**TEXAS CTE LESSON PLAN**

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| **Lesson Identification and TEKS Addressed** | |
| **Cluster** | Human Services |
| **Course** | Interpersonal Studies |
| **Lesson/Unit Title** | Becoming Independent |
| **TEKS Student Expectations** | **130.275. (c) Knowledge and Skills**  (4) The student analyzes considerations related to the transition to independent adulthood. The student is expected to:  (A) Analyze adjustments related to achieving independence  (B) Explore responsibilities of living as an independent adult |
| **Basic Direct Teach Lesson** | |
| **Instructional Objectives** | **Students will:**   * Investigate responsibilities of becoming an independent adult * Explore adjustments related to becoming an independent adult |
| **Rationale** | What are some things that you will have to be responsible for when you are living on your own? How would you go about accomplishing all the things that you need to as an independent adult? Obligations such as paying for rent, car insurance, and making your own doctors’ appointments are some of the responsibilities you will assume as an adult. Are you ready for all this independence? |
| **Duration of Lesson** | Five 45-minute class periods |
| **Word Wall** | **Debt:** An obligation or liability to pay or render something to someone else  **Deductible:** It is the portion of any claim that is not covered by the insurance provider. It’s the amount of expenses that must be paid out of pocket before an insurer will cover any expenses  **Expense:** An expenditure of money; a cost  **Income:** The amount of money or its equivalent received during a period of time in exchange for labor or services, from the sale of goods or property, or as profit from financial investments  **Independent:** Having enough money to support oneself; not relying on, or affected by, something or someone else  **Insurance:** It is a form of protective coverage that allows a person to be financially stable after an unexpected event  **Lease:** A lease is a contract between an owner and a renter. You can lease a home, apartment and even a car. It is an agreement to pay a certain amount for a specified time – then you must return the property  **Renter’s Insurance:** It assures you that you’re protected against the damage or loss of personal property when you rent an apartment or house  **Utility**: A commodity or service, such as electricity, water, or public transportation, which is provided by a public utility |
| **Materials/**  **Specialized Equipment Needed** | **Equipment:**   * Computer with Internet for multimedia presentations * Computers/laptops with printer capability * Presenter/remote * Reserve computer lab, if needed   **Materials:**   * Apartment guides * Apartment lease * Car advertisements * Car insurance pamphlets * Classified ads * Copies of utility bills * Furniture catalogues * Grocery ads * Health insurance pamphlets * Job applications * Play food * Play money * Copies of all handouts   **PowerPoint:**   * Becoming Independent   **Technology:**   * Free iPad App:   + Journey – A positive social network<https://itunes.apple.com/us/app/journey-positive-social-network/id952520398?mt=8> * Infographic:   + Why We Live – Counting the People Your Life Impacts If you were to have your last party, ever – how many people would be there? If this question itself is unsettling it is because you want your life to have an impact. A big one. Counting the people, we impact, I made the following estimation.<http://fundersandfounders.com/counting-the-people-you-impact/> * TEDx Talk:   + Gabby Giffords and Mark Kelly: Be passionate. Be courageous. Be your best. On January 8, 2011, Congresswoman Gabby Giffords was shot in the head while meeting constituents in her home town of Tucson, Arizona. Her husband, the astronaut Mark Kelly, immediately flew to be by her side. In this emotional conversation with Pat Mitchell, the pair describe their lives both before and after the accident â and describe their views on responsible gun ownership.<https://www.ted.com/talks/gabby_giffords_and_mark_kelly_be_passionate_be_courageous_be_your_best>   **YouTube:**   * Life is Like a Cup of Coffee This video combines beautiful pictures, inspiring music, and a touching story to help empower people to live more fully.<http://youtu.be/U3NgzQ9Pcsg>   **Graphic Organizers:**   * Becoming an Independent Adult * Becoming Independent Notes * KWL Chart Living Independently   **Handouts:**   * It’s Your Life: Get on Board Project Packet * Rubric for THIS IS MY LIFE Project * THIS IS MY LIFE Reflection Activity |
| **Anticipatory Set** | **Before class begins:**  Access song or video of IT’S MY LIFE (Bonjovi) and have it ready to play as students enter the classroom.  link to IT’S MY LIFE video<http://youtu.be/vx2u5uUu3DE>  link to song and lyrics<http://www.elyrics.net/read/b/bon-jovi-lyrics/it_s-my-life-lyrics.html>  Display as many lesson related supplies (see Materials or Specialized Equipment Needed) that you have acquired, on a table or strategically placed around the classroom for students to look through. Items may include: apartment guides, car insurance pamphlets, classified ads, health insurance pamphlets and furniture catalogs.  Distribute graphic organizer Becoming an Independent Adult. Allow students to use the bubble web to organize their thoughts about what is required to live independently.  As they work, ask general, open-ended questions regarding the following topics:   * Coping with loneliness * Finding a job and holding a job * Money management * Cooking skills * Doing laundry * Grocery shopping * Paying bills * Housekeeping skills * Health issues when they arise * Transportation * Upkeep of a vehicle * Insurance   Allow time for questions and discussion.  Distribute KWL Chart Living Independently. Instruct students to complete the first two sections of the chart. They will complete the last section during lesson closure.  **Homework Assignment**: As a class, develop a 10-question survey entitled Living on My Own. The survey questions can then be used to interview a parent or teacher about their first experience living on their own. Inform students that they will be sharing their findings during Lesson Closure.  See Family and Community Connection. |
| **Direct Instruction with Special Education Modifications/**  **Accommodations** | Introduce lesson objectives, terms, and definitions.  Distribute Becoming Independent Notes. Inform students that they will be expected to take notes while viewing the slide presentation.  Introduce PowerPoint Becoming Independent and begin discussion with students. Allow for questions and answers to check for understanding.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * Printout PowerPoint notes for students to follow * Give extra time for oral responses * Check for understanding * Allow students to make illustrations instead of writing out information |
| **Guided Practice with Special Education Modifications/**  **Accommodations** | In computer lab:  Distribute It’s Your Life: Get on Board Project Packet. Instruct students to complete their packets by utilizing various components of the Texas Reality. Check website: <http://www.texasrealitycheck.com/.>  Walk students through the various sections of the packet, clarifying any questions or concerns they may have. Closely monitor students as they work their way through the packet.  Inform students that the information gathered in their packets will be used to assist them in preparing for an Independent project entitled THIS IS MY LIFE.  Throughout the discussion, ask questions such as:   * What does it mean to be independent? * What are some challenges young people experiencing with being independent? * What are the benefits of being independent?   *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * Pair students up with peers to help them work through the website * Encourage participation * Praising students |
| **Independent Practice/**  **Laboratory Experience with Special Education Modifications/**  **Accommodations** | In a computer lab:  Once students have completed the It’s Your Life: Get on Board Project Packet, distribute Rubric for THIS IS MY LIFE Project.  Introduce multimedia project, IT’ MY LIFE. Review guidelines and rubric components so that students understand how their presentations will be assessed.  Encourage students to begin by developing an outline for their presentations.  Allow students to work independently. Closely monitor students. Provide guidance and encouragement as needed.  Students that finish their projects early may further explore the Realty Check website. See Enrichment Activity.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * Check for understanding * Pair students with other peers * Shorten assignment * Encourage participation * Praising students |
| **Lesson Closure** | Review objectives, terms, and definitions.  Allow for questions and answers to check for understanding.  Allow time for students to share the information they gathered from their ‘Living on My Own” interviews, assigned as homework during the Anticipatory Set of this lesson.  Have students complete the last section of the handout KWL Chart Living Independently. |
| **Summative/End of Lesson Assessment with Special Education Modifications/**  **Accommodations** | Students’ projects will be assessed using the Rubric for THIS IS MY LIFE Project.  Distribute and instruct students to complete THIS IS MY LIFE Reflection Activity.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * Will work with a peer group * Shorten assignment * Extended time |
| **References/**  **Resources** | **Images:**   * Microsoft Clip Art: Used with permission from Microsoft.   **Textbooks:**   * Harter, Ph.D., M., & Ryder, V. (2004). *Contemporary living*. (9th ed.). Tinley Park, Illinois: The Goodheart-Willcox Company. Inc. * Johnson, L. (2010). *Strengthening family & self*. (6th ed.). Tinley Park, Illinois: The Goodheart-Willcox Company. Inc.   **Websites:**   * Sperling’s Best Places Search engine that finds the best places to live, work and retire.<http://www.bestplaces.net/> * Texas Reality Check Get a Reality Check. You will buy “stuff” for a sample month. We total it up for a year. Then we help you find careers that pay what you need.<http://www.texasrealitycheck.com> * The Money Alert Do You Need Renter’s Insurance?<http://www.themoneyalert.com/rentersinsurance.html> * United States Census Bureau The Big Payoff: Educational Attainment and Synthetic Estimates of Work-Life Earnings.<http://www.census.gov/prod/2002pubs/p23-210.pdf>   **Video:**   * Patti German To become independent, a person must learn to rely on themselves and believe in themselves. Become independent through self-pride and actualization with tips from a licensed marriage and family therapist in this free video on individual therapy.<http://www.ehow.com/video_4984315_become-independent.html>   **YouTube:**   * Life Is Like a Cup of Coffee – Inspirational Video Movie This video combines beautiful pictures, inspiring music, and a touching story to help empower people to live more fully.<http://youtu.be/U3NgzQ9Pcsg> * Mint brings all your financial accounts together online, automatically categorizes your transactions, lets you set budgets & helps you achieve your savings goals.<http://youtu.be/rK6WLHNYjwM> * Using the Cash Envelope System by Your Money Dr. Mildred Dillon CPA Stop NSF charges at the bank and control your spending with the envelope system. Learn how from Your Money Dr, Mildred Dillon CPA<http://youtu.be/g4a3BAzjKRE> |
| **Additional Required Components** | |
| **English Language Proficiency Standards (ELPS) Strategies** | * Word wall * Draw visual representations of terms on word wall * Add terms and definitions to personal dictionary * Utilized Four Corners Vocabulary/ Word Wall Activity |
| **College and Career Readiness Connection[[1]](#footnote-1)** |  |
| **Recommended Strategies** | |
| **Reading Strategies** | Current Events: Assign student to read about living independently and the power of a good education. Information can be found in newspaper articles, magazines, journals, and online print.  Suggestions:   * Education equals earning power. Let students make the connection by researching average incomes and education levels. * How to be Independent from Parents as an Adult<http://everydaylife.globalpost.com/independent-parents-adult-9492.html> * How to be Independent While Living at Home as a Young Adult<http://www.ehow.com/how_2240357_be-independent-living-home-as.html> * Students can watch the YouTube “Life is like a Cup of Coffee” and write a reflection at the conclusion of the video.<http://www.youtube.com/watch?v=U3NgzQ9Pcsg> |
| **Quotes** | Adulthood is the ever-shrinking period between childhood and old age. It is the apparent aim of modern industrial societies to reduce this period to a minimum. **-Thomas Szasz**  A life-long blessing for children is to fill them with warm memories of times together. Happy memories become treasures in the heart to pull out on the tough days of adulthood.  **-Charlotte Davis Kasl**  I had a wonderful childhood, which is tough because it’s hard to adjust to a miserable adulthood.  **-Larry David**  Don’t worry about what others can do for you…. worry about what you can do for yourself!  **-Suzie Pierce**  Now that I’m at a certain age, families become a bother and this is how I know I’ve become independent.  **-Austin Levine** |
| **Writing Strategies** | **Journal Entries:**   * What are some things that you will have to be responsible for when you are living on your own? * How would you go about accomplishing all the things that you need to as an independent adult? * Which apartment would you like to live in and why? * I want to be an independent adult because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. * Disadvantages of being an independent adult can include \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.   **Writing Strategy:**  RAFT Writing Strategy  RAFT (Role/Audience/Format/Topic) writing strategy:   * Role: Young adult moving out on his or her own * Audience: His or her parents * Format: letter * Topic: How I am going to live independently on my own |
| **Communication 90 Second Speech Topics** | Students can present their It’s Your Life: Get on Board Reflection |
| **Other Essential Lesson Components** | |
| **Enrichment activity** | * Students can develop a floor plan for their new apartment. They can create a cost sheet of all the items that they will need to purchase to furnish their apartment. Have them cut pictures from catalogs and the Internet to make a “My New Apartment” design board. * Students can navigate through the Occupation Select component of the Reality Check website. See <http://www.texasrealitycheck.com/.> Students begin with a selected occupation (career) and see what they can afford with the projected income from that career.   Human Services Interpersonal Studies Writing Prompts:  Think about the responsibilities of living as an independent adult. Imagine you have friend who is thinking about living on his or her own. Write an essay in which you explain to your friend the responsibilities of living as an independent adult. (9th and 10th grade expository writing)  **TED Talks:**  TEDx is a program of local, self-organized events that bring people together to share a TED-like experience. At a TEDx event, TEDTalks videos and live speakers combine to spark deep discussion and connection in a small group. These local, self-organized events are branded TEDx, where x = independently organized TED event.  The video below is related to this lesson. Allow students to view the video, and lead a discussion concerning the TED Talk.   * Gabby Giffords and Mark Kelly: Be passionate. Be courageous. Be your best. On January 8, 2011, Congresswoman Gabby Giffords was shot in the head while meeting constituents in her home town of Tucson, Arizona. Her husband, the astronaut Mark Kelly, immediately flew to be by her side. In this emotional conversation with Pat Mitchell, the pair describe their lives both before and after the accident â and describe their views on responsible gun ownership.<https://www.ted.com/talks/gabby_giffords_and_mark_kelly_be_passionate_be_courageous_be_your_best> |
| **Family/**  **Community Connection** | * Students can develop a 10-question survey entitled Living on My Own and interview a parent or teacher about their first experience living on their own. * Students can develop a 10-question survey entitled Living on My Own and interview someone who is newly living on their own. |
| **CTSO connection** | **Family, Career, and Community Leaders of America (FCCLA)**  http//www.texasfccla.org  FCCLA Financial Fitness  The FCCLA Financial Fitness national peer education program involves youth teaching one another how to make, save, and spend money wisely. Through FCCLA’s Financial Fitness program, youth plan and carry out projects that help them and their peers learn to become wise financial managers and smart consumers. |
| **Service Learning Projects** | Successful service learning project ideas originate from student concerns and needs. Allow students to brainstorm about service projects pertaining to the lesson. For additional information on service learning see:<http://www.nylc.org>  Example: Have students create a “Service Station” board in a common place in school so they can display organizations in the community that have Service Opportunities for students needing hours. |

1. Visit the Texas College and Career Readiness Standards at <http://www.thecb.state.tx.us/collegereadiness/CRS.pdf>, Texas Higher Education Coordinating Board (THECB), 2009. [↑](#footnote-ref-1)