



# Florida School for the Deaf & the Blind

*Do More. Be More. Achieve More.*

## Life Centered Career Education (LCCE) FSDB Residential Curriculum

### Curriculum Competencies & Sub Competencies:

Daily Living Skills (Units 1-9)  
Personal-Social Skills (Units 10-16)

## Competency Areas

### Daily Living Skills

1. Managing Personal Finances
2. Selecting & Managing a Household
3. Caring for Personal Needs
4. Raising Children & Meeting Marriage Responsb.
5. Buying, Preparing, & Consuming Food
6. Buying & Caring for Clothing
7. Exhibiting Responsible Citizenship
8. Utilizing Recreation Facilities & Engaging in Leisure
9. Getting Around the Community

### Personal-Social Skills

10. Achieving Self-Awareness
11. Acquiring Self-Confidence
12. Achieving Socially Responsible Behavior
13. Maintaining Good Interpersonal Skills
14. Achieving Independence
15. Making Adequate Decisions
16. Communicating with Others

## Daily Living Skills

### Competency: 1. Managing Personal Finances

#### Subcompetencies: 1-6

1. Identify Money and Make Correct Change
  1. Identify coins and bills less than or equal to \$100
  2. Count money in coins and bills, sums less than or equal to \$20
  3. Make correct change from bills and coins, sums less than or equal to \$50
2. Make Responsible Expenditure
  1. Identify prices on labels and tags of merchandise
  2. Choose most economical buy among like items of similar quality
  3. Identify purchases as necessities or luxuries: food, clothing, housing, transportation
  4. Determine amount of money saved by buying sale items
  5. Compare prices of items in three stores
3. Keep Basic Financial Records
  1. Construct monthly personal budget for present income
  2. Identify financial information and financial records that should be retained
  3. Record personal major income and expenses for one month
  4. Calculate balances of major debts
  5. List basic terms used in keeping financial records
4. Calculate and Pay Taxes
  1. Know types of taxes normally assessed in the geographic area
  2. Know penalties and deadlines for the payment of taxes
  3. Know sources of assistance for the filing of taxes
  4. Complete a 1040 tax form
5. Use Credit Responsibly
  1. Identify resources for obtaining a loan
  2. Name advantages and disadvantages of using credit cards
  3. Complete a loan application
6. Use Banking Services
  1. Open a checking account
  2. Open a savings account
  3. Write checks, make deposits, and record checking transactions
  4. Make deposits and withdrawals, record savings transactions

## Daily Living Skills

Competency: 2. Selecting and Managing a Household

Subcompetencies: 7-11

### 7. Maintain Home Exterior/Interior

1. Identify basic appliances and tools used in exterior maintenance
2. List routine cleaning and maintenance activities
3. Outline a weekly housekeeping routine
4. Identify the uses of common household cleaning products and equipment

### 8. Use Basic Appliances and Tools

1. Name common appliances and tools found in the home and tell how each is used
2. Demonstrate appropriate use of basic appliances and tools
3. Name safety procedures to follow when using appliances and tools
4. Perform basic home care tasks

### 9. Select Adequate Housing

1. List personal or family housing requirements
2. Identify different types of housing available in the community
3. Identify advantages and disadvantages of different types of housing
4. Identify procedures for renting a house or apartment
5. Identify procedures for buying a house

### 10. Set Up Household

1. Describe procedures for connecting utility services
2. Acquire basic household items
3. Acquire furniture and major appliances

### 11. Maintain Home Grounds

1. Perform common home maintenance and repairs (indoors and outdoors)

## Daily Living Skills

Competency: 3. Caring for Personal Needs

Subcompetencies: 12 -16

12. Demonstrate Knowledge of Physical Fitness, Nutrition, and Weight
  1. Know ways nutrition relates to health
  2. Know a meal balanced for nutritional and caloric content
  3. Know ways in which exercise relates to health
  4. Identify and demonstrate correct ways of performing common physical exercises
  
13. Exhibit Proper Grooming & Hygiene
  1. Demonstrate basic aspects of proper hygiene
  2. Identify proper grooming
  3. Identify proper products for hygiene and where to obtain them
  4. Identify proper products for grooming and where to obtain them
  
14. Dress Appropriately
  1. List clothing appropriate for different weather conditions
  2. List clothing appropriate for different activities
  3. Given an occasion, choose the appropriate clothing to be worn
  
15. Demonstrate Knowledge of Common Illness, Prevention, and Treatment
  1. Identify major symptoms of common illnesses
  2. State how cleanliness is related to health
  3. Locate sources of assistance with medical problems
  4. Identify dosage information from medicine label
  5. List common medicines found in the home and their uses
  6. Demonstrate basic first aid techniques
  
16. Practice Personal safety
  1. Identify ways to secure home from intruders
  2. Identify things to do to avoid personal assault
  3. Identify and demonstrate self-protection or self-defense behaviors and techniques
  4. Identify precautions to follow when dealing with strangers
  5. Identify potential safety hazards in the home
  6. List and demonstrate actions to take in the event of an emergency

## Daily Living Skills

### Competency: 4. Raising Children and Meeting Marriage Responsibilities

Subcompetencies: 17 – 19

#### 17. Demonstrate Physical Care for Raising Children

1. List physical responsibilities involved in child care
2. Demonstrate basic safety measure for a child who has ingested poison or severely cut
3. Identify common childhood illnesses and a symptom and treatment for each
4. Identify basic stages of child development and characteristics of each
5. Identify potential dangers to children outside the home
6. Demonstrate procedures for care of child's physical health

#### 18. Know Psychological Aspects of Raising Children

1. Identify changes when a child enters the family
2. Name psychological needs of the child and tell how these can be provided
3. Identify parental responsibilities involved in the psychological care of the child
4. Identify common family problems and a way of dealing with each of the problems

#### 19. Demonstrate Marriage Responsibilities

1. Identify reasons for marriage
2. Identify a personal responsibility in marriage
3. Identify joint responsibility in a marriage

## Daily Living Skills

Competency: 5. Buying, Preparing, and Consuming Food

Subcompetencies: 20 – 25

### 20. Purchase Food

1. Construct a weekly shopping list within a budget
2. List characteristics of perishable foods
3. Identify types and cuts of meat, fish, and poultry
4. Identify how to use newspaper ads to take advantage of sales

### 21. Clean Food Preparation Areas

1. Identify the importance of personal hygiene in food preparation areas
2. List reasons for cleaning work area and materials after food preparation
3. Identify and demonstrate appropriate cleaning procedures
4. Identify and demonstrate appropriate waste disposal procedures

### 22. Store Food

1. Identify the need for proper food storage
2. Identify appropriate food storage techniques
3. Identify appearance of foods when they have spoiled
4. Identify and demonstrate food storage procedures

### 23. Prepare Meals

1. Identify food preparation procedures
2. Identify and demonstrate the use of basic appliances and tools
3. List basic recipe abbreviations and cooking terms
4. Practice kitchen safety procedures
5. Prepare a full-course meal for one or more people

### 24. Demonstrate Appropriate Eating Habits

1. Identify the need for proper manners and eating behavior
2. Identify and demonstrate proper manner and eating behavior at a meal
3. Identify and demonstrate the proper way to set a table and serve food
4. Identify and demonstrate proper manners and eating behavior at a public place

### 25. Plan and Eat Balanced Meals

1. List the basic food groups required in each meal
2. Identify appropriate foods eaten at typical daily meals
3. Plan a day's meals within a given budget

## Daily Living Skills

### Competency: 6. Buying and Caring for Clothing

Subcompetencies: 26 – 28

#### 26. Wash/Clean Clothing

1. Identify laundry products and their uses
2. Identify and demonstrate appropriate laundering procedures for different types of clothing
3. Demonstrate use of laundry facilities at a Laundromat

#### 27. Purchase Clothing

1. List basic articles of clothing
2. Identify personal body measurements and clothing sizes
3. List major clothing categories by dress, work, casual, sports, school
4. Given a budget, select a school wardrobe
5. State the importance of matching colors and fabrics

#### 28. Iron, Mend, and Store Clothing

1. Identify and demonstrate proper ironing procedures for common fabric
2. Demonstrate appropriate safety precautions for using ironing equipment
3. Identify when, how, and where to store clothing
4. Identify and demonstrate procedures for mending clothing

## Daily Living Skills

### Competency: 7. Exhibiting Responsible Citizenship

Subcompetencies: 29 – 32

#### 29. Demonstrate Knowledge of Civil Rights and Responsibilities

1. Identify basic civil rights when being questioned by law enforcement officials
2. Locate resources where one can acquire legal aid
3. Identify actions to take when a crime has been witnessed
4. List basic civil rights
5. Identify who must register with the selective service
6. Identify when eligible individual must register
7. Locate the address of the selective service or recruitment office nearest the students' home

#### 30. Know Nature of Local, State, and Federal Governments

1. Identify the purpose of government
2. Define democracy and representative government
3. Identify the branches of government their functions and one major official of each branch
4. Identify one way states might be different without a federal government
5. Identify one duty of each level of government

#### 31. Demonstrate Knowledge of the Law and Ability to Follow the Law

1. List types of local law
2. Identify possible consequences of violating laws
3. List basic reasons for government and laws
4. Explain and demonstrate the basic court system and its procedures

#### 32. Demonstrate Knowledge of Citizen Rights and Responsibilities

1. Locate community services available to citizens
2. List major responsibilities of citizens
3. Identify voting requirements and demonstrate procedures
4. Identify why it is important to be an informed voter
5. List the date for primary and general elections, demonstrate procedure for registration
6. Identify sources that inform the voter about election issues

## Daily Living Skills

Competency: 8. Utilizing Recreational Facilities and Engaging in Leisure

Subcompetencies: 33 - 37

### 33. Demonstrate Knowledge of Available Community Resources

1. List sources of information about specific recreational activities
2. List activities appropriate to each season of the year
3. Locate recreational facilities and equipment in the community
4. Participate in recreational activities outside the home

### 34. Choose and Plan Activities

1. List personal leisure activities
2. List costs, times, locations, and physical requirements of activities
3. Develop individual plan of leisure activities

### 35. Demonstrate Knowledge of the Value of Recreation

1. List differences between leisure that involves non-paid work activity and relaxation
2. List ways in which recreation affects both physical and mental health
3. List personal requirements of leisure time

### 36. Engage in Group and Individual Activities

1. Identify reason for participating in group activities
2. Identify and demonstrate knowledge of rules of group activities
3. List qualities of good sportsmanship
4. Identify and demonstrate the proper care of sports equipment
5. Identify general safety rules of physical activities

### 37. Plan Vacation Time

1. Identify financial considerations involved in planning a vacation
2. List time considerations involved in planning a vacation
3. List possible vacation activities
4. Locate resources available for help with making vacation plans
5. Construct a proposed vacation plan, including cost, time, transportation, facilities, activities

## Daily Living Skills

### Competency: 9. Getting Around the Community

Subcompetencies: 38 – 40

#### 38. Demonstrate Knowledge of Traffic Rules and Safety

1. Identify the purpose and demonstrate procedures for pedestrian safety signs
2. List reasons for common traffic and safety rules and practices
3. Identify vehicle safety signs of the driver's education sign test

#### 39. Demonstrate Knowledge and Use of Various Means of Transportation

1. Identify types of transportation available in the community
2. Identify reasons transportation is needed and the type most appropriate
3. Identify and demonstrate procedures to take a train, interstate bus, taxi, airplane

#### 40. Find Way Around the Community

1. Given a picture of a numbered house, identify numbers of houses on either side
2. Given city and state maps, identify directions, symbols, and distance
3. Identify basic community resources

#### 41. Driving a Car (not covered in Boarding Program)

1. Given driving problems related to weather, demonstrate knowledge of appropriate techniques.
2. Describe appropriate procedures to follow after being involved in an accident.
3. Identify everyday basic driving knowledge
4. Demonstrate proficiency on the written portion of the operator's exam.

## Personal-Social Skills

Competency: 10. Achieving Self-Awareness

Subcompetencies: 42 – 45

### 42. Identify Physical and Psychological Needs

1. List basic physical needs
2. Identify ways to meet physical needs
3. List basic psychological needs
4. Identify ways to meet psychological needs

### 43. Identify Interests and Abilities

1. Identify abilities common to most people
2. Identify interests common to most people
3. Demonstrate goal setting in relation to pursuing an interest of ability and show how goals are attained

### 44. Identify Emotions

1. Identify common emotions (fear, love, hate, sadness)
2. List ways in which one's emotions affect the behavior of self and others
3. Identify ways in which one may cope with emotions
4. Differentiate particular emotions in self and others

### 45. Demonstrate Knowledge of Physical Self

1. Identify major systems of the body
2. List personal physical characteristics
3. Describe typical physical characteristics and dimensions
4. Identify major parts of the body

## Personal-Social Skills

Competency: 11. Acquiring Self-Confidence

Subcompetencies: 46 - 50

### 46. Express Feelings of Self-Worth

1. List positive physical and psychological attributes
2. Express ways in which positive attributes make him/her feel good
3. List the characteristics necessary to feel good about oneself
4. Describe ways in which the actions of others affect one's feelings of self-worth

### 47. Describe Other's Perception of Self

1. List potential reaction of others to oneself
2. Construct a personal view of how others see oneself
3. Describe the relationship between one's own behaviors and other's reactions
4. Demonstrate awareness of individual differences in others

### 48. Accept and Give Praise

1. Identify statements of praise in everyday activities
2. List appropriate and inappropriate responses to praise
3. Respond to praise statements by others
4. List the effects of praise on oneself

### 49. Accept and Give Criticism

1. Identify critical and/or rejecting types of statements
2. List appropriate ways to respond to criticism and/or rejection
3. Respond appropriately to critical statements
4. List positive and negative effects of criticism

### 50. Develop Self-Confidence

1. Identify and describe positive characteristics of oneself in a variety of areas
2. List appropriate ways to express confidence in oneself
3. Make positive statements about oneself
4. Identify potential reactions of others to expressions of self-confidence

## Personal-Social Skills

Competency: 12. Achieving Socially Responsible Behavior

Subcompetencies: 51 – 55

### 51. Demonstrate Respect for the Rights and Properties of Others

1. Identify personal and property rights of others
2. Identify reasons for respecting the rights and properties of others
3. Demonstrate respect for others and their property
4. List appropriate situation and procedure for borrowing the property of others

### 52. Recognize Authority and Follow Instructions

1. Identify common authority roles
2. Identify aspects of following instructions
3. Identify situation in which the individual has the right to disregard instructions from authorities

### 53. Demonstrate Appropriate Behavior in Public Places

1. Identify appropriate behavior in public places
2. Identify and demonstrate appropriate behaviors when using transportation facilities
3. Identify and demonstrate appropriate behaviors when using eating facilities
4. Identify and demonstrate appropriate behaviors when using recreational facilities

### 54. Know Important Character Traits

1. Identify own acceptable character traits
2. Identify acceptable character traits in others
3. List character traits necessary for acceptance in group activities
4. List character traits that inhibit acceptance

### 55. Recognize Personal Roles

1. Identify current roles
2. Identify possible future roles
3. List roles of significant others
4. Describe the rights and obligations in personal roles as they interact with the roles of others

## Personal-Social Skills

Competency: 13. Maintaining Good Interpersonal Skills

Subcompetencies: 56 -58

### 56. Demonstrate Listening and Responding Skills

1. Identify proper listening and responding techniques
2. Identify positive outcomes of listening and responding appropriately
3. Identify negative aspects of listening and responding inappropriately

### 57. Establish and Maintain Close Relationships

1. Identify qualities of an individual who would be desirable as a dating partner
2. Identify and demonstrate appropriate procedure for making a date
3. List activities that are appropriate for a date
4. Identify characters of close relationships
5. List different types of close relationships
6. Recognize and respond to intimate feelings of others
7. Identify persons with who one could establish a close relationship

### 58. Make and Maintain Friendships

1. Identify necessary components of a friendship
2. List personal considerations in choosing a friend
3. List rights and responsibilities important in personal friendships
4. List activities that can be shared with friends

## Personal-Social Skills

Competency: 14. Achieving Independence

Subcompetencies: 59 - 61

### 59. Strive Toward Self-Actualization

1. Identify important characteristics for personal growth
2. List elements necessary for a satisfactory personal life
3. Identify sources for continued educational/psychological growth

### 60. Demonstrate Self-Organization

1. Develop plan of daily activities
2. Identify areas of responsibility in personal life
3. Identify reason for organizing one's responsibilities/activities
4. Develop ways in which personal organization relates to greater independence

### 61. Demonstrate Awareness of How One's Behavior Affects Others

1. List ways in which behavior affects others around us
2. List appropriate behaviors for a variety of situations
3. List different cues elicited by others that behavior is inappropriate
4. List ways to correct inappropriate behavior

## Personal-Social Skills

Competency: 15. Making Adequate Decisions

Subcompetencies: 62-66

### 62. Locate and Utilize Sources of Assistance

1. Identify situations in which one would need advice
2. List available resources for resolving problems
3. Given particular situations, describe the procedures for contacting persons for assistance
4. List potential outcomes of seeking advice

### 63. Anticipate Consequences

1. Describe consequences or outcomes of decision making
2. List and demonstrate knowledge of ways in which personal behavior produces consequences
3. Describe the concept of maximum gain for minimum risk

### 64. Develop and Evaluate Alternatives

1. Define the meaning of alternatives
2. List possible alternatives with respect to a personal goal
3. Describe a compromise with respect to a personal goal
4. List resources for information that develops alternatives

### 65. Recognize Nature of a Problem

1. Given a list of situations with pos/neg aspects of personal ideas, examine each as a pos or neg
2. Identify why ideas, values, and plans have both potentially positive and negative implications
3. Identify a situation which requires examination of pos/neg aspects

### 66. Develop Goal-Seeking Behavior

1. Identify ways that goals affect one's life
2. List outcomes to be considered in goal setting
3. List examples of individuals who have set and attained their goals
4. Set one goal for school, home, recreation
5. Set short-term and long-term personal goals
6. Identify characteristics of realistic goals
7. Identify appropriate persons for obtaining assistance with setting and achieving goals
8. Identify potential barriers to goals
9. Set model personal goals

## Personal-Social Skills

Competency: 16. Communicating with Others

Subcompetencies: 67- 69

### 67. Recognize and Respond to Emergency Situations

1. Identify signs and sounds of emergency situations
2. Identify appropriate authorities to contact in emergency situations
3. Describe personal communication indicating emergency situations
4. List personal responsibilities in emergency situations

### 68. Communicate with Understanding

1. Demonstrate a variety of verbal expressions related to communication
2. Identify and demonstrate methods of speaking appropriately in social conversation
3. Demonstrate proper use of a telephone or other communication device
4. Demonstrate appropriate volume and intensity in conversation (incl. body language and personal space)

### 69. Know Subtleties of Communication

1. Identify nonverbal elements of communication
2. Identify verbal expressions that correspond to feelings
3. Identify verbal expression that are inconsistent with feelings
4. Demonstrate verbal and nonverbal elements of communication