	Unit Goals	Key Skills	Class Periods
Goal-Setting for Success	Introduce the LST Transitions program; examine how goal-setting can assist in navigating transitions; analyze the feasibility of a goal; teach strategies involved in setting goals.	Effective planning; differentiating short-term and long-term goals; enhancing perseverance.	1
Effective Communication	Understand the types of relationships and communication that occur in personal and professional environments; utilize effective verbal and written communication skills.	Preventing and reducing misunderstandings; identifying appropriate communication behaviors; enhancing self-representation.	1
Managing Stress	Increase awareness of common transitions of young adulthood and how they can cause stress; teach how stress-reduction techniques can help to cultivate resilience; recognize how the use of substances can undermine resilience.	Coping with stressful situations; behavioral monitoring; relaxation and stress reduction techniques; developing resilience.	1
Decision-Making and Risk	Examine personal and peer group attitudes about risk; understand elements involved in decision-making; teach how to analyze potential consequences associated with taking risks; increase awareness of the effects of substances on decision-making.	Analyzing the decision-making process; reducing risky behavior; reinforcing resistance to substances.	1
Managing Time and Money	Examine the relationship between priorities and managing time and money; increase awareness of potential obstacles to budgeting and scheduling; teach strategies for managing financial resources and time.	Prioritizing and planning; impulse control; self-monitoring; computational skills.	1
Building Relationships	Identify appropriate behaviors associated with different types of relationships; teach the skills and benefits of collaborating, negotiating, and compromising.	Differentiating types of relationships; productive conflict resolution; accepting differing points of view.	1
Total Class Periods			6