

**Southern Regional High School**  
Manahawkin, New Jersey  
**Course Syllabus**

**Department:** Family & Consumer Sciences

**Course:** Life 101

Marking Period 1

Topics/Units to be covered:

- Classroom Expectations/Grading
- Resource management – goals, decision making
- College – applications, essays, research majors
- Quarterly

Marking Period 2

Topics/Units to be covered:

- Career planning – personality assessment, occupational outlook
- Resume writing – cover letters
- Student loans
- Preparing W-4
- Quarterly

Marking Period 3

Topics/Units to be covered:

- Money management – bank services, individual budget
- Insurance
- Credit scores
- Credit use and misuse
- Quarterly

Marking Period 4

Topics/Units to be covered:

- Housing – purchasing vs. renting, leases, mortgages etc...
- The Consumer – government and their role, buying practices
- Healthy eating and wellness
- Final exam

\* *Syllabus is subject to change according to the needs of the students and may not be done in sequential order.*