

HES: 4-19-04  
CHHS: 5-5-04

**SOUTHEAST MISSOURI STATE UNIVERSITY  
COURSE SYLLABUS**

**Department of:** Human Environmental Studies

**Course No.:** CF320

**Title of Course:** Adult Life Skills Education

**Revision:** \_\_\_\_\_

**New:** Fall 2004

**I. Catalog Description and Credit Hours of Course:**

An overview of andragogy and adult learning style. Content preparation of comprehensive life skills topics and application within the context of families.  
(3) two hours lecture, two hours lab

**II. Prerequisite:**

CF300 Parent Education and CF301 Parent Education Lab

**III. Purposes or Objectives of the Course:**

The student will be able to:

- A. Demonstrate the ability to complete a learning assessment.
- B. Design appropriate educational intervention goals and objectives.
- C. Demonstrate knowledge of the life skills topics and content areas.
- D. Demonstrate the ability to successfully plan and teach life skills to adults representing different cultures, lifestyles and learning capabilities.

**IV. Expectations of the Students:**

Students will be expected to:

- A. Attend class and successfully complete all assignments, exams and quizzes.
- B. Appropriately interact with diverse parents/family members groups.
- C. Effectively design, conduct and evaluate learning environments.
- D. Participate in in-home family and community assignments/projects.
- E. Participate in all class discussions and project follow-ups.

<b>V. Course Outline:</b>	<b>Hours</b>
<ul style="list-style-type: none"> <li>A. Overview of Andragogy               <ul style="list-style-type: none"> <li>1. Adult development</li> <li>2. Assumptions of andragogy</li> <li>3. Andragogy vs pedagogy</li> <li>4. Role of learner experiences in the learning process</li> <li>5. Essence of mutual planning</li> <li>6. Adult learning styles                   <ul style="list-style-type: none"> <li>a. dominant medium for learning</li> <li>b. level of capabilities</li> </ul> </li> </ul> </li> </ul>	3
<ul style="list-style-type: none"> <li>B. Assessment of Learning Environment and Learning Styles               <ul style="list-style-type: none"> <li>1. Preliminary assessment</li> <li>2. Evaluation tools                   <ul style="list-style-type: none"> <li>a. observational skills</li> <li>b. information collection</li> <li>c. data organization</li> <li>d. assessment instruments appropriate for familial intervention</li> </ul> </li> <li>3. Follow-up evaluation</li> <li>4. Readiness to learn</li> <li>5. Follow-up assessment</li> </ul> </li> </ul>	5
<ul style="list-style-type: none"> <li>C. Educational Interventions               <ul style="list-style-type: none"> <li>1. Developing learning goals and objectives</li> <li>2. Pacing – sizing of information units – “chunking”</li> <li>3. Involving adults in the development of learning experiences</li> <li>4. Managing the learning experience                   <ul style="list-style-type: none"> <li>a. equipment</li> <li>b. techniques</li> </ul> </li> <li>5. Process of facilitation</li> <li>6. Process of Empowerment</li> </ul> </li> </ul>	6
<ul style="list-style-type: none"> <li>D. Life Skills Topic               <ul style="list-style-type: none"> <li>1. Parenting</li> <li>2. Meal Selection/Preparation/Nutrition</li> <li>3. Budgeting – finance issues</li> <li>4. Time management</li> <li>5. Communication – Assertiveness</li> <li>6. Conflict management</li> <li>7. Consumerism</li> <li>8. Health and Safety Issues</li> <li>9. Family planning – reproduction</li> <li>10. Child Care</li> <li>11. Self Enhancement</li> <li>12. Relationships</li> <li>13. Sibling management</li> <li>14. Career development</li> </ul> </li> </ul>	10

E.	Teaching Strategies for Life Skills Topics	6
	1. Designing teaching aids – interactional/demonstration	
	2. Designing teaching aids – visual/handouts, self assessments	
	3. Selection of teaching materials (books, video, CD, DVD etc.	
	4. Resource organization	
		total <u>30</u>

**Laboratory**

Group assignments	5
In home assessment	10
Community workshop	10
Teaching materials development	<u>5</u>
Total	30

**VI. Textbook:**

Wehman, P. and Kregal. (2004). *Functional Curriculum*. Austin, Texas: Pro-Ed Publisher

**VII. Basis for Evaluation:**

Written exams and quizzes	30%
Work group assignments	10%
In-home assessment	15%
Community Workshop Project	15%
Parent Meeting Project	15%
Life skills information resource file	15%