

# Life Centered Education (LCE) Curriculum Matrix

Domain: DAILY LIVING SKILLS	
Competencies ▼	Sub-competencies ▼
<b>Managing Personal Finances</b>	• Count money and make correct change • Make responsible expenditures • Keep financial records • Calculate & pay taxes • Use credit responsibly • Use banking services
<b>Selecting &amp; Managing a Household</b>	• Select adequate housing • Set up a household • Maintain home exterior and interior • Use appliances and tools
<b>Caring for Personal Needs</b>	• Obtain, interpret and understand health information • Demonstrate knowledge of physical fitness, nutrition, and weight • Exhibit proper grooming and hygiene • Dress appropriately • Demonstrate knowledge of common illness, prevention and treatment • Practice personal safety
<b>Demonstrating Relationship Responsibilities</b>	• Understand relationship roles and changes with friends and others • Understand relationship roles and changes with family • Demonstrate care of children
<b>Buying, Preparing, and Consuming Food</b>	• Plan and eat balanced meals • Purchase food • Store food • Clean food preparation areas • Preparing meals and cleaning up after dining • Demonstrate appropriate eating habits
<b>Buying and Caring for Clothing</b>	• Wash & clean clothing • Purchase clothing • Iron, mend, and store clothing
<b>Exhibiting Responsible Citizenship</b>	• Demonstrate knowledge of civil rights and responsibilities • Know nature of local, state, and federal governments • Demonstrate knowledge of the law and ability to follow the law • Demonstrate knowledge of citizen rights and responsibilities
<b>Utilizing Recreational Facilities and Engaging in Leisure</b>	• Demonstrate knowledge of available community resources • Choose and plan recreational activities • Demonstrate knowledge of the value of recreation • Engage in group and individual activities • Plan recreation and leisure activities
<b>Choosing and Accessing Transportation</b>	• Demonstrate knowledge of traffic rules and safety • Demonstrate knowledge and use of various means of transportation • Getting around the community • Drive a car
Domain: SELF DETERMINATION AND INTERPERSONAL SKILLS	
Competencies ▼	Sub-competencies ▼
<b>Understanding Self-Determination</b>	• Understand personal responsibility • Identify and understand motivation • Anticipate consequences to choices • Communicate needs
<b>Being Self-Aware</b>	• Understand personal characteristics and roles • Identify Needs: physical, emotional, social, and educational • Identify Preferences: physical, emotional, social, and educational • Describe other's perception of self • Demonstrate awareness of how one's behavior affects others
<b>Developing Interpersonal Skills</b>	• Demonstrating listening and responding skills • Establish and maintain close relationships • Make and maintain friendships • Develop and demonstrate appropriate behavior • Accept and give praise and criticism
<b>Communicating With Others</b>	• Communicate with understanding • Know subtleties of communication • Assertive and effective communication • Recognize and respond to emergency situations
<b>Good Decision Making</b>	• Problem-Solving • Identify and set goals • Develop plans and attain goals • Self-evaluation and feedback • Develop and evaluate alternatives
<b>Developing Social Awareness</b>	• Develop respect for the rights and properties of others • Recognize authority and follow instructions • Demonstrate appropriate behavior in public settings • Understand the motivations of others
<b>Understanding Disability Rights and Responsibilities</b>	• Identify and understand disability rights and responsibilities • Identify and appropriately access needed services and supports
Domain: EMPLOYMENT SKILLS	
Competencies ▼	Sub-competencies ▼
<b>Knowing and Exploring Employment Possibilities</b>	• Identify personal values met through work • Identify societal values met through work • Identify remunerative aspects of work • Locate sources of employment and training information • Classify jobs into employment categories • Investigate local employment and training opportunities
<b>Exploring Employment Choices</b>	• Identify major employment interests • Identify employment aptitudes • Investigate realistic employment Identify requirements of desired and available employment • Identify major employment needs
<b>Seeking, Securing, and Maintaining Employment</b>	• Search for a job • Apply for a job • Interview for a job • Solve job related problems • Functions of meeting and exceeding job standards • Maintain and advance in employment
<b>Exhibiting Appropriate Employment Skills</b>	• Follow directions and observe regulations • Recognize importance of attendance and punctuality • Recognize importance of supervision • Demonstrate knowledge of work place safety • Work with others • Meet demands for quality work • Work at expected levels of productivity