



Teaching
Standards
Aligned

Practical Life Skills

Content Areas	Career Financial Legal Wellness
Audience	Everyone
# Modules	220 Total
Instructional Time	:60 Minutes Each 220 Hours Total
Format	Video Lectures Individual & Group Activities Discussion Questions
Availability	Online



220+
Videos &
Powerful Tools



By Learning Level

- Grade K
- Grade Group 1-3
- Grade Group 4-6
- Grade Group 7-9
- Grade Group 10-12
- Grade Group Adults

We reach over 50,000 people each year in 350+ institutions & schools across 21 states:

No Excuses
University



8,500

K-12 Teachers



Management
& Training
Corporation

A Leader in Social Impact

30,000

Students &
Employees



9,000

Students

UT Southwestern
Medical Center

600

Post-Docs
(Dozens per semester)



Quick Overview

How It Works

Teacher-Driven A La Carte

- Teachers show video lectures in class and use activities, quizzes etc. to facilitate instruction
- Maps to existing Common Core and TEK standards to “kill two birds with one stone” (life skill and standards attainment)



Student Driven Scope/Sequence

- Design custom electronic certificates of completion by bundling any content
- Students (and their families) can learn life skills anywhere, on any device

Community Education

- Create and promote a community education initiative (aligned to Gallup Wellbeing Finder)
- Offer free community education classes and limited household access
- Also excellent for Head Start initiatives



College/Career Skills

- Help students and parents make critical decisions about college/career
- Enable THOUGHTFUL HB5 endorsement elections in 8th/10th grade in Texas
- Dozens of career video lectures, assessments, resources, and tools



Financial Literacy Skills

- Fulfill state-mandated financial literacy instruction nationwide as applicable
- Fulfill Financial Literacy TEKs K-8 in Texas
- Dozens of financial literacy video lectures, resources, and tools

Wellbeing Resource

- Provide to students, counselors, and teachers to use ad hoc to learn life skills
- Provide to graduating seniors as a helpful tool for the road ahead
- Provide to employees and their families as a wellbeing benefit

Use our pre-built course bundles, or create your own.

Traditional Classroom

Teachers show video lectures in class and use activities, quizzes etc. to facilitate instruction



Flipped Classroom

Students watch videos at home, then discuss/apply concepts with activities, quizzes etc. during class instructional time

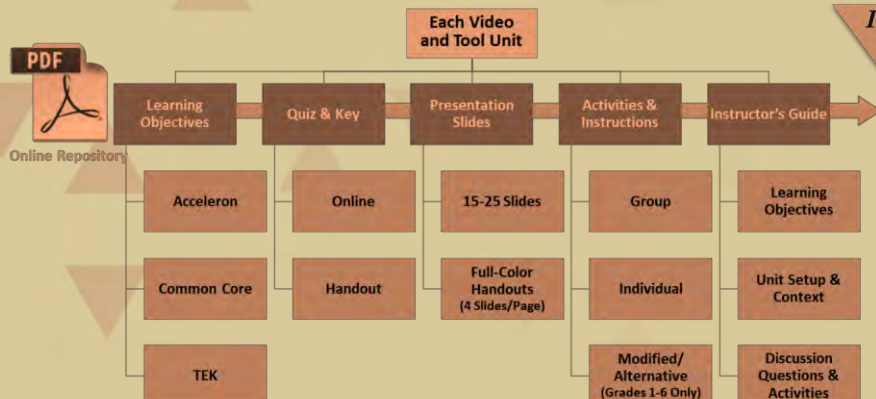


Individual Self-Paced

Students follow prescribed scope and sequence through content using electronic certificates of completion

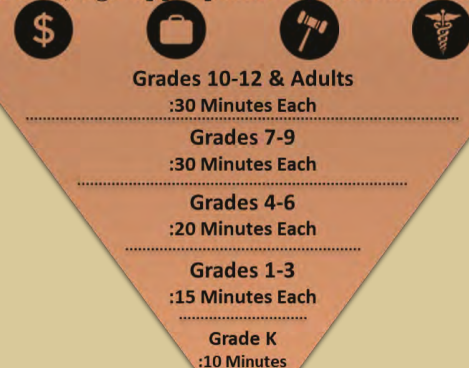


Facilitation Resources



Learning Levels

Integrated, age appropriate content and delivery:





Career Readiness Videos



	Grades 10-12 & Adults
Academic Coursework	This unit discusses selecting a field of study, planning your schedule, and managing your academic course load in college.
Admissions Test Prep	This unit addresses topics related to the various types of standardized tests required for college and graduate school admissions.
Behavioral Interview Demo	This unit provides a demonstration of a behavioral interview for a fictitious company with suggestions and examples of thoughtful responses to interview questions.
Behavioral Interviews	This unit will discuss the various techniques involved in a specific type of interview process called the behavioral interview.
Business Etiquette	This unit will explain the set of written and unwritten rules of the workplace, known as business etiquette.
Career Fairs and Recruiting	This unit discusses how to use career fairs and recruiting events to your advantage when searching for a position after graduation.
College Admissions	This unit discusses how to get into college. Additionally, it discusses the application process and how to stay organized in managing their application timelines.
College Campus Knowledge	This unit will provide information about 'how college works' and what is expected of you, as well as about the challenges you will face as a college student, will allow you to better manage your transition into college.
College Readiness	This unit discusses the importance of college readiness. College readiness is an understanding of what it takes to get into and succeed in higher education.
Communicating Ideas	This unit is the third part of a three-part series on Problem Solving. Once the question has been answered, you must package and deliver results using effective communication.

	Grades 10-12 & Adults
Conflict Management	Not all conflicts can be resolved, but most can be managed effectively. This unit discusses techniques for promoting positive conflict and managing negative conflict.
Critical Thinking Skills	This unit considers the process of critical thinking, specifically addressing what it is, how to conduct the research necessary to support your thinking, and how to actually think critically as a process.
Customer Service	This unit will help you understand and implement the techniques of excellent service and understand the customer experience.
Defining the Problem	This unit is the first of a three-part series on Problem Solving, and provides a methodology for focusing your definition of the problem that is to be solved.
Employment Trends	This unit discusses the trends that impact the employment environment, how to analyze and respond to them.
Extra-Curricular Activities	This unit offers a structured approach for selecting extracurricular activities in college, and explains how they relate to the skills that are valued by employers.
How to Study	This unit will discuss how to maximize your academic success through proven preparation and study techniques.
Incentive Structures	This unit discusses Incentive Structures, how they relate to the workplace, and how they can impact you and the organization you work for.
Internship Success	This unit discusses the importance of participating in, finding, and making the most of internships.
Interview Dos and Don'ts	This unit will cover the basic elements of a successful job interview.
Interviewing 101	This unit discusses preparation techniques, typical formats, and tips for job interviewing.



Career Readiness Videos



	Grades 10-12 & Adults
Interviewing Preparation	This unit discusses the process and techniques for preparing for an interview.
It's Not All Profit	This unit discusses what happens to the money taken in by the corporation, what a company must do to ensure profitability.
Job Lost and Found	This unit discusses the impact and career options that may follow a job loss, as well as steps to take towards getting your career back on track.
Leadership	In this unit, we'll focus on the attributes of good leaders and explain how you can cultivate leadership traits in yourself and in others.
Management Approaches	This unit explores the various management styles that are found in the workplace, and how to use them effectively.
Move Up or Move On	This unit discusses the elements of career development.
Negotiation and Bargaining	This unit explores the concepts of bargaining and negotiation, the difference between the two and the methods employed in both activities.
Networking and Cold Calling	In this unit, we'll be exploring the importance of networking, elevator pitches, and cold calling.
Note and Test Taking	This unit will teach you how to take good notes and be well-prepared for college-level exams. You will learn about active listening techniques, note-taking strategies, and how to be an effective test-taker.
Other Types of Interviews	This unit will discuss various other (not Behavioral) types of interview techniques, such as phone screens, panel, and case interviews.
Path to a Career	This unit discusses the types of post-secondary education. Additionally students learn three important steps to assist them in selecting a career path.

	Grades 10-12 & Adults
Presentation Skills	This unit discusses how to plan, prepare and deliver an effective presentation.
Project Management	This unit discusses project management, which is the planning, organizing, directing, and controlling of resources in order to complete specific objectives.
Research and Paper Writing	This unit will teach you how to research, outline, and write a paper.
Running a Meeting	This unit discusses methods of conducting different types of effective business meetings.
Solving the Problem	This unit is the second part of a three-part series on Problem Solving, and provides a number of tools for arriving at an answer/solution to the problem.
Stand Out at Work	This unit will discuss ways to make a positive impression at work and how to become well-read in the process.
Starting a Small Business	This unit provides an overview of marketing, operations, and finance.
The Job Offer	This unit discusses the decision-making process involved in securing a job offer.
The Perfect Resume	This unit discusses resume formats, common errors, and tools.
Think Like an Entrepreneur	This unit will describe the characteristics and unique perspective of an entrepreneur.
Thinking Creatively	This unit discusses the creative thinking process and addresses the different kinds of thinking, as well as the characteristics of creative people.
Time Management	This unit will discuss Time Management, or the act of exercising conscious control over the amount of time spent on specific activities.



Career Readiness Videos



	Grades 10-12 & Adults
Work Experience and Skills	This unit explores how to get a head start in building work experience and skills, during college, to include in your resume.
Work Style Synergy	This unit will explore how people work together to get things done, and the inherent work style differences you'll encounter in the workplace.
Workplace Culture	This unit discusses the various work cultures evident in different companies, and offers advice on how to manage those differences.
Your Mission and Brand	This unit discusses the concept of branding as it applies to individuals, and how developing a personal mission statement can help develop a personal brand.
Your Value Proposition	This unit introduces the concept of a "value proposition", which is the core set of unique, quantifiable features that can help define a person or an organization.

	Grades 7-9
Career Path Compass	This unit discusses education options available to students as they pursue a potential career, and look at career fields, degree types, and internships.
Creative Problem Solving	This unit will discuss the process of solving problems in a creative way so you may arrive at the best possible solution.
Defining Who You Are	This unit will focus on the importance of defining and building a personal brand.
Gathering Experience	This unit will discuss the importance of gathering valuable experience through education and extra-curricular activities, to build a resume for college or work.
Guiding and Motivating	This unit will show you how to guide the work of and motivate others.

	Grades 7-9
Job Search	This unit will discuss effective ways to search for and secure a job, which are important lessons as you continue to grow responsibilities and independence.
Making the Grade	Learn active listening, note taking, test taking, and research paper writing skills.
Planning Your Work	This unit will teach you time management skills and techniques.
Preparing for College	This unit discusses preparing for college including a discussion of the difference between a job and a career, the importance of going to college, and planning ahead for school success.
Relate and Communicate	This unit will show you how to better relate and communicate with those around you.
The Career Environment	This unit will teach you to assess your career environment and to respond appropriately.

	Grades 4-6
Careers and College	This unit explores careers and college including a discussion of jobs versus careers, different degree types, and learning to make plans.
Look Towards the Future	This unit focuses on thinking ahead and building skills for future success.
Making the Grade	An important part of success today is learning how to do well on tests and get good grades.
Prep for School Success	This unit outlines how to prepare yourself to maximize your potential in school.
Solving Problems	This unit offers tools and techniques for approaching problems.
The World Around You	This unit is all about how to effectively interact with others and the world around you.



Career Readiness Videos



	Grades 4-6
The World Around You	This unit is all about how to effectively interact with others and the world around you.
What is Communication?	This unit will explore the various forms of communicating with others: Verbal, body language etc.
Who You Are	This unit is all about you! Who you are, how you look and what you do.
Working with Others	This unit is about how to get along with and work well with others.

	Grades 1-3
Making the Grade	A big part of being a super student is learning how to be a great listener in class, paying attention to your teacher in class, doing all of your work, and doing well on tests.
Planning Your Future	This unit focuses on thinking ahead and building skills for future success, because what you do today will impact your opportunities in the future.
Solving Problems	This unit is about solving problems effectively, useful both in school and in everyday life.
The World Around You	This unit is all about how to effectively interact with others and the world around you.
What is a Good Student?	This unit outlines what it takes to do well in school and how to apply those skills.
Who You Are	This unit is all about you: Who you are, how you look and what you do.
Working with Others	This unit is about how to get along with and work well with others, and discusses the importance of teams.

	Grade K
Look Towards the Future	This unit focuses on thinking ahead and building skills for future success.
Making the Grade	A big part of being a super student is learning how to be a great listener in class, paying attention to your teacher, and doing your work.

Career Tools (Multi-Grade)

Career Assessments	A variety of 3 rd party interest, skill, and value-based assessments including providers like ONET.
Major-to-Career Mapper	A tool that helps you understand the relationship between dozens of college degrees and career opportunities that use those skills.
Personal Brand Builder	A tool that walks you through the personal brand building process: Create Brand, Research, Build Skills, Prepare Resume, Practice Interviews.
Course & Activity Manager	A tool that helps you organize, sequence, and manage your degree plan in school. Focuses on the collection of relevant inputs to build your resume.
Career Launcher	A tool to help you keep track of various job search leads: Prospect, Apply, Interview, Assess Offer, Accept the Position.



Career Interviews



Audio Interviews

Accountants and Auditors
Actors
Ad and Promo Managers
Admin Assistant
Aerospace Engineers
Agriculture
Aircraft Mechanics
Airline
Airline Pilots
Animal Control Officers
Animal Trainers
Animal Welfare Workers
Announcers
Appraisers Real Estate
Artists
Athletes, Coaches, Umpires
Atmospheric Scientists
Audiologists
Auto Body Repairers
Auto Detailer
Automotive
Automotive Mechanics
Banking
Bookkeepers & Accountants
Carpenter
Cement and Stone Workers
Child Care Services
Children's Minister
Chiropractors
Civil Engineers
Claims Adjusters
Computer Programmers
Computer Repair Tech
Construction
Consumer Goods
Correctional Officers
Counselors
Counter Clerks
Couriers and Messengers
Customer Service Specialist
Database Administrators
Dental Hygienists
Dentists
Designers
Detectives
Dieticians/Nutritionists

Audio Interviews

Dispatchers
Editors
Education
Education Administrators
Electrician
Entertainment
Environmental Scientists
Event Planners
Facilities Worker
Farmer
Finance Managers
Financial Analysts
Financial Services
Fire Fighters
Flight Attendants
Food and Beverage
Food Service Worker
Freight and Logistics
Hairstylists
Healthcare Systems
Heating & AC
Heavy Equipment Service
Hospitality and Travel
HR Trainer
Human Resources
Information Systems
Infrastructure Managers
Insurance
Job Printers
Journalism and News Media
Landscape Maintenance
Lawyers
Legal Services
Librarians
Loan Officers
Logistics Specialists
Machinists
Management Analysts
Management Consultants
Marketing & Sales
Massage Therapists
Mechanical Engineers
Medical Doctors
Medical Services Managers
Metal Fabricators
Military and Defense

Audio Interviews

Military Enlisted, Combat
Military Officer, Combat
Military Officer, Support
Mining and Refining
Models and Promoters
Musicians
Network Administrators
News Reporters and Analysts
Nonprofit
Occupational Therapists
Operations Managers
Optometrists
Painter
Paralegals
Pastors and Ministers
Personal Financial Advisors
Pharmaceuticals
Photographers
Physical Therapists
Physician Assistants
Physicists
Plumbers
Police/Sheriff Officers
Private Investigators
Producers and Directors
Production Manager
Professors
Psychologists
Public Relations Managers
Public Safety
Public Service (Gov)
Real Estate
Real Estate Brokers
Registered Nurses
Religious Director
Religious Worker
Roofers
Sales Agents
Sales Rep, Wholesale, Mfg
Security Guards
Sheet Metal Workers
Social Workers
Software & Info Sys.
Software Engineers
Special Education Teachers
Speech Pathologists



:20 minute audio interview with a professional. Covers structured questions: Role profile, getting hired, education, and advancement



Links to additional career info

Audio Interviews

Tailors and Sewers
Taxi Drivers
Teacher (Elementary)
Teacher (High)
Teacher (Middle)
Teacher (Preschool)
Teacher Assistants
Tellers
Training & Development
Travel Agents
Truck Driver
Upholsterers
Veterinarians
Waiters and Waitresses
Web Designer
Welders
Writers and Authors





Financial Literacy Videos



	Grades 10-12 & Adults
Banking 101	This unit describes the basics of consumer banking, such as the types of accounts offered and the types of financial institutions that offer banking services.
Bonds CDs and Cash	This unit explores the investment vehicles known as bonds, or “fixed income securities”, and discusses cash and certificates of deposit from an investment perspective.
Building a Personal Budget	A budget is a basic financial tool for planning. This unit will explore the process of creating a personal budget using an Excel based example.
Buying and Selling a Car	This unit will look at the factors involved in each step of the car-ownership process, including buying, selling and maintaining a car.
Completing a 1040EZ	This unit explores the components of a basic U.S. Individual tax return, called the Form 1040EZ.
Components of a Credit Score	This unit discusses the various components of a credit score, the meaning of the range of scores available, and the impact your credit score has on your financial life.
Deal with Debt	This unit will address topics related to debt and debt repayment such as what debt is, why people use debt, how much is too much debt, and methods for effective debt management.
Economics of a Graduate Degree	This unit will explore the process of pursuing and financing your graduate studies.
Economics of a Spouse	This unit discusses the economic implications of choosing a spouse and ways to think about the financial side of marriage.
Economics of Children	This unit will review the economic considerations of having and raising children.
Economics of Home Ownership	This unit will look at the financial aspects of personal real estate transactions related to buying and selling a home.

	Grades 10-12 & Adults
Education Budgeting	This unit will explore how to budget, prepare for and manage the costs of attending college.
Education Financial Aid	This unit will explore the costs of attending college, types of college funding, and the processes for applying for various forms of aid.
Financial Ratios 101	This unit will discuss the significance of financial ratios, what they mean to your personal financial health, and how to calculate them.
Fix Budget Shortfalls	This unit discusses practical tips for managing your budget and reducing expenses if cash shortfalls occur.
GNP and Taxes	This unit will explore the concept of Gross National Product, which is a measure of a nation’s production. It will also discuss sources and uses of tax revenues.
Improving Your Ratios	This unit will discuss the steps necessary to improve your personal financial ratios, which impacts your standing with lenders and your financial health.
Inflation and Interest	This unit explores the relationship between economic inflation and interest rates.
Life and Health Insurance	This unit covers the fundamentals of life and health insurance policies, including the different types of insurance available to consumers.
Marketing and Consumerism	This unit will explore the relationship between reality and marketing hype, based on the U.S. consumerist culture.
Philanthropy and Charity	This unit will discuss the significance and financial impact of philanthropy, as well as the tax impact of charity.
Property and Casualty Insurance	Essentially, Property and Casualty Insurance both serve as a hedge against loss. This unit will discuss why you need it, and how to get it.
Retirement Account Types	This unit will explore a variety of financial instruments typically used for saving & growing your money.



Financial Literacy Videos



	Grades 10-12 & Adults
Retirement Strategies	This unit explores different methods available for building assets that can be used to finance a comfortable retirement.
Stocks and Mutual Funds	This unit explores the financial instruments known as stocks, or equities, which represent an ownership interest in a corporation.
Supply and Demand Theory	This unit will explore the relationship between supply and demand in a market-driven economy, and will explore other basic economic principles.
The Affordable Funeral	This unit explores facts, myths about funerals, and low cost options for a funeral.
The Affordable Wedding	This unit explores the strategies and tips for planning an enjoyable and affordable wedding.
The Credit Card Game	This unit discusses ways to understand and manage credit card debt and also discusses the cost of credit card debt.
The Structure of a Loan	This unit describes the structure and key components of a loan, including principal, interest rate and payment terms.
Transition to Retirement	This unit will review transition planning, financial alignment, and develop any new skills you might need for your new phase of life.
Types of Loans	This unit discusses the various means of borrowing money as well as the general reasons for borrowing money.
Understanding the FAFSA	This unit will describe how to navigate and complete the Free Application for Federal Student Aid (FAFSA), a gateway for federal, state, and institutional financial aid.
Your Balance Sheet	This unit will explore the various components of a balance sheet, which is a summary of assets balanced against total liabilities and equity.

	Grades 7-9
Basic Financial Concepts	This unit is an introduction to basic money management skills.
Economics	This unit is an introduction to supply and demand, economic theory and practice.
Growing Your Money	This unit will explore financial instruments like stocks, mutual funds, and bonds.
Major Life Decisions	This unit will help you think about the financial implications of major life decisions like marriage or your education (among others).
Money Management	This unit will cover strategies and tools to manage money so you can build wealth and achieve financial success.
Protecting Your Money	This unit covers strategies on how to use insurance to protect your finances and investments.

	Grades 4-6
Banking	This unit about money and banking, and how to use both to build your financial management skills.
Basic Money Concepts	This unit is an introduction to basic money concepts that are a part of our day to day life, including banking, loans, and the concept of charity.
Budgeting Your Money	This unit will introduce the parts of a budget, how to build a budget, and also how to live within the budget you build.
Our Economy	This unit serves is an introduction to our economy and how business, money and people all work together.
Shopping Basics	This unit is about shopping basics, designed to help you develop wise spending habits when shopping.



Financial Literacy Videos



	Grades 1-3
Basic Money Concepts	This unit is an introduction to basic money concepts that are a part of our day to day life, including banking, loans, and the concept of charity.
Our Economy	This unit serves as an introduction to our economy and how business, money and people all work together.

	Grade K
Basic Money Concepts	This unit is an introduction to basic money concepts that are a part of our day to day life.
Dollars and Cents	This unit is all about money and how business, money, and people all work together.

Financial Tools (Multi-Grade)

Life Simulator	A tool to help students understand the financial implications of their career and lifestyle decisions. Build a simulated budget step-by-step, with pre-defined choices for things like food, housing, and job.
Personal Budget	A tool to help adults use real-life inputs to build a personal budget, step-by-step.
Balance Sheet	A tool to help you understand your personal balance sheet.
Education Financial Aid	A variety of 3 rd party tools to help you plan and manage student financial aid resources.
Home Calculator	A tool to help you understand the total cost of buying and owning a home (including insurance, taxes, upkeep etc.).
Financial Roadmap	A soup-to-nuts personal financial planning tool that sequences Acceleron video content, and walks you through step by step worksheets. For high school/adults.

Engagement Strategies

Online Certifications

Video content can be grouped into custom bundles to meet your learning needs. Then, certificates are awarded based on electronic quiz results.

Lunch & Learns

1,500 pages of instructor resources can be used to provide "lunch & learn" on-site training (you provide the facilitator).

Webinars

Monthly 20-minute live webinars can teach employees about site features/functionality to maximize utilization.

Emails & Brochures

Custom-branded, topical emails can be sent weekly (or at any frequency) to user segments, pointing to desired content and resources. Custom PDF brochures can describe the overall offering.





Legal Basics Videos



	Grades 10-12 & Adults
A Vote of Confidence	This unit discusses the history of voting, the election process, and how to make informed voting decisions.
Buying and Selling a Home	This unit will review the process of leasing, buying and selling a home, as well as the pros and cons of owning real estate.
Civil Law	This unit discusses the branch of law known as civil or non-criminal law.
Common Contract Pitfalls	It is always best to address contract questions before executing the contract. This unit will address some of the more common issues found in real estate contracts, consumer contracts and employment contracts, and discuss the remedies for each.
Common Felonies	This unit defines common felonies and their respective processes and penalties in the United States.
Common Misdemeanors	This unit is a survey of common misdemeanors and their respective processes and penalties in the United States.
Elements of a Contract	This unit is an introduction to the basic elements of a contract. The core topics are contract formation and interpretation; enforceability; performance; and breach of contract.
Employment Law	This unit looks at laws that offer employees certain protections from the unfair treatment and discriminatory actions at work.
Estate Planning	This unit teaches the elements of an estate and the basic documents that are imperative in estate planning.
Ethics in the Workplace	This unit helps you determine what ethical considerations are important on a job and how you should address ethical issues involving co-workers.
Filing for Bankruptcy	This unit discusses ways to avoid bankruptcy, the relief available to debtors under the Federal Bankruptcy statutes, the implications of filing.

	Grades 10-12 & Adults
Hiring an Attorney	This unit will cover the process of hiring an attorney and the attributes you should seek in one.
Implications of Divorce	This unit examines statutory law and principles relating to the formation and dissolution of marriage and families. Major topics include child custody, child support, visitation rights, spousal support and the division of marital assets and liabilities.
Intellectual Property	This unit discusses legal instruments for intellectual property, such as trademarks, patents and copyrights. It will help you to identify, protect, and avoid infringement of these in the workplace.
Renting an Apartment	This unit covers the many variables involved in successfully renting or leasing an apartment.
The Legal System	This unit analyzes the U.S. branches of government, discusses its adversarial system of justice, and reviews the civil and criminal process in the U.S. Court system.
White Collar Crime	This unit will provide an overview of the types, impacts and penalties associated with corporate/workplace criminal activity.

“Only 20% of a person’s success is determined by their degree, while the remaining 80% depends on soft skills.”

— Michigan State Study





Legal Basics Videos



	Grades 7-9
Dealing with Legal Issues	This unit discusses common legal issues that may have an impact on your life, like bankruptcy, misdemeanors, and felonies.
Ethics	This unit is about ethics, which dictate how you should act in different situations.
Hiring an Attorney	This unit will give you the knowledge you need to make an informed decision to choose and hire an attorney.
Legal Transactions	This unit will discuss important legal transactions, many of which are a part of our daily life.
The Legal System	This unit introduces the components and purpose of the United States legal system.
Workplace Rules	This unit is about workplace rules created to protect workers and businesses, and the work they produce.

	Grades 4-6
Legal Issues	This unit discusses common legal issues that may have an impact on your life, like misdemeanors and felonies.
Rules and Procedures	This unit discusses some rules and procedures that you may come across at home, in school and in life.
What are Ethics?	This unit is about ethics, which dictate how you should act in different situations.
What is the Legal System?	This unit introduces the United States legal system, what it is, how it works, and who is involved.
Working/w a Legal System	This unit is about working with the legal system, including the people and the process.

	Grades 1-3
Rules and Procedures	This unit discusses some rules and procedures that you may come across at home, in school and in life.
The Legal System at Work	This unit is about working with the legal system, including the people and the process.
What are Ethics?	This unit is about ethics, which dictate how you should act in different situations.
What is the Legal System?	This unit introduces the United States legal system, what it is, how it works, and who is involved.

	Grade K
Rules and Procedures	This unit discusses some rules and procedures that you may come across at home, in school and in life.
What are Ethics?	This unit is about ethics, which dictate how you should act in different situations.
What is the Legal System?	This unit introduces the United States legal system, what it is, how it works, and who is involved.



Bundle topics together for custom certificates of completion that are driven by electronic quiz scores. We have pre-built bundles, or you can create your own!



Personal Wellness Videos



	Grades 10-12 & Adults
A Healthy Environment	This unit discusses the factors that create or effect a healthy physical environment, as well as ways to reduce exposure to common pollutants.
A Marriage Built to Last	In this unit we'll discuss the characteristics of a strong marriage that will last through thick and thin, good and bad.
A Workout that Works	This unit covers the components of an exercise program that will get and keep you in shape.
Addiction and Drug Use	In this unit, we'll discuss the causes, symptoms and treatments of addiction and drug use, including common addictions and their underlying characteristics.
Aging and the Elderly	This unit will address the aging process, medical and social conditions facing the elderly, how to help and elderly relative, and issues related to the elderly population.
Appreciating the Arts	This unit discusses ways to appreciate the arts by defining and assessing artistic expression.
Balanced Nutrition	This unit looks at balanced nutrition, including the basics of nutrition and how to achieve a proper diet.
Bullying	This unit discusses different types of bullying, as well as the harmful effects of bullying behavior on both the bully and the victim.
Checkup or Check Out	This unit discusses the importance of medical examinations as a way to stay healthy and diagnose issues.
Dating Dynamics	This unit discusses how to evaluate and manage stages of the dating process in a healthy way.
Death and Grieving	This unit will address the process of dying, grieving and resilience, final arrangements and estate planning.
Depression	This unit will discuss the diagnosis and treatment of the mood disorder known as depression.
Eating Disorders	This unit will discuss conditions involving abnormal eating habits.

	Grades 10-12 & Adults
Emotional Health	This unit will cover treatment for emotional health issues, and strategies for achieving emotional wellness.
Family Dynamics	This unit discusses family dynamics and how to build and sustain a healthy family environment.
Impacts of Divorce	This unit will discuss the prevalence of divorce in the United States, and look at the health risks of divorce for adults and children.
Mental Illness	In this unit, we'll be discussing mental illness, including the origins, impacts, and specific characteristics of different conditions.
Religion and Spirituality	This unit defines and discusses religion and spirituality through social and personal wellness.
Sleep It Does a Body Good	This unit looks at the science of sleep and why you probably need more of it.
Stress and Anxiety	This unit discusses stress and anxiety: The mental, physical, and emotional reactions to a situation, event or activity.
Suicide Awareness	This unit will discuss warning signs of suicide, what to do if someone is considering suicide, and actions you can take to help prevent it from occurring.
Volunteering	Volunteers are a gift to the community. They are individuals who perform hours of service for an organization, be it civic, governmental, non-profit or humanitarian, without compensation.
Work Ethic and Tenacity	In this unit you will learn how to develop a strong work ethic and develop grit and tenacity.
Workplace Dynamics	This unit discusses the various components or dynamics and interactions of the work environment, or the workplace.
Your Social Network	This unit discusses the importance of social networks, online and off.



Personal Wellness Videos



	Grades 7-9
Bullying	This unit discusses the social problem of bullying, its impact, and how you should respond to it.
Dealing with Social Issues	This unit deals with social issues you may encounter at some point during life.
Dealing/w Mental Issues	This unit is about how to deal with mental issues, such as addictive behaviors, drug use, mental illness and depression.
Dealing/w Physical Issues	This unit is about physical health awareness through medical check-ups.
Healthy Mental Habits	This unit is about mental and emotional health, which are two important components of your personal wellness.
Healthy Physical Habits	This unit is about the habits that support physical health, like proper nutrition, exercise, adequate sleep, and a good environment.
Healthy Social Habits	This unit is about healthy social habits, and discusses ways people interact and communicate.

	Grades 4-6
Bullying	This unit discusses the social problem of bullying, its impact, and how you should respond to it.
Eating and Exercising	This unit is about healthy eating and exercising, two practices that can be very helpful to your personal wellness.
Families and Social Issues	This unit deals with family and social issues, including family dynamics, managing conflict, as well as difficult circumstances such as divorce, death, loss and grieving.
Helping Others	This unit is about helping others, including why we help others, ways we can help others and talks about random acts of kindness.
Keep Your Body Healthy	This unit is about how to keep your body healthy through proper nutrition, exercise, sleep, and a good physical environment.

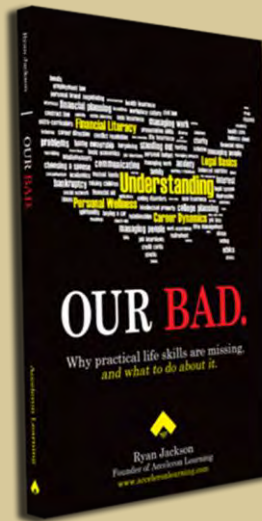
	Grades 4-6
Keep Your Mind Healthy	In this unit, we'll look at the characteristics of a healthy mind, the various types of mental and emotional illness, and strategies to build resilience.
Making/Helping Friends	This unit is about making and helping friends, and discusses ways people interact and communicate.
Staying Healthy	This unit is about medical checkups, common health issues, and ways to stay in top physical shape.
Talk About Problems	This unit is about how to talk with adults about common life problems, and with which adults you should discuss your problems.

	Grades 1-3
Bullying	This unit discusses the problem of bullying, its impact, and how to overcome it.
Eating and Exercising	This unit is about healthy eating and exercising, two practices that can be very helpful to your personal wellness.
Families	This unit is about family and situations that frequently take place within a family.
Helping Others	This unit is about helping others and making a positive difference.
Keep Your Body Healthy	This unit is about how to keep your body healthy through proper nutrition, exercise, sleep, and a good physical environment.
Keep Your Mind Healthy	In this unit, we'll look at what it means to have a healthy mind and its importance in your development.
Making Friends	This unit is about making friends, and the ways people interact and communicate.
Talk About Problems	This unit discusses how to talk with adults about life problems like eating disorders or abuse.



Personal Wellness Videos

	Grade K
Bullying	This unit discusses the problem of bullying, its impact, and how to overcome it.
Families	This unit is about our family and situations that frequently take place within a family.
Helping Others	This unit is about helping others and making a positive difference.
Keep Your Body Healthy	This unit is about how to keep your body healthy through proper nutrition, exercise, sleep, and a good physical environment.
Keep Your Mind Healthy	This unit looks at the characteristics of a healthy mind and the importance of a good attitude.
Making Friends	This unit is about making friends and the ways people interact and communicate.



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Learn about the practical life skills gap through a variety of empirical and cultural lenses.

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