

Life and Job Skills Training Syllabus

Class schedule: Tuesday, Thursday and Friday from 1:00 to 4:00 pm.

Location: Welcome Center, 844 S. Hoyt St.

Introduction to life in the United States

- United States ID's
- Introductions and calling a cab
- Work activity sheets
- Becoming Self-Sufficient in the United States
- Rights and Responsibilities in the United States

Housing (One session)

- Finding an apartment
- Signing a lease
- Rights and responsibilities as a tenant

Home Safety

- Safety Departments in the United States
- Fire Prevention and calling 911
- Bathroom and kitchen safety
- Locking your doors

Health

- Medicaid and health insurance
- Medical appointments (visits and calls), immunizations; pharmacy and ER
- Medicine: over the counter vs. prescription; reading labels
- Culture shock (American individualism, personal space)
- Healthy choices: food and lifestyle in Alaska & personal hygiene

My Money

- U.S currency
- Opening a Bank Account. Checks and debit/credit cards.
- Budgeting & paying your bills
- Shopping in the United States

U.S Laws and Values

- Public Conduct and Laws
- Family roles in the United States
- Human Rights and domestic abuse
- Children's Rights (UNICEF presentation)

Immigration (one session by Immigration Specialist)

- Brief description of Employment Card, Green Card, Citizenship
- Requirements for becoming a Permanent Resident of the United States
- Paying travel Loan

Living in Alaska (one session)

- Winter preparedness
- Winter Activities
- Alaskan Wildlife
- Alaska native cultures

Education (one session)

- Enrolling your children in school
- American school system, grading, attendance
- Student/parent responsibilities
- PTA and ways to get involved

Transportation

- Bus training (one session)
- Getting directions
- Driver's license (video) (one session)

U. S Culture & Civics (one session)

- Holidays (monthly)
- US basic history
- American symbols

I understand that it is my responsibility to read and understand the lesson materials that have been provided to me.

After each completed module, you will be tested and you will receive a certificate. At the end of the course you will receive a "Life and Job Skills Training" certificate indicating completion of the whole training.

Trainer's Signature

Date

Student's Signature

Date