

**“Oklahomans will increase personal and community readiness for
employment and economic opportunities”
Curriculum List**

Pathways to Success – Part A

Pathways to Success is a basic life skills curriculum developed by OCES that contains 6 lessons covering topics such as making successful choices, job interview skills, and being a good worker.

Target audience: low-income adult learners, TANF clients.

Cost: Free

Website: <http://fcs.okstate.edu/pathways-to-success-curriculum>

Contact: Sissy Osteen

PRIDE Program

A customer service program designed to enhance rural and community development.

Target audience: community business owners and employees

Contact: Joe Williams

Caregiving to Families and Significant Others

Providing care to families and others is a growing demand upon relatives and friends, with a majority of them giving *unpaid* assistance. Finding a balance between increased caregiving demands and everyday life – including work, socializing with friends and family time – can be difficult and often impacts the health and wellbeing of the caregiver. Today, more and more of us are called upon to step up and provide necessary assistance to loved ones including: Grandparents raising and parenting their grandchildren; Giving care to those with Alzheimer’s Disease; and Sandwich Generation care assisting with grandchildren, adult children and aging parents.

Some curricula available to address these issues in your community:

Second Time Around: A curriculum for Grandparents Raising Grandchildren

Target audience: grandparents, community service providers and leaders

Costs: \$75

Website: <http://homepages.wmich.edu/~dannison/grandparents.html>

Contact: Jan Johnston or

Linda Dannison

Family and Consumer Sciences; Western Michigan University

Kalamazoo MI 49008 (269) 387-3704

Email: linda.dannison@wmich.edu

Alzheimer's Caregiving At Home: A Montana State Extension curriculum for those who give care to those diagnosed with Alzheimer's Disease.
Target audience: caregivers, community service providers and leaders
Website: pg 7: http://www.montanafamilies.info/FCS_report%20_008final.pdf
Costs: call below
Contact: Jan Johnston or:
Sandra Bailey, Montana State University Extension/Family & Human Development
(406) 994-6745 or baileys@montana.edu

Internet Safety

A collection of lessons addressing safe options for Internet usage, shopping and prevention of identity theft.
Target audience: Youth and adults
Cost: Free
Contact: Sissy Osteen

Job Readiness Contest

Job Readiness is an individual event, which recognizes members who communicate a personal understanding of and ability to perform specific job requirements.
Cost: Free
Contact: Cathy Allen

Building Leaders for Tomorrow

Hands-on activities that build progressive leadership skills. Focusing on relationship building, planning and organizing, group process and communications.
Cost: \$10.00
Contact: Karla Knoepfli

4-H Service Learning

The service-learning project is designed to help middle school and high school aged youth plan service learning projects. A four-stage process – preparation, action, reflection and celebration* – helps guide youth through the project.
Cost: \$11.50
Contact: Cathy Allen or Karla Knoepfli

Teaching Etiquette to Children and Teens

A program designed to build confidence, develop character and increase self-esteem.
Cost: \$20.00
Contact: Debbie Sharp

Volunteer Management

A volunteer management system focuses on the total development of the individuals who serve in a volunteer capacity. The system provides the framework for working with

volunteers.

Cost: \$10.00

Contact: Karla Knoepfli

AgrAbility

OK AgrAbility is a USDA-NIFA program that works to assist farmers, ranchers and their families who have conditions that impact their ability to work – such as chronic arthritis or a recent accident/injury – to continue to be successful and safe in their Ag production. AgrAbility has a 7-lesson curriculum including *Empowering the Caregiver*, a lesson on self-care and supportive resources.

Cost: Free

Contact: Jan Johnston

Youth Adult Partnerships

All across the nation, there is increasing recognition of the capacity of young people to be involved in the planning, implementation, and evaluation of projects and programs relevant to their needs and issues. But engaging young people as partners in program development often places adults in unfamiliar and even uncomfortable positions.

Cost: Free

Contact: Cathy Allen

Welcome to the Real World

Welcome to the Real World! is designed to help junior high and senior high youth learn more about life on their own after high school. It is a hands-on curriculum that is thought provoking and engaging.

Cost: \$10.00

Contact: Cathy Allen