

Life Skills Curriculum for Senior Secondary School Students

Secondary 4 to Secondary 7

Area : Personal-Social Development

Categories	Students are able to
<i>Understanding Self</i>	☺ Have my own ideals.
	☺ Face criticisms with an open attitude.
	☺ Accept and like myself.
	☺ Make use of my strengths and improve my weaknesses.
<i>Understanding Others</i>	☺ Master the way to get along well with people.
	☺ Handle disputes among friends.
	☺ Form friendships with others.
	☺ Stand in others' shoes and consider their feelings.
<i>Avoiding Drugs, Drinking & Smoking</i>	☺ Resist the temptation of drug abuse.
	☺ Resist the temptation of smoking or excessive drinking.
	☺ Think over how smoking, drug abuse and excessive drinking affect my friends, family and myself.
	☺ Prevent myself from forming the habits of excessive drinking, smoking or drug abuse.
<i>Marriage & Family Responsibilities</i>	☺ Consider different factors that can affect marriage when I get married.
	☺ Think over what constitutes a happy marriage life when I choose my other half.
	☺ Think over the relations between children and marriage when I prepare myself to be a parent.
	☺ Face the responsibility and difficulty being a parent.
<i>Handling Setbacks</i>	☺ Act according to circumstances in times of setbacks.
	☺ Master problem-solving skills in face of problems.
	☺ Learn from mistakes when I make them.
	☺ Encourage myself in face of setbacks.
<i>Health & Physical Training</i>	☺ Master the ways to stay healthy.
	☺ Master the ways to stay psychologically healthy.
	☺ Take care of my body when I am sick.
	☺ Develop a balanced eating habit.
<i>Co-operation & Team Spirit</i>	☺ Attentively listen to others' opinion when participating in activities.
	☺ Co-operate with others to reach the team's goal when participating in activities.
	☺ Encourage group members with no sense of responsibility to be responsible to themselves and others when leading an activity.
	☺ Handle disputes in the process of co-operation when participating in activities.

Categories	Students are able to
<i>Leadership Skills</i>	☺ Actively involve classmates in discussions when participating in school or classroom activities.
	☺ Organize and plan activities.
	☺ Appropriately allocate the work to group members when leading an activity.
	☺ Call on other classmates to join activities.
<i>Management of Stress & Emotion</i>	☺ Handle the stress from studying.
	☺ Master the ways to make myself happy.
	☺ Control my emotions.
	☺ Let my feelings out in correct and appropriate ways when facing pressure.
<i>Self-Evaluation Skills</i>	☺ Evaluate myself frequently and examine the reasons for success and failure.
	☺ Admit my mistakes to myself.
	☺ Obtain learning opportunities in the process of self-evaluation.
	☺ Have the courage and stamina to evaluate myself.
<i>Thinking & Expression Skills</i>	☺ Express my feeling and opinion in appropriate ways.
	☺ Reflect my opinion using different ways.
	☺ Exchange ideas with my classmates when I participate in school or classroom activities.
	☺ Have multi-angled thinking and analytical ability.
<i>Sexual Knowledge & Relationship</i>	☺ Develop normal friendship with the opposite sex.
	☺ Maintain normal friendship with the opposite sex.
	☺ Develop a romance relationship with the opposite sex.
	☺ Maintain a romance relationship with the opposite sex.
<i>Leisure Time Management</i>	☺ Develop interests in many areas.
	☺ Develop some interests so that my leisure time will be richer and happier.
	☺ Choose some recreational activities that suit my interest.
	☺ Make good use of leisure time and take part in extra-curricular activities that I like.
<i>Financial Management</i>	☺ Keep expenditure below income and won't be too wasteful.
	☺ Avoid borrowing money from others except when absolutely necessary.
	☺ Keep an account book for myself.
	☺ Make a financial budget.
<i>Decision Making Skills</i>	☺ Set up different goals of my life.
	☺ Plan how to attain the different goals in life.
	☺ Find out several possible solutions for one problem.
	☺ Work independently, first analyze the ways of handling each incident and then make the best decision.