking for a Job
- Lesson 3 - Problem Solving
- Lesson 4 - Communication Skills
- Lesson 5 - Listening Skills
- Lesson 6 - Neatness and Organization
- Lesson 7 - Working with Others
- Lesson 8 - Empathy
- Lesson 9 - Courtesy
- Lesson 10 - Assertiveness

CHAPTER 6 - Test Taking

- Lesson 1 - Taking Reading Tests

Lesson 2 - Test Phobia

CHAPTER 7 - Visual Information

Lesson 1 - Change of Address

Lesson 2 - Reading Bar Graphs

Lesson 3 - Reading a Bus Schedule

Lesson 4 - Applying for a Driver's License

Lesson 5 - Following Directions

Lesson 6 - Forms

Lesson 7 - Train Schedules

Lesson 8 - Travel - Using Maps

Lesson 9 - Using Telephone Directories

CHAPTER 8 - Doing Our Part

Lesson 1 - Crime and Neighborhood Watch

Lesson 2 - Garbage and Recycling

Lesson 3 - The Benefits of Recycling

Lesson 4 - Trial by Jury and Jury Duty

Lesson 5 - Vehicle Registration

Lesson 6 - Voting