

Taking Care of Yourself: Making the Transition from Corrections to Work, Education and Daily Life Skills Chart

Part One: UNIT 1A	Word / Writing Typing	Excel / Math	PPT / Present- ation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence- based writing
Making the Transition: Preparing for Life after Release							
Pg. 1A-10 – 1A-11 -- Realities of Reentry	X					X	
Pg. 1A-12 – 1A-16 -- Preparing for Reentry: Choices and Challenges	X				X	X	
Pg. 1A-17 – 1A-18 -- Benefits, Barriers and Challenges	X					X	
Pg. 1A-19 – 1A-27 -- Preparing for Reentry: Important Things to Consider	X				X	X	
Pg. 1A-28 – 1A-31 – Be Aware and Take Care: How Sex Traffickers Recruit Incarcerated People	X				X	X	
Pg. 1A-32 – 1A-33 -- How to Get a First-time Driver's License in Florida	X				X	X	
Pg. 1A-34- 1A-36 -- Prepare for Probation	X				X	X	
Pg. 1A-37 – 1A-40 -- Getting the Documents You Need After Release					X	X	
Pg. 1A-41 – 1A-44 -- These People Need Help! Using Community Resources					X	X	
Pg. 1A-45 – 1A-46 -- Asking for Help by Phone Resources	X			X		X	
Pg. 1A-47 – 1A-51 -- My Plan for Reentry Success				X	X		
UNIT 1B							
Wishes, Hopes & Dreams: Preparing for Reentry							
Pg. 1B-8 -- Introducing Yourself	X					X	
Pg. 1B-9-1B-10 -- Hold Fast to Dreams	X				X	X	
Pg. 1B-11-1B-13 -- Words of Wisdom: Wishes, Hopes and Dreams	X				X	X	
Pg. 1B-14 -- What Are Your Wishes, Hopes and Dreams?	X				X	X	
Pg. 1B-15-1B-16 -- What's Your Mindset?	X				X	X	
Pg. 1B-17-1B-20 -- Do You Have a "Fixed / "Growth Mindset?"	X				X	X	
Pg. 1B-21 -- How to Develop a Growth Mindset: What to Think Instead	X				X	X	
Pg. 1B-22-1B-23 -- Growth Mindset... Picture This!	X		X		X	X	
Pg. 1B-24-1B-27 -- I Want to Be a Firefighter	X				X	X	
Pg. 1B-28-1B-29 -- Mindfulness Can Help You Handle Stress	X				X	X	
Pg. 1B-30-1B-34 -- How to Start Fresh: Principles for Successful Reentry	X					X	

UNIT 1C: Understanding Citizenship: Government, Law, & the Justice System	Word / Writing Typing	Excel / Math	PPT / Present- ation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence- based writing
Pg. 1C -33.....Why Understand Government, Law and the Justice System?	X				X	X	
Pg. 1C -34-36.....Government, Law and the Justice System: What Do You Need to Know?	X				X	X	
Pg. 1C -37-40.....The Declaration of Independence	X				X	X	
Pg. 1C -41-45.....The Making of the Constitution	X				X	X	
Pg. 1C -46-49.....Three Branches of Government & the Separation of Powers	X				X	X	
Pg. 1C -50.....Legislative Branch	X				X	X	
Pg. 1C -51.....Executive Branch	X				X	X	
Pg. 1C -52.....Judicial Branch	X				X	X	
Pg. 1C -53.....Symbolizing the Three Branches of Government	X				X	X	
Pg. 1C -54.....Who Does What? Three Branches of Government Review	X				X	X	
Pg. 1C -55-57.....The Bill of Rights					X	X	
Pg. 1C -58-63.....The First Amendment in Daily Life	X				X	X	
Pg. 1C -64-69.....Freedom of Speech: Expressing Your Views	X	X			X	X	X
Pg. 1C -70-73.....Freedom to Petition the Government: Tell Your Representatives What You Think	X				X	X	
Pg. 1C -74-76.....The Bill of Rights in Daily Life					X	X	
Pg. 1C -77-83.....FDR's Economic Bill of Rights Speech	X				X	X	X
Pg. 1C -84.....Another Second Bill of Rights	X				X	X	
Pg. 1C -85.....The Universal Declaration of Human Rights	X				X	X	
Pg. 1C -86-88.....Comparing Rights					X	X	
Pg. 1C -89-90.....The Statue of Liberty: A Symbol of Freedom		X			X	X	
Pg. 1C -91-99.....Understanding Your Rights and Responsibilities When Communicating with Law Enforcement	X				X	X	
Pg. 1C -100-108....Understanding the Criminal Justice Process and Your Legal Rights and Responsibilities	X				X	X	
Pg. 1C -109-113....Chronology of US Voting Rights					X	X	
Pg. 1C -114-116....Chronology of US Voting Rights Card Game					X	X	
Pg. 1C -117-119...'I'm a part of society': Florida ex-felons register to vote	X				X	X	
Pg. 1C -120-122....Why Vote?	X				X	X	
Pg. 1C -123-124....Amendment 4 FAQ					X	X	
Pg. 1C -125-127....Sample Voter Registration Form	X				X	X	
Pg. 1C -128-129....The Importance of the Right to Vote: Evidence-based Writing	X				X	X	X

Part Two: Options & Opportunities							
Unit 2: Exploring Interests, Skills & Talents	Word / Writing Typing	Sci / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 2-11 – 2-12....Words of Wisdom: Self-knowledge	X				X	X	
Pg. 2-13.....“Equipment” by Edgar A. Guest	X			X	X	X	
Pg. 2-14..... “Myself” by Edgar A. Guest	X			X	X	X	
Pg. 2-15..... How Well Do You Know Yourself?	X					X	
Pg. 2-16.....What’s Your Story?	X		X			X	
Pg. 2-17 – 2-18.....Job Information Interview	X			X		X	
Pg. 2-19 – 2-23.....An Accomplishment I Am Proud Of	X					X	
Pg. 2-24- 2-26.....A Person I Admire	X					X	
Pg. 2-27.....Learning Styles Inventory					X	X	
Pg. 2-28 – 2-29.....Personal Work History						X	
Pg. 2-30.....Talent Wheel						X	
Pg. 2-31.....What are Your Values?					X	X	
Pg. 2-32 – 2-34.....What is Work? Definitions					X		
Pg. 2-35 - 2-42.....What’s Your Passion? Using Florida CHOICES			X	X	X	X	
Pg. 2-43.....Career Exploration Chart					X	X	
Pg. 2-44.....Florida CHOICES Checklist				X			
Pg. 2-45 – 2-47.....Occupation Presentation	X		X	X	X	X	
Pg. 2-48 – 2-50.....Describe Yourself: Essay	X		X			X	
Unit 2A-J : Exploring Career Clusters / Vocabulary	Word / Typing	Sci / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Exploring Career Clusters: 2A: Architecture & Construction	X	X	X	X	X	X	X
Exploring Career Clusters: 2B: Business Managem’t & Admin.	X	X	X	X	X	X	X
Exploring Career Clusters: 2C: Education & Training	X	X	X	X	X	X	X
Exploring Career Clusters: 2D: Health Science	X	X	X	X	X	X	X
Exploring Career Clusters: 2E: Hospitality	X	X	X	X	X	X	X
Exploring Career Clusters: 2F: Human Services	X	X	X	X	X	X	X
Exploring Career Clusters: 2G: Information Technology	X	X	X	X	X	X	X
Exploring Career Clusters: 2H: Marketing and Sales	X	X	X	X	X	X	X
Exploring Career Clusters: 2I: Manufacturing	X	X	X	X	X	X	X
Exploring Career Clusters: 2J: Transportation, Distrib. & Logistics	X	X	X	X	X	X	X

Unit 3: Making Choices & Setting Goals	Word / Typing	Sci / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 3-13 – 3- 15.....Words of Wisdom: Goal Setting	X				X	X	
Pg. 3-16..... Getting Out: Marie and James	X				X	X	
Pg. 3-17.....“Paid in Full” by Rakim	X			X	X	X	
Pg. 3-18-19.....What Motivates You?					X	X	
Pg. 3-20 – 3-21.....What Motivates You? Essay	X					X	
Pg. 3-22 – 3-24....Creating Your Personal Mission Statement	X				X	X	
Pg. 3-25.....“Don’t Quit” by Edgar Guest	X			X	X	X	
Pg. 3-26.....“Invictus” by William Ernest Henly	X			X	X	X	
Pg. 3-27 – 3-28.....“Mother to Son” by Langston Hughes	X			X	X	X	
Pg. 3-29 – 3-31.....Goalsetting: Advice Poem	X					X	
Pg. 3-32.....Crossword: Perseverance					X	X	
Pg. 3-33.....Write a Letter of Encouragement	X				X	X	
Pg. 3-34 – 3-41.....“A Free Life is a Miracle” -- Article	X				X	X	X
Pg. 3-42 – 3-49.....“10 Amazing Facts About Jim Thorpe”-- Article	X				X	X	X
Pg. 3-50.....Step by Step					X	X	
Pg. 3-51 – 3-52..... SMART Goal Setting					X	X	
Pg. 3-53 – 3-55..... Goal Setting Steps					X	X	
Pg. 3-56 – 58.....Steps to Success						X	
Pg. 3-59.....Six Things Successful People Do Before Breakfast					X		
Pg. 3-60.....Everybody has Goals	X		X		X		
Pg. 3-61.....Individual Career & Education Plan	X		X			X	
Unit 4: Exploring Options & Opportunities	Word / Writing Typing	Sci / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 4-10 – 4-11.....Words of Wisdom: Options and Opportunities	X				X	X	
Pg. 4-12 – 4-15.....Felon Goes from Prison to Valencia Honor Student	X			X	X	X	
Pg. 4-16 – 4-19.....Ten Most Common Reasons for Not Going to College or Technical School	X			X	X	X	
Pg. 4-20.....Questions about Technical Education	X						
Pg. 4-21.....Questions about College	X						
Pg. 4-22.....Financial Aid Eligibility for People with Felonies				X	X		
Pg. 4-23 – 4-24.....Post-secondary Vocabulary					X		
Pg. 4-25 – 4-26.....Review of the Technical Center Catalogue				X	X		
Pg. 4-27 – 30.....How to Apply to Tallahassee Community College				X	X		
Pg. 4-31 – 4-32.....Post-secondary Catalogue Exploration & Presentation	X		X	X	X	X	
Pg. 4-33 – 4-34.....Exploring Options and Opportunities: Reflection	X		X			X	

Part Three: Finding & Keeping a Job							
Unit 5: Investigating the World of Work	Word / Writing Typing	Sci / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 5-7.....Why Do People Work?	X					X	
Pg. 5-8 – 5-9.....Words of Wisdom: Work	X				X	X	
Pg. 5-10.....“A Worker Reads History”	X			X	X	X	
Pg. 5-11.....“Short Order Cook”	X			X	X	X	
Pg. 5-12 – 5-14.....Job Satisfaction: Student Writing	X				X	X	
Pg. 5-15 – 5-17.....What’s My Job? Twenty Questions					X	X	
Pg. 5-18..... Who Built the Block?			X		X	X	
Pg. 5-19 – 5-20.....Open for Business						X	
Pg. 5-21 – 5-22.....“I Hear America Singing / Working”	X			X	X	X	
Unit 6: Finding a Job	Word / Writing Typing	Sci / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 6-9 – 6-14.....Article: “Going from Jail to Full-time Work”	X			X	X	X	X
Pg. 6-15 – 6-16.....Assess Yourself: How Job-Ready Are You?						X	
Pg. 6-17.....How to Find Work					X		
Pg. 6-18.....Websites to Help with Your Job Search				X			
Pg. 6-19.....Finding the Right Job for You					X	X	
Pg. 6-20 – 6-23.....The Best Jobs for Ex-Offenders				X	X		
Pg. 6-24 – 6-28.....Using the Phone to Look for Work					X	X	
Pg. 6-29 – 6-30.....Using Help Wanted Ads to Find Work				X	X	X	
Pg. 6-31.....Sample Resume					X		
Pg. 6-32.....Draft Resume	X						
Pg. 6-33 – 6-35.....Writing a Letter of Explanation	X				X		
Pg. 6-36 – 6-37.....What’s Wrong with This Application?					X	X	
Pg. 6-38 – 6-39.....Model Application	X			X			
Pg. 6-40.....Job Search Notes						X	
Pg. 6-41.....Job Search Plan						X	

Unit 7: Showing Off Your Best Self: Preparing to Interview	Word / Writing Typing	Sci / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 7-7.....Showing Off Your Best Self in Interviews - the Five Bs					X	X	
Pg. 7-8 – 7-12.....Be Aware of Employer Concerns	X				X	X	
Pg. 7-13.....Be Confident: Learning from Experience	X				X	X	
Pg. 7-14.....Be Real: How Do You Feel About Yourself?					X	X	
Pg. 7-15 – 7-16..... Self-Defeating and Self-Supporting Attitudes and Behaviors					X	X	
Pg. 7-17 – 7-18..... What You Do in an Interview Shows the Employer Your Attitude					X	X	
Pg. 7-19.....Information You <i>Need</i> to Know				X	X		
Pg. 7-20 – 7-21.....Be Confident, Honest & Positive: Incarceration Explanation Speech	X				X		
Pg. 7-22 – 7-23..... Steps to a Successful Job Interview					X		
Pg. 7-24 – 7-27.....Be Prepared: Practice Job Interviews	X				X	X	
Pg. 7-28.....Sample Follow-Up Letter	X						
Unit 8: Keeping a Job	Word / Writing Typing	Sci / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 8-8 – 8-9.....Keeping Your Job / Ten Tips for Success on the Job	X				X	X	
Pg. 8-10.....Everybody Makes Mistakes	X				X	X	
Pg. 8-11.....A Million Excuses					X		
Pg. 8-12.....Listening: Are You a Wise Old Bird?					X	X	
Pg. 8-13 – 8-14.....Using Listening Skills					X	X	
Pg. 8-15 – 8-18.....Listen and Take Notes: Writing Phone Messages					X		
Pg. 8-19..... Communicating About Absence					X	X	
Pg. 8-20 – 8-21.....Responsible Communication					X	X	
Pg. 8-22 – 8-26.....How Would YOU Deal with These Stressful Situations?					X	X	
Pg. 8-27 – 8-28.....Sexual Harassment Hurts Everybody					X		
Pg. 8-29.....Ten Tips for Success on the Job						X	

Part Four: GED and Post-Secondary Success							
Unit 9: Reading, Thinking, Analyzing, Researching: Strategies for the GED and Beyond	Word / Writing Typing	Sci / Math	PPT / Present -ation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 9-17 - 9-18.....“Coming to an Awareness of Language” by Malcolm X	X			X	X	X	X
Pg. 9-19 - 9-22.....“Learning to Read and Write” by Frederick Douglass	X			X	X	X	X
Pg. 9-23 - 9-24.....“Until He Tackled His Illiteracy, the Redskins' Gridiron Terror Lived in Fear of the ABC's”	X			X	X	X	X
Pg. 9-25 - 9-26.....“In Praise of Learning” by Bertolt Brecht	X			X	X	X	X
Pg. 9-27 - 9-28.....Evidence-based Writing: Learning to Read	X			X	X	X	X
Pg. 9-29 - 9-32..... Twelve Powerful Words					X		
Pg. 9-33 - 9-46..... Important GED & College Vocabulary					X		
Pg. 9-47 - 9-48.....Book Summary	X		X		X	X	
Pg. 9-49 - 9-50.....Words of Wisdom: Critical Thinking					X	X	
Pg. 9-51.....The Importance of Critical Thinking Skills					X	X	
Pg. 9-52 - 9-54.....Strategies for Building Critical Thinking Skills					X	X	
Pg. 9-55 - 9-56.....Watch Out for “Uncritical Thinking”					X	X	
Pg. 9-57.....Apply Critical Thinking Skills to Real Life Problems					X	X	
Pg. 9-58 - 9-60..... Higher Order Thinking Skills (H.O.T.S.)					X	X	
Pg. 9-61 - 9-66.....How to Overcome Test Anxiety	X				X	X	
Pg. 9-67 - 9-68.....How to Handle Anxiety: Situation Cards					X	X	
Pg. 9-69.....Brain Dump	X						
Pg. 9-70.....Practice Your Breathing Skills					X	X	

<p style="text-align: center;">UNIT 9A: Evidence-based Writing Prompts for GED Practice</p>	<p style="text-align: center;">Word / Writin g Typing</p>	<p style="text-align: center;">Sci / Math</p>	<p style="text-align: center;">PPT / Present -ation</p>	<p style="text-align: center;">Internet research / Links</p>	<p style="text-align: center;">Reading comp / Vocab</p>	<p style="text-align: center;">Discussion</p>	<p style="text-align: center;">Evidence- based writing</p>
Pg. 9A-6 - 10.....Tools for Evidence-based Writing	X				X	X	X
Pg. 9A-11 - 14.....Evidence-based Writing Prompt #1 - The Right to Vote for People with Felonies	X				X	X	X
Pg. 9A-15 - 18.....Evidence-based Writing Prompt #2 - Securing the Right to Vote: The Selma-to-Montgomery Story	X				X	X	X
Pg. 9A-19 - 25.....Evidence-based Writing Prompt #3 -The Right to Life, Liberty & the Pursuit of Happiness	X				X	X	X
Pg. 9A-26 - 29.....Evidence-based Writing Prompt #4 - Pro / Con ~ Increasing the Minimum Wage	X	X			X	X	X
Pg. 9A-30 - 34.....Evidence-based Writing Prompt #5 - Should Marijuana Be a Medical Option?	X	X			X	X	X
Pg. 9A-35 - 9-39....Evidence-based Writing Prompt #6 - Enduring Issue: The Right to Bear Arms	X				X	X	X
Pg. 9A-40 - 44.....Evidence-based Writing Prompt #7 - Pro / Con - Should Work Requirements for Public Assistance be Increased?	X				X	X	X
Pg. 9A-45 - 50.....Evidence-based Writing Prompt #8 - “Dreamers” and DACA	X				X	X	X

Unit 10: Preparing for Post-secondary Success	Word / Writing Typing	Sci / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 10-12 – 10-13.....What to Expect in College					X	X	
Pg. 10-14 – 10-15.....Words of Wisdom: Study Skills	X				X	X	
Pg. 10-16.....Steps to Achieving Post-secondary or Post-release Goals						X	
Pg. 10-17 – 10-18.....Independent Learning: Questions for Discussion					X	X	
Pg. 10-19.....Making Time for College					X	X	
Pg. 10-20.....Typical Time Wasters					X	X	
Pg. 10-21.....How to Get Organized					X	X	
Pg. 10-22.....Lulu Needs Organizational Help!!!!					X	X	
Pg. 10-23 – 10-26.....How to ACE Note Taking	X				X	X	
Pg. 10-27 – 10-30.....Note Taking: The Folded Page System	X			X	X	X	X
Pg. 10-31 – 10-32.....Newspaper Article Summary Sheet	X				X	X	
Pg. 10-33.....Test Taking Tips					X		
Pg. 10-34 – 10-35Words of Wisdom: Research	X			X	X		
Pg. 10-36.....Why Do Research?				X	X		
Pg. 10-37 – 10-39.....Important Research-related Terms				X	X		
Pg. 10-40 – 10-42.....How to Write a Research Paper	X			X	X		
Pg. 10-43.....Don't Plagiarize: Always Write in Your Own Words				X	X		
Pg. 10-44.....How to Search the Internet (Wisely)				X	X		
Pg. 10-45 - 10-48.....Bibliography Format	X			X	X		
Pg. 10-49 – 10-53.....Model Research Paper	X			X	X		
Pg. 10-54.....Research Assignment	X			X	X	X	
Pg. 10-55.....Research Topics	X			X	X		
Pg. 10-56.....Research Paper Checklist	X			X	X		
Pg. 10-31 – 10-32.....Types of College Courses					X		
Pg. 10-33.....Ask an Instructor	X				X	X	
Pg. 10-34 – 10-36.....Sample College Syllabus					X		
Pg. 10-37.....Sample College Essay Exam	X				X	X	X
Pg. 10-38 – 10-40.....Strategies for Success in College: Reflection / Discussion Guide					X	X	

Part Five: Taking Care of Yourself & Others							
Unit 11: Taking Care of Yourself: Dealing with Stress	Word / Writing Typing	Sci / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 11-10..... “Alone” by Maya Angelou	X			X	X	X	
Pg. 11-11..... “Me Against the World” by Tupac Shakur	X			X	X	X	
Pg. 11-12 – 11-24.....PTSD Doubles (This American Life)	X			X	X	X	X
Pg. 11-25..... “War,” by Common	X			X	X	X	X
Pg. 11-26.....The Effects of Stress					X	X	
Pg. 11-27 – 11-28.....Strategies for Responding to Stress					X	X	
Pg. 11-29.....People Can Help / People Can Hurt						X	
Pg. 11-30.....Places Can Help / Places Can Hurt						X	
Pg. 11-31 – 11-32..... Solving Problems by Sending “I” Messages					X	X	
Pg. 11-33 – 11-36.....Assertiveness: A Good Tool for Dealing with Stress	X				X	X	
Pg. 11-37.....Meditation & Relaxation Techniques Can Help	X				X		
Pg. 11-38.....Peaceful Visualization Can Help Relieve Stress	X				X	X	
Pg. 11-39 – 11-40.....Nature Can Heal	X				X	X	
Pg. 11-41..... Stress Mess	X				X	X	
Unit 12: Taking Care of Yourself: Staying Healthy	Word / Writing Typing	Sci / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 12-8 – 12-10.....Words of Wisdom: Staying Healthy	X				X	X	
Pg. 12-11 – 12-12.....Do You Take Good Care of Yourself?					X	X	
Pg. 12-13.....Taking Good Care of Your Health					X	X	
Pg. 12-14 – 12-15.....Getting Help for Health					X	X	X
Pg. 12-16.....What is Health Literacy?	X	X			X	X	
Pg. 12-17 – 12-18.....Staying Healthy -- Definitions and Review	X	X			X	X	
Pg. 12-19..... Talking to Medical Professionals: How to Advocate for Yourself		X			X	X	
Pg. 12-20 – 12-27.....Healthcare Teach Back	X	X			X	X	X
Pg. 12-28.....Do You Know Your Medical History?		X			X	X	
Pg. 12-29 – 12-31.....Physical Activity for a Healthy Weight		X			X	X	X
Pg. 12-32 – 12-33.....Setting Goals to Improve Your Health: Thirty Day . Fitness Challenge					X	X	

Unit 13: Taking Care of Yourself: Eating Right	Word / Writing Typing	Sci / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 13-12 – 13-17.....Food Groups		X			X	X	
Pg. 13-18 – 13-21.....Food for Thought: Nutrition Matters		X			X	X	
Pg. 13-22 – 13-23.....Food for Thought: Nutrition Quiz		X			X	X	
Pg. 13-24.....Ten Tips for Good Nutrition		X			X	X	X
Pg. 13-25.....Do You Get Enough Vitamins?		X			X	X	
Pg. 13-26.....Do You Get Enough Minerals?		X			X	X	
Pg. 13-27..... Vitamins and Minerals Review		X			X	X	
Pg. 13-28 – 13-30.....What’s on the Label?		X			X	X	
Pg. 13-31 – 13-32.....Comparison Shopping: What’s in Your Food?		X			X	X	
Pg. 13-33 – 13-34.....Calories Are Everywhere, Yet Hard to Track, by Jane E. Brody		X		X	X	X	
Pg. 13-35.....How Many Calories Do You Need?		X			X	X	
Pg. 13-36.....Weekly Food Tracker		X				X	
Unit 14: Taking Care of Yourself: Building Healthy Relationships	Word / Writing Typing	Sci / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 14-14 – 14-16.....Words of Wisdom: Healthy Relationships	X				X	X	
Pg. 14-17.....The Vocabulary of Self-Esteem					X	X	
Pg. 14-18.....The Power of Self-talk					X	X	
Pg. 14-19.....The Vocabulary of Communication					X	X	
Pg. 14-20.....The Value of Words: Just for Fun	X	X					
Pg. 14-21.....Building Healthy Relationships	X				X	X	
Pg. 14-22 – 14-23.....Using the “Nine Important Communication Skills”					X	X	
Pg. 14-24 – 14-26.....What is Abusive Behavior?					X	X	
Pg. 14-27 – 14-28.....Tamara’s Story	X				X	X	
Pg. 14-29 – 14-30.....Power and Control Wheel / Scenarios					X	X	
Pg. 14-31 – 14-32.....Equality Wheel / Scenarios					X	X	
Pg. 14-33.....What Do You Know about Staying Sexually Safe?		X			X	X	
Pg. 14-34.....How to Avoid HIV / AIDS an STDs: Vocabulary		X			X	X	
Pg. 14-35..... Taking Care of Yourself: How to Prevent HIV/ AIDS		X			X	X	
Pg. 14-36..... Taking Care of Yourself: How to Prevent STDs		X			X	X	
Pg. 14-37 – 14-43.....How to Avoid HIV/ AIDS and STDs / Fact Sheets		X			X	X	
Pg. 14-44 – 14-59.....Taking Care of Yourself: Understanding Pregnancy and Reproduction		X			X	X	

Pg. 14-44 - 14-45.....The Vocabulary of Birth Control		X			X	X	
Pg. 14-46 - 14-47.....Myths about Pregnancy		X			X	X	
Pg. 14-48 - 14-49.....Leeah's Story	X				X	X	
Pg. 14-50 - 14-51.....Don't Get Pregnant By Accident		X			X	X	
Pg. 14-52.....Using Contraceptives for Safe Sex		X			X	X	
Pg. 14-53 - 14-54.....How to Avoid Pregnancy and STDs		X			X	X	
Pg. 14-55.....Love Language: Communicating About Condoms					X	X	
Pg. 14-56.....How Do You Decide Which Birth Control Method is Right for YOU?		X			X	X	
Pg. 14-57 - 14-59.....Contraceptive Methods: What You Need to Know		X			X	X	
Pg. 14-60....."Desiderata" by Max Ehrmann	X				X	X	
Pg. 14-61.....Words of Self-Esteem	X				X	X	
Unit 14A: Taking Care of Yourself: Social and Communication Skills for Work, School, & Daily Life	Word / Writing Typing	Sci / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 14A-9-10.....Assess Yourself #1: What Are You Communicating Non-verbally?					X	X	
Pg. 14A-10.....Assess Yourself #2: What Are You Communicating Non-verbally?					X	X	
Pg. 14A-11-12.....Social Skills for Success at Work, School, and in Daily Life	X				X	X	
Pg. 14A-13A Day in the Life: Marianne, Vet Tech					X	X	
Pg. 14A-14-17.....Recognizing Feelings	X				X	X	
Pg. 14A-18-20.....Using "I-Messages:" Expressing Feelings without Blaming Others	X				X	X	
Pg. 14A-20.....What Would You Say?	X				X	X	
Pg. 14A-21.....Sometimes Actions Speak Louder than Words					X	X	
Pg. 14A-22-24.....How Do You SAY That? Using Words to Communicate Effectively	X				X	X	
Pg. 14A-25-26....."Walking in Someone Else's Shoes:" Feeling Empathy	X				X	X	
Pg. 14A-27-33.....Interacting With Others	X				X	X	
Pg. 14A-34-35.....Exercising Self-Control: Roleplays Interacting With Others					X	X	
Pg. 14A-36-37.....Triggers	X				X	X	
Pg. 14A-38-40.....Controlling Anger Constructively	X				X	X	
Pg. 14A-41-44.....Resolving Conflicts in the Workplace	X				X	X	
Pg. 14A-45-47.....The Importance of Appropriate Communication	X				X	X	

Unit 15: Taking Care of Yourself: Understanding the Effects of Alcohol & Other Drugs	Word / Writing Typing	Sci / Math	PPT / Present- ation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence- based writing
Pg. 15-13 – 15-14.....What is Serenity?	X				X	X	
Pg. 15-15 – 15-17.....Why Do People Use Drugs?	X				X	X	
Pg. 15-18 – 15-19.....Drugs and Alcohol: Beliefs and Values		X			X		
Pg. 15-20.....Drug & Alcohol Abuse & Addiction Vocabulary		X			X		
Pg. 15-21.....Puzzled by the Vocabulary of Drugs & Alcohol?		X			X		
Pg. 15-22 – 15-24.....What Do DRUGS Do to YOU? Alcohol		X			X	X	
Pg. 15-25 – 15-26.....Driving Drunk: A Mother’s Story	X				X	X	
Pg. 15-27 – 15-28.....Drinking, Driving and Paying		X			X	X	
Pg. 15-29 – 15-31.....What Do DRUGS Do to YOU? Cigarettes		X			X	X	
Pg. 15-32 – 15-33.....What Do DRUGS Do to YOU? Prescription Drugs		X			X	X	
Pg. 15-34 – 15-37.....What Do DRUGS Do to YOU? Marijuana		X			X	X	
Pg. 15-38 – 15-39.....What Do DRUGS Do to YOU? Heroin		X			X	X	
Pg. 15-40 – 15-41.....What Do DRUGS Do to YOU? Cocaine		X			X	X	
Pg. 15-42 – 15-43.....What Do DRUGS Do to YOU? Methamphetamines		X			X	X	
Pg. 15-44 – 15-46.....What Do DRUGS Do to YOU? Assessment		X			X	X	
Pg. 15-47 – 15-48.....Making Choices and Weighing Consequences					X	X	
Unit 16: Taking Care of Others: Parenting Wisely and Well	Word / Writing Typing	Sci / Math	PPT / Present- ation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence- based writing
Pg. 16-24 – 16-55.....How Can You Tell if You Are Ready to Raise a Child?	X				X	X	
Pg. 16-26 – 16-27.....“Tips from a Father in Prison”					X	X	
Pg. 16-28 – 16-29.....Parenting While Incarcerated: Questions for Reflection	X				X	X	
Pg. 16-30.....“Parents in Prison: A Focus on Children”	X			X	X	X	
Pg. 16-31 – 16-32.....Write a Letter to Your Child	X				X	X	
Pg. 16-33 – 16-34.....Why It’s Important to Talk with Your Baby	X				X	X	X
Pg. 16-35 – 16-36.....Ten Tips to Make Reading Fun for Your Child	X				X	X	X
Pg. 16-37 – 16-38.....Helping Children Succeed in School					X	X	
Pg. 16-39.....Good Nutrition is Important for Children!		X		X	X	X	
Pg. 16-40 – 16-41.....Everyday Activities to Promote Learning	X				X	X	
Pg. 16-42.....Car or Bus Activities		X			X	X	
Pg. 16-43.....Clothing and Laundry Activities		X			X	X	
Pg. 16-44.....Supermarket and Food Activities		X			X	X	

Pg. 16-45 – 16-46.....Reflections: Disciplining Kids					X	X	
Pg. 16-47 – 16-48.....Words of Wisdom: Protecting the Children	X				X	X	
Pg. 16-49.....Family Violence HURTS Children					X	X	
Pg. 16-50 – 16-53.....Stop Beating Black Children	X				X	X	X
Pg. 16-54.....“You Can Have Authority with Your Children - Without Hitting Them”	X				X	X	
Pg. 16-55 – 16-56.....“What Would Mother Wit Do? Episode #1 - The Switch”	X				X	X	X
Pg. 16-57 – 16-64.....“What Would Mother Wit Do?” (Episodes 2-6, 8)	X				X	X	X
Pg. 16-65.....Teach Your Children Well					X	X	
Pg. 16-66 – 16-67.....Disciplining Children: What Works					X	X	
Pg. 16-68 – 16-69.....“How to Discipline Your Child without Spanking”				X	X	X	
Pg. 16-70.....“Children Learn What They Live”					X	X	
Pg. 16-71.....“A Song for Mama” by Boyz II Men	X			X	X	X	X
Pg. 16-72 – 16-76.....Taking Care of Children: Advice Poems by Parents in Jail					X	X	
Pg. 16-77.....Taking Care of Children: Write an Advice Poem	X		X				
Pg. 16-78 – 16-79.....Teach Somebody Something	X		X		X		
Unit 17: Taking Care of Yourself: Finding Housing & Preventing Homelessness	Word / Writing Typing	Sci / Math	PPT / Present- ation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence- based writing
Pg. 17-11 –17-12.....Writing about Home	X			X	X	X	
Pg. 17-13.....“Ballad of the Landlord” by Langston Hughes	X			X	X	X	
Pg. 17-14.....“Madam and the Rent Man” by Langston Hughes	X			X	X	X	
Pg. 17-15.....“Reply to an Eviction Notice” by Robert Flanagan	X			X	X	X	
Pg. 17-16 – 17-18.....Finding a Place to Live After Release					X	X	
Pg. 17-19 – 17-20.....Vocabulary of Housing					X	X	
Pg. 17-21- 17-22.....Reading a Lease Agreement		X			X	X	
Pg. 17-23 – 17-24.....Reading a Rental Agreement		X			X	X	
Pg.17-25.....Homeless Self-Help & Empowerment Projects				X	X	X	

Unit 18: Taking Care of Yourself: Understanding Finances & Managing Money	Word / Writing Typing	Sci / Math	PPT / Present- ation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence- based writing
Pg. 18-16 – 18-28.....Words of Wisdom: Money	X				X	X	
Pg. 18-29.....Show Me the Money: Examining Your Financial Needs & Spending Habits					X	X	
Pg. 18-30 – 18-33.....What’s Your Financial I.Q.?		X			X	X	
Pg. 18-34.....The Vocabulary of Income		X			X	X	
Pg. 18-35 – 18-36.....What’s On Your Pay Stub?		X			X	X	
Pg. 18-37 – 18-41.....How Much Do You Make? Figuring Take-home Pay		X			X	X	
Pg. 18-42.....Get a Handle on Your Finances		X			X	X	
Pg. 18-43 – 18-46.....The High Cost Payday Loans		X			X	X	
Pg. 18-85 – 18-86.....What You Need to Know About Taxes		X			X	X	
Pg. 18-47.....Take Charge of Finances During the Holidays		X			X	X	
Pg. 18-48.....Keeping a Budget: Vocabulary		X			X	X	
Pg. 18-49.....How Would a Budget Help?	X	X			X	X	
Pg. 18-50 – 18-53.....“Who Needs a Budget?” Scene One	X	X			X	X	
Pg. 18-54 – 18-57.....“Who Needs a Budget?” Scene Two	X	X			X	X	
Pg. 18-58 – 18-59..... Jones Family Budget Worksheets		X			X	X	
Pg. 18-60..... Jones Family Estimated Annual Budget		X			X	X	
Pg. 18-61 – 18-63..... “Who Needs a Budget?” Scene Three		X			X	X	
Pg. 18-64.....“Who Needs a Budget?” Questions for Reflection	X	X			X	X	
Pg. 18-65.....Do You Need a Budget? Questions for Reflection	X	X	X		X	X	
Pg. 18-66 – 18-67.....Your Budget Worksheet	X	X			X	X	
Pg. 18-68.....Does Your Money Go Up in Smoke?		X			X	X	
Pg. 18-69.....Can You Eat Healthier on a Budget?	X	X	X		X	X	
Pg. 18-70 – 18-71.....You CAN Eat Healthier on a Budget		X	X	X	X	X	
Pg. 18-72 – 18-73.....Eating Right When Money’s Tight		X	X	X	X	X	
Pg. 18-74 – 18-75.....Get Financially Organized! Vocabulary		X			X	X	
Pg. 18-76 – 18-79.....Your Checking Account		X			X	X	
Pg. 18-80 – 18-81.....Using Percentage for Everyday Finances		X			X	X	
Pg. 18-82 – 18-84.....What You Need to Know About Credit		X			X	X	
Pg. 18-85 – 18-86What You Need to Know About Taxes		X			X	X	
Pg. 18-87 – 18-89Financial Vocabulary Matching Game		X			X	X	
Pg. 18-90Needs vs. Wants		X			X	X	

Unit 19: Writing Your Autobiography	Word / Writing Typing	Excel / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 19-4 – 19-5.....Describing Yourself and Others	X				X	X	
Pg. 19-6.....Frederick Douglass Biography Poem					X	X	X
Pg. 19-7.....Biography Poem	X		X	X	X	X	X
Pg. 19-8.....Autobiography Poem	X		X				
Pg. 19-9 – 19-34.....Autobiography Packet	X						

Workforce Readiness 6 Week Course	Word / Writing Typing	Excel / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 5Questions about Reentry					X		
Pg. 6.....Realities of Reentry					X		
Pg. 7.....Introducing....			X		X		
Pg. 8 - 9.....Dreams	X				X		
Pg. 10-12.....Words of Wisdom: Wishes, Hopes and Dreams	X				X		
Pg. 13.....What are Your Wishes, Hopes and Dreams?	X				X		
Pg. 14-15.....It's Smart to Ask for Help!: Community Resources					X		
Pg. 16-19.....My Pre-Release Plan						X	
Pg. 20.....Alone by Maya Angelou	X				X		
Pg. 21-22.....Solving Problems by Sending "I" Messages					X		
Pg. 23-26.....Assertiveness: A Good Tool for Dealing with Stress					X		
Pg. 27.....Meditation and Relaxation Techniques Can Help							
Pg. 28.....Peaceful Visualization Can Help Relieve Stress							
Pg. 29.....The Effects of Stress					X		
Pg. 30-31.....Strategies for Responding to Stress					X		
Pg. 32-34.....Words of Wisdom: Staying Healthy	X				X		
Pg. 35-36.....Do You Take Good Care of Yourself?					X		
Pg. 37.....Taking Care of Your Health					X		
Pg. 38.....Talking to Medical Professionals: How to Advocate					X		
Pg. 39.....Do You Know Your Medical History?	X						
Pg. 40-42.....Physical Activity for a Healthy Weight		X			X		
Pg. 43.....Setting Goals to Improve Your Health:						X	
Pg. 44.....Thirty Day Fitness Challenge						X	
Pg. 45-47.....Words of Wisdom: Goal Setting	X				X		
Pg. 48-51.....What Motivates You?	X				X		
Pg. 52-53.....Don't Quit / Invictus (poems)	X				X		
Pg. 54-56.....Creating Your Personal Mission Statement	X		X				

Pg. 57-61.....SMART Goal Setting					X		
Pg. 62.....Six Things Successful People Do Before Breakfast					X		
Pg. 63.....Everybody Has Goals: ESSAY	X		X				
Pg. 64.....Assess Yourself #1: What Are You Communicating Non-verbally?					X	X	
Pg. 65.....Assess Yourself #2: What Are You Communicating Non-verbally?					X	X	
Pg. 66.....Sometimes Actions Speak Louder than Words					X	X	
Pg. 67.....How Do You SAY That?: Using Words to Communicate Effectively					X	X	
Pg. 68-69.....Triggers	X				X	X	
Pg. 70-72.....Controlling Anger Constructively	X				X	X	
Pg. 73-76.....Resolving Conflicts in the Workplace			X		X	X	
Pg. 77-79.....The Importance of Appropriate Communication on the Job	X				X	X	
Pg. 80-84.....An Accomplishment I Am Proud Of	X		X		X		
Pg. 85-87.....A Person I Admire	X		X		X		
Pg. 88.....Learning Styles Inventory					X	X	
Pg. 89-96.....What's Your Passions? Florida CHOICES					X		
Pg. 97.....Career Exploration Chart			X				
Pg. 98.....Florida CHOICES Checklist						X	
Pg. 99.....How to Find Work					X	X	
Pg. 100.....Websites to Help with Your Job Search					X	X	
Pg. 101-105.....Finding the Right Job for YOU					X	X	
Pg. 106.....Writing a Letter of Explanation					X	X	
Pg. 107-108.....Sample Letter of Explanation	X					X	
Pg. 109-110.....What's Wrong with this Application?					X	X	
Pg. 111-112.....Model Application	X				X	X	
Pg. 113.....Sample Resume					X		
Pg. 114.....Draft Resume	X						
Pg. 115.....Showing Off Your Best Self in Interviews: The Five Bs					X	X	
Pg. 116.....Be Confident: Learning from Experience					X		
Pg. 117.....Be Real: How Do You Feel About Yourself?					X	X	
Pg. 118-121.....Be Prepared: Practice Job Interviews			X		X	X	
Pg. 122.....Show Me the Money		X			X		
Pg. 123-126.....What's Your Financial I.Q.?		X			X		
Pg. 127.....The Vocabulary of Income		X			X		
Pg. 128-130.....What's On Your Pay Stub?		X			X		

Pg. 131-135.....How Much Do You Make? Figuring Take-home Pay		X			X		
Pg. 136.....Get a Handle on Your Finances		X			X		
Pg. 137-140.....The High Cost of Payday Loans		X			X	X	
Pg. 141.....Take Charge of Finances During the Holidays		X			X		
Pg. 142-147.....Keeping a Budget		X	X		X	X	
Pg. 148-149.....Get Financially Organized!		X			X		
Pg. 150-152.....What You Need to Know About Credit		X			X	X	
Pg. 153-154.....What You Need to Know About Taxes		X			X	X	