

LL0134 - LIFE STRATEGIES MINI COURSE (12 Hours) Doreen Lakusta**Friday 12:00 - 12:50 A208 B201**

This mini course is designed to discuss and discover strategies to help students cope and deal with everyday concerns. (This is not a reveal-your-soul course so do not worry.) Practical, simple and effective strategies will be the focus. A variety of presentation methods will be used, eg. discussion, guest speakers, videos, readings.

To receive credit in LL0134 students will be required to complete short projects on six topics and to demonstrate that, in some small way, some of the strategies have been undertaken, and hopefully, have been beneficial.

Two classes will be scheduled for each of the six topics.

The concepts require that student response is active rather than passive, i.e. action creates positive changes in your life.

Topics that may be covered:

- ↳ Budgets
- ↳ Money-saving strategies
- ↳ Positive Parenting
- ↳ Stress & Relaxation
- ↳ Communication Skills
- ↳ Personal Positive Thinking
- ↳ Career Planning
- ↳ Presentation of Self
- ↳ Time Management

