



Life Skills (Ages 13+)

- ***Week 1 *Objective: introduction/ overview: intrapersonal, interpersonal, listening and paraphrasing. Writing assignments: defining self esteem.*
- ***Week 2 *Objective: impromptu speeches, organizing thoughts and journal exercises.*
- ***Week 3 *Speech exercises, demo speeches, journals, brainstorming and movement.*
- ***Week 4 *Objective: finish demo speeches, begin persuasive speech work and work on the journals.*
- ***Week 5 *Tape persuasive speeches with notes; make evaluation notes for self.*
- ***Week 6 *Job communication, first impressions, non-verbal communication, interviewing improvisation and resume work.*
- ***Week 7 *Personal appearance: hair, make-up, and skin. Being "appropriate" at the interview.*
- ***Week 8 *Props. Objective: using objects in expressing your creativity.*
- ***Week 9 *Scene setups. Objective: creating imaginary circumstances and characters...all by yourself!*
- ***Week 10 *Advanced exercises.*