

ADOLESCENT LIFE SKILLS GROUP

WEDNESDAYS

3:30 4:30 PM

AGES 12-17



Overcoming Obstacles Life Skills Curriculum

Program Overview:


Overcoming Obstacles is an evidence-based life skills curriculum designed to help students develop essential skills for success in school, work, and life. The program consists of 14 modules, each focusing on critical areas of personal and professional development. Through engaging, activity-based lessons, students build the skills needed to navigate real-world challenges.

14
MODULES:

- Getting Started
- Confidence Building
- Communication
- Decision Making
- Goal Setting
- Problem Solving
- Time Management
- Study Skills
- Conflict Resolution
- Teamwork
- Respecting Others
- Community Service
- Preparing for College and Career
- On-the-Job Skills



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