

FIGURE 1

Major Curriculum Tracks and Representative Topics

Tracks	Representative Topics
Preparing for a Career	Inventorying interests and abilities, exploring relevant job families, selecting educational experiences, presenting oneself effectively in a job interview, developing personal criteria for evaluating good and bad jobs
Developing Oneself	Planning one's time, getting help with personal problems, dealing with rejection, self-discipline, keeping balance in one's life, determining weaknesses and strengths.
Relating to Others	Resolving conflicts, dealing with intimacy, dealing with the public, listening effectively, expressing anger and disagreement, giving and taking orders, identifying and avoiding barriers to communication, relating to an employer
Physical Development and Health	Making decisions about drugs, alcohol, and smoking, exercise and nutrition, occupational health hazards, physical appearance, nonverbal communication
Using Leisure Time Effectively	Participative vs. spectator activities, changing mood and pace through recreation, using cultural resources, supplementing work satisfaction through leisure
Managing Home and Family Responsibilities	Resolving conflicts with parents and siblings, dealing with different stages of courtship and marriage, buying and budgeting, planning children, the interrelationships of work and family responsibilities
Exercising One's Rights, Opportunities, and Responsibilities in the Community	Selecting a community, knowing how to handle an arrest, getting information from newspapers and TV, giving and getting support and help in the community, dealing with racial or sex discrimination