

## ***“On Your Own”: The Skills You Need to Survive After High School***

This 9-week series of workshops is tailored for people ages 16-19 who are about to move out of their parents' home and begin living on their own. Each weekly class focuses on a different theme, including personal finances, time management, job-hunting, insurance, and public speaking skills. Students will learn all these essential skills (and much more) through role-playing exercises, homework assignments, and the engaging lectures of the instructor and several expert guest speakers. The classes will take place in an intimate group setting, where students can ask all the questions they want about the “real world” they're about to enter.

James Colligan has been teaching and mentoring adolescents for over five years. He has a B.A. in Psychology from UC Santa Cruz, with an emphasis on identity formation and humanistic psychology.

---

“In the years since I graduated from high school and from college, I've learned a lot about the skills people need to thrive after they leave their parents' house. I've learned that many of those skills are not taught by teachers or parents. Instead, emerging adults today usually learn through trial and error, which is occasionally uncomfortable and usually embarrassing. I have been educating teens, through tutoring or substitute teaching, for over five years. In that time, I have learned that most of my students don't care about the quadratic formula or the definition of onomatopoeia. They want to learn how to deal with the very real challenges of becoming adults. They have lots of questions, and they want the advice of someone who treats them like the emerging adults that they are. My intention with this course is to pass on some of the knowledge I've accumulated, the skills and information I wish I'd known when I was first entering the adult world.”

-James Colligan

---

### **Program Content Outline** (*subject to change*)

#### 1/25/10: Good Habits to Have → First Impressions & Time Management

- How to control your first impressions
- The Art of Time Management -- planners, calendars, and to-do lists
- Sounding professional on the phone
- Dressing for success
- Basic etiquette

#### 2/1/10: The Job-Hunt → Resumes, Cover Letters, & Interviews

- How to get your foot in the door -- writing top-quality resumes & cover letters
- The dos and don'ts of a successful interview

- How to network and earn favors from people
- Public speaking skills, and why you need them for any job

2/8/10: Personal Finances → Everything you need to know about \$\$\$!

- Making (and sticking to) a budget
- Student loans
- How to deal with debt
- Building up credit, and why you should care
- Savings and investments
- Setting up an IRA
- Taxes, and that 1040 form

2/15/10: Health & Car Insurance → How you choose....and the lowdown on all that fine print

- Know your options: HMO vs. PPO
- Is liability insurance worth it?
- Deductibles & premiums....How I learned (the hard way) that spending more now could save you lots later
- Do you really need health insurance? YES!
- How do you choose?

2/22/10: Culinary Series, Part 1: Nutrition on a Budget

*\*guest lecture by Tim Matthiessen, M.S. candidate in Nutritional Biology\**

- How to shop for groceries without hurting your wallet...or your health
- Basic nutritional science that everyone should know about
- The pros and cons of dietary supplements

3/1/10: Culinary Series, Part 2: Cooking – Fast, Easy, Healthy

*\*guest lecture by Tim Matthiessen, M.S. candidate in Nutritional Biology\**

- Interactive workshop in the kitchen of the Veteran’s Memorial Center
- Learn how to quickly create delicious meals....instead of reaching for the frozen dinners
- Learn how you can save lots of \$ by spending just a few extra minutes in your kitchen

3/8/10: Living on Your Own → Everything that you don’t want to learn the hard way

- Finding a place to live
- A list of “necessities” you probably haven’t thought of
- The low-down on utilities, cable, phone, & Internet
- Dealing with roommates, and the pros/cons of living with your friends...or your special someone

3/15/10: Personal Safety – Learn how to protect yourself, *before* you need it

*\*guest lecture from Officer Colleen Turray\**

- RAD (Rape & Aggression Defense) class offered by self-defense expert and police officer Colleen Turray

3/22/10: The Really Important Stuff → How to become the adult you want to be

- Healthy relationships
- How to live for yourself, not your parents or anyone else
- Intentional vs. Reactive living
- The importance of having a dream/goal/intention/passion
- How to stop listening to those self-beating thoughts in your head