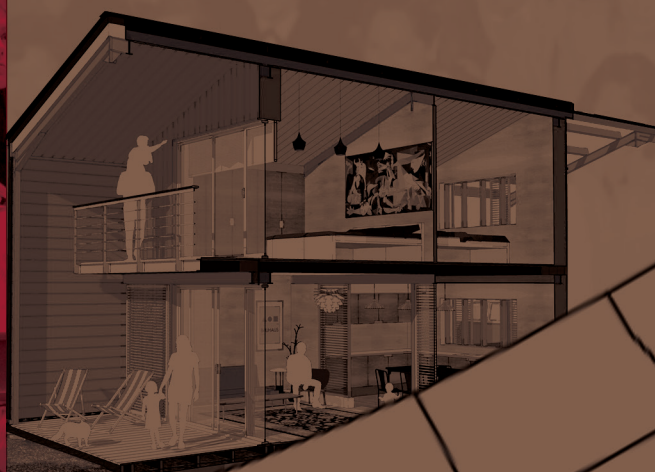




# Lifeskills Lessons

## Unit Three

### Home and Self



UNITED TRIBES  
TECHNICAL COLLEGE  
LAND GRANT EXTENSION

# UTTC LAND GRANT EXTENSION

## Lifeskills Curriculum Focusing on Managing Home and Self

### Unit Three of a Three-unit Lifeskills Curriculum

Lifeskills curriculum is based on a research project started in 2012. Research data was statistically analyzed and published in three peer reviewed journals. Lesson topics and printed materials were identified as useful during the four semester research project. Each unit contains 12- lessons. Each lesson is designed to be offered as a standalone lesson, offered in workshop format using selected topics based on community or audience need, or combining the three-units to support a 36 CEU class. Each lesson has a Talking Sheet, Lesson Plan and Evaluation Sheet and may be downloaded from the UTTC Extension website. Lesson Plans include a list of resources for instructors to prepare for their presentation and enhance their knowledge about the individual lesson, prior to the presentation. Resources may include You-Tube, websites, State Extension handout materials, DVDs, speakers, or books. Each presenter may select different resources to prepare for or guide the 50 minute sessions.

Several of the lessons include UTTC Extension Handouts prepared as supportive materials. These handouts will also be stored on the UTTC Extension website for educational use by individuals. Although materials do not reflect the culture of any specific tribe, Native American philosophy, quotes, and stories are intertwined into most lessons. The lessons follow Family and Consumer Science standards and are intended to be living documents with room for updating. Over the coming years, UTTC Extension staff will gather input from users to make necessary changes. Share your input, comments or ideas through [landgrant@uttc.edu](mailto:landgrant@uttc.edu).

### UTTC Lifeskills Unit 3 Managing Home and Self Topics

**Lesson 25** – What Makes a Home

**Lesson 26** – Home Maintenance – Annual and On-going

**Lesson 27** – Indoor Air Quality

**Lesson 28** – Uninvited Guests: Rodents, Insects, Cockroaches and Lice

**Lesson 29** – Cleaning, Organizing, and Storing

**Lesson 30** - Keeping Summer and Winter Air Outside

**Lesson 31** – Do It Yourself (DIY) Home Repair Projects

**Lesson 32** – Moving – Home versus a House

**Lesson 33** – Home Landscape - Garden and Yard

**Lesson 34** – Personal Willpower, Hope, and Perseverance

**Lesson 35** – Heroes and Causes

**Lesson 36** – Taking Ownership – Writing Our Own Story

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