

Appendix A

7-WEEK Union County Jail
LIFE SKILLS CURRICULUM

- WEEK I Taking Personal Responsibility
- A. Boundaries/Who Am I/Health & Hygiene
 - B. Where have I been/Where am I going?
 - C. Disease Prevention
- WEEK II Road to Recovery
- A. The Process of Recovery
 - B. Understanding 12 steps
 - C. Understanding Root Cause of Addiction
 - D. Building Self Esteem
 - E. Dealing with Spiritual Warfare
 - F. Becoming Proactive
 - G. Working Your Mission
- WEEK III Character Development/Anger & Stress Management
- A. Honesty/Responsibility
 - B. Forgiveness/Resentment/Teachability/Stubbornness
 - C. Diligence/Dependability/Spirituality
 - D. Uncovering the Roots of Hostility
 - E. Understanding Prejudices & Predetermined Expectations
 - F. Way to Responsibility
- WEEK IV Goal Setting
- A. Vocational
 - B. Educational
 - C. Family/Social
- WEEK V Developing Budgets
- A. Developing budgets/finances
 - B. Personal & Spiritual
- WEEK VI Marriage and Family
- A. Sexuality
 - B. Resolving Conflict/Communication Skills
 - C. The Essence of Manhood/Womanhood
- WEEK VII Job Preparation/Graduation
- A. Application/Resumes/Interviews
 - B. Self Promotion and Employer Expectations
 - C. Performing Well on the Job
 - D. Graduation