



INSTITUTE FOR THE PROFESSIONAL
DEVELOPMENT OF ADULT EDUCATORS

Taking Care of Yourself: Making the Transition from Corrections to Work, Education & Daily Life

www.floridaipdae.org

This training event is supported with federal funds as appropriated to the Florida Department of Education, Division of Career and Adult Education for the provision of state leadership professional development activities.

Welcome!



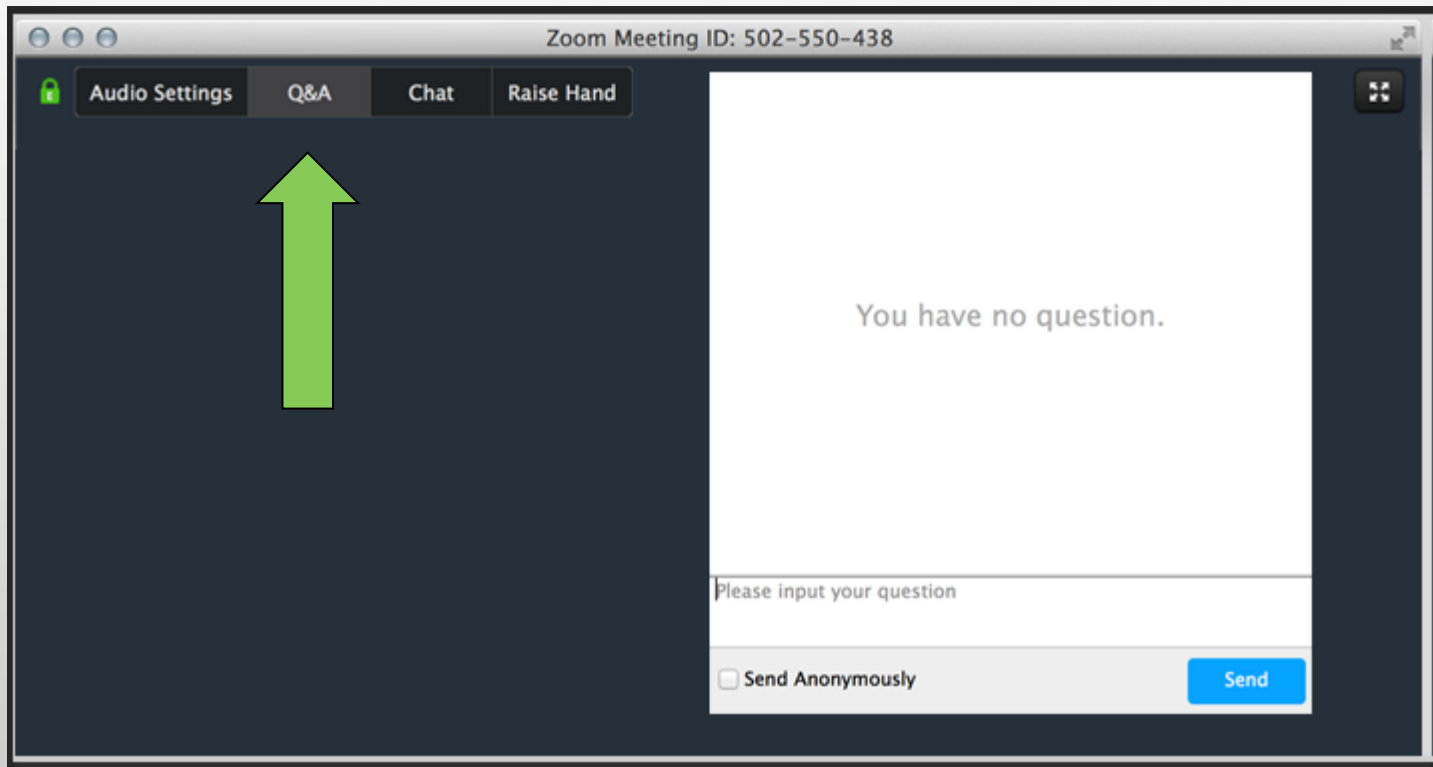
June Rall



Rochel Abrams
Anne Meisenzahl
Leon County Schools
Adult & Community Education



- If you have a question, please type it into the **Q&A** option.



- Attendee microphones will be muted. You will be in **listen only** mode.
- Today's presentation is being **recorded**. It will be archived and available on the IPDAE website within 48 hours.

In this session, we will explore:



- What's available in the 19-unit “Taking Care of Yourself” curriculum
- How to adapt the curriculum to a variety of settings
- How to use the Skills Chart to identify which ABE/GED skills are in each lesson
- Sample lessons from curriculum units
- How to contact presenters with suggestions for new lesson possibilities

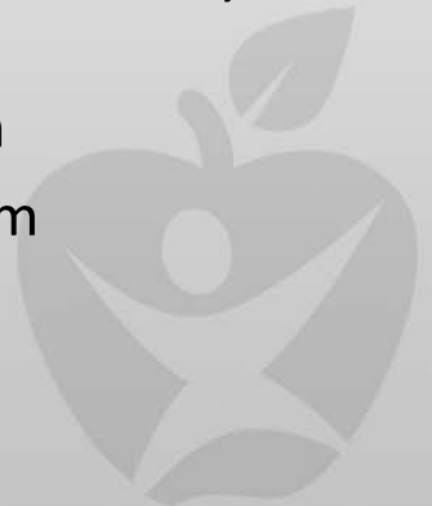
Do you:

- provide mostly individualized instruction but wish you could do more interactive lessons?
- currently rely solely on workbooks?
- spend hours making your own materials?
- lack funds to buy expensive new resources?
- scramble to come up with interesting lessons at the last minute?
- wish you had materials more relevant to the real life reentry needs of inmates and formerly incarcerated people...
- but don't know where to find them?



“Taking Care of Yourself: Making the Transition from Corrections to Work, Education & Daily Life”

- Funded through a grant from the Florida Department of Education
- For use in correctional settings and adult education settings to help inmates prepare for transition and help formerly incarcerated people make positive changes
- To increase public safety and reduce recidivism
- Education leads to 43% lower odds of recidivism



Designed to easily integrate into ABE / GED / Workforce Curriculum

- Reading comprehension
- Workforce Readiness / WIOA
- Vocabulary development
- Essay writing / short answer / responsive writing
- Skills relevant to GED 2014
- Evidence-based Extended Response (RLA)
- Evidence-based Extended Response (Science)
- Discussion / reflection
- Poetry / non-fiction / fiction / drama
- Document literacy
- Computer skills
- Math computation and application
- Internet links



Adaptable to various settings:

- small group, large group, individual
- easily tailored to multi-level groups
- interactive & varied lessons
- ABE / GED / ESOL classrooms in and out of corrections



Accessing the curriculum on-line

www.aceleon.org/transitions



Using “Taking Care of Yourself”

Skills Chart correlates with ABE / GED Standards

- *Word / Writing / Typing*
- *Excel / Math*
- *PPT / Presentations*
- *Internet research / Links*
- *Reading comprehension / Vocabulary*
- *Discussion*
- *Evidence-based writing*



Part One: Preparing for Reentry

Taking Care of Yourself: Making the Transition from Corrections to Work, Education and Daily Life Skills Chart

<p>Part One: Preparing for Reentry</p> <p>Unit 1: Making the Transition: Preparing for Life after Release</p>	Word / Writing Typing	Excel / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 1-7Questions about Reentry	X						
Pg. 1-8Realities of Reentry					X	X	
Pg. 1-9Introducing....						X	
Pg. 1-10 - 1-11....“Dreams” by Langston Hughes	X				X	X	
Pg. 1-12 - 1-14....Words of Wisdom: Wishes, Hopes and Dreams	X				X	X	
Pg. 1-15What Are Your Wishes, Hopes and Dreams?	X					X	
Pg. 1-16 - 1-21....This Guy / Lady Needs Help: Joe, Brenda, Frank				X		X	
Pg. 1-21 - 1-22....It’s Smart to Ask for Help! Using Community Resources				X	X	X	
Pg. 1-23 - 1-24....Asking for Help by Phone: Using Community Resources				X	X	X	
Pg. 1-25 - 1-27....Preparing for Probation	X		X		X	X	
Pg. 1-28 - 1-31....Getting the Documents You Need After Release				X	X		
Pg. 1-32 - 1-34....My Pre-release Plan			X			X	



Part Two: Options & Opportunities

Part Two: Options & Opportunities							
Unit 2: Exploring Interests, Skills & Talents							
	Word / Writing Typing	Excel / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 2-11 – 2-12....Words of Wisdom: Self-knowledge	X				X	X	
Pg. 2-13.....“Equipment” by Edgar A. Guest	X			X	X	X	
Pg. 2-14..... “Myself” by Edgar A. Guest	X			X	X	X	
Pg. 2-15..... How Well Do You Know Yourself?	X					X	
Pg. 2-16.....What’s Your Story?	X		X			X	
Pg. 2-17 – 2-18.....Job Information Interview	X			X		X	
Pg. 2-19 – 2-23.....An Accomplishment I Am Proud Of	X					X	
Pg. 2-24- 2-26.....A Person I Admire	X					X	
Pg. 2-27.....Learning Styles Inventory					X	X	
Pg. 2-28 – 2-29.....Personal Work History						X	
Pg. 2-30.....Talent Wheel						X	
Pg. 2-31.....What are Your Values?					X	X	
Pg. 2-32 – 2-34.....What is Work? Definitions					X		
Pg. 2-35 – 2-42.....What’s Your Passion? Using Florida CHOICES			X	X	X	X	
Pg. 2-43.....Career Exploration Chart					X	X	
Pg. 2-44.....Florida CHOICES Checklist				X			
Pg. 2-45 – 2-47.....Occupation Presentation	X		X	X	X	X	
Pg. 2-48 – 2-50.....Describe Yourself: Essay	X		X			X	
Unit 2-A-J) : Exploring Career Clusters / Vocabulary							
	Word / Typing	Excel / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Exploring Career Clusters: 2-A: Architecture & Construction	X		X	X	X	X	X
Exploring Career Clusters: 2-B: Business Managem’t & Admin.	X		X	X	X	X	X
Exploring Career Clusters: 2-C: Education & Training	X		X	X	X	X	X
Exploring Career Clusters: 2-D: Health Science	X		X	X	X	X	X
Exploring Career Clusters: 2-E: Hospitality	X		X	X	X	X	X
Exploring Career Clusters: 2-F: Human Services	X		X	X	X	X	X
Exploring Career Clusters: 2-G: Information Technology	X		X	X	X	X	X
Exploring Career Clusters: 2-H: Marketing and Sales	X		X	X	X	X	X
Exploring Career Clusters: 2-I: Manufacturing	X		X	X	X	X	X
Exploring Career Clusters: 2-J: Transportation, Distrib. & Logistics	X		X	X	X	X	X

• **What does a Construction Worker do?**

• **EDITING PRACTICE**

- Adapted from www.sokanu.com

Rewrite the paragraph below. Edit for spelling, complete sentences, correct subject / verb agreement, punctuation, and capitalization.

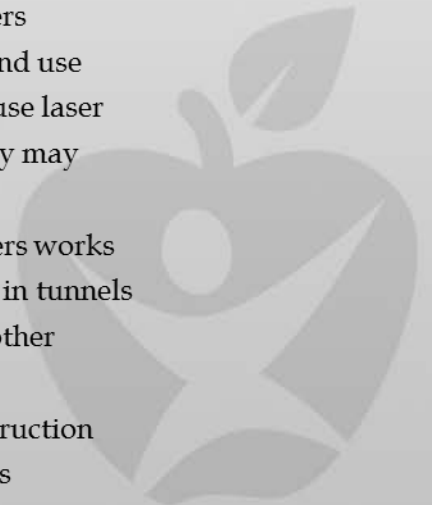
construction workers does a wide range of tasks from the very easy to the extremely difficult and hazardous although many of the tasks they due requires sum training and experience many jobs can bee learned quickly

a construction worker typically clean's construction sites by removing debris loads or unloads building materials used in construction builds or takes apart scaffolding and temporary structures digs trenches and compacts earth two prepare for construction operate equipment and machines used in construction helps other craft workers with their duties and follows construction plans and instructions

construction workers' use a variety of tools and equipment some tools are simple such as brooms and shovels and some is more sophisticated such as pavement breakers jackhammers earth tampers and surveying equipment workers may help transport and use explosives ore run hydraulic boring machines to dig out tunnels they may learn too use laser beam equipment to place pipes and use computers to control robotic pipe cutters they may become certified too remove asbestos lead or chemicals

construction work can be physically demanding some construction workers works at grate heights or outdoors in all whether conditions some may be required to work in tunnels they must use earplug's around loud equipment and wear gloves safety glasses and other protective gear

did you know that their are many trades within the architecture and construction career cluster [brickmasons](#) carpenters [electricians](#) painters plasterers plumbers roofers contractors and architects are all example of jobs related to construction



• **Talk About Jobs!**

• **Small Group Dialogue**

• *Pick one of the jobs in the Architecture and Construction Career Cluster. In small groups, complete the dialogue below, using at least ten of the words from the previous lessons. Write in such a way that the audience learns about the job duties, the work environment, and the qualities a person should possess who holds one of these jobs. Then perform the dialogue for the class.*

• **Joe:** I love being a _____

• **Sarena:** Me, too! My favorite part of this job is _____

• _____

• **Joe:** Really? My favorite part is _____

• _____

• **Sarena:** I got my training for the job _____

• _____

• **Joe:** I got my training _____

• _____

• **Sarena:** I love the tools! I love the fact that every day I get to use _____

• _____

• **Joe:** And the environment is so _____

• _____

• **Sarena:** And you have to be a special sort of person to do this! You have to be _____

• _____

• **Joe:** _____

• _____

• **Sarena:** _____

• _____

• **Joe:** _____

• _____



A Day in the Life: Sheila Jackson, Building Contractor



Building a house is a complicated process! There are so many different tasks involved that it takes a person with good organizational skills to keep it all together and make sure everything is done right.

After years of working as a carpenter, I took classes in CADD (Computer-aided Design and Drafting) so I could learn more about architectural design, building codes, zoning regulations and basic construction elements. So when a job in my company came up for a residential building contractor, I was ready! Now I oversee the construction of individual houses and multi-unit housing projects.

There are many duties I have to complete on a daily basis in order to ensure that the construction project is completed in a timely manner. Before I do anything else, I have to acquire all the licenses and permits that are required before the building project can begin. Then I establish a budget for the construction project and work to follow that budget as closely as possible. With a carefully planned budget, I can obtain supplies, hire workers and finish the construction in a cost-efficient manner.

Then I manage all the workers: I do everything from hiring, supervising, and reviewing the payroll for all the workers needed on the job. And not only that! I'm also responsible for obtaining all the masonry, wood structure, plumbing, and electrical materials for the project.

Throughout the construction process, I'm responsible for reviewing the progress and implementing necessary changes along the way. AND if there's an emergency - it's on me. I'm the one who's responsible for dealing with all emergencies and resolving problems that occur - sometimes on a daily basis. But that's what keeps it interesting!

I really love my job. At first it was incredibly challenging, because there is so much to do every day and I am responsible for so much. But I'm pretty good at making decisions and I'm a natural leader. I know a lot of people are counting on me to do the job right, and I'm up for the challenge.

Unit 3: Making Choices & Setting Goals	Word / Typing	Excel / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 3-13 – 3- 15.....Words of Wisdom: Goal Setting	X				X	X	
Pg. 3-16..... Getting Out: Marie and James	X				X	X	
Pg. 3-17.....“Paid in Full” by Rakim	X			X	X	X	
Pg. 3-18-19.....What Motivates You?					X	X	
Pg. 3-20 – 3-21.....What Motivates You? Essay	X					X	
Pg. 3–22 – 3-24....Creating Your Personal Mission Statement	X				X	X	
Pg. 3-25.....“Don’t Quit” by Edgar Guest	X			X	X	X	
Pg. 3-26.....“Invictus” by William Ernest Henly	X			X	X	X	
Pg. 3-27 – 3-28.....“Mother to Son” by Langston Hughes	X			X	X	X	
Pg. 3-29 – 3-31.....Goalsetting: Advice Poem	X					X	
Pg. 3-32.....Crossword: Perseverance					X	X	
Pg. 3-33.....Write a Letter of Encouragement	X				X	X	
Pg. 3-34 – 3-41.....“A Free Life is a Miracle” -- Article	X				X	X	X
Pg. 3-42 – 3-49.....“10 Amazing Facts About Jim Thorpe”-- Article	X				X	X	X
Pg. 3-50.....Step by Step					X	X	
Pg. 3-51 – 3-52..... SMART Goal Setting					X	X	
Pg. 3-53 – 3-55..... Goal Setting Steps					X	X	
Pg. 3-56 – 58.....Steps to Success						X	
Pg. 3-59.....Six Things Successful People Do Before Breakfast					X		
Pg. 3-60.....Everybody has Goals	X		X		X		
Pg. 3-61.....Individual Career & Education Plan	X		X			X	
Unit 4: Exploring Options & Opportunities	Word / Writing Typing	Excel / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 4-10 – 4-11.....Words of Wisdom: Options and Opportunities	X				X	X	
Pg. 4-12 – 4-15.....Felon Goes from Prison to Valencia Honor Student	X			X	X	X	
Pg. 4-16 – 4-19.....Ten Most Common Reasons for Not Going to College or Technical School	X			X	X	X	
Pg. 4-20.....Questions about Technical Education	X						
Pg. 4-21.....Questions about College	X						
Pg. 4-22.....Financial Aid Eligibility for People with Felonies				X	X		
Pg. 4-23 – 4-24.....Post-secondary Vocabulary					X		
Pg. 4-25 – 4-26.....Review of the Technical Center Catalogue				X	X		
Pg. 4-27 – 30.....How to Apply to Tallahassee Community College				X	X		
Pg. 4-31 – 4-32.....Post-secondary Catalogue Exploration & Presentation	X		X	X	X	X	
Pg. 4-33 – 4-34.....Exploring Options and Opportunities: Reflection	X		X			X	

Part Three: Finding & Keeping a Job

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Unit 5: Investigating the World of Work	Word / Writing Typing	Excel / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 5-7.....Why Do People Work?	X					X	
Pg. 5-8 - 5-9.....Words of Wisdom: Work	X				X	X	
Pg. 5-10.....“A Worker Reads History”	X			X	X	X	
Pg. 5-11.....“Short Order Cook”	X			X	X	X	
Pg. 5-12 - 5-14.....Job Satisfaction: Student Writing	X				X	X	
Pg. 5-15 - 5-17.....What’s My Job? Twenty Questions					X	X	
Pg. 5-18..... Who Built the Block?			X		X	X	
Pg. 5-19 - 5-20.....Open for Business						X	
Pg. 5-21 - 5-22.....“I Hear America Singing / Working”	X			X	X	X	
Unit 6: Finding a Job	Word / Writing Typing	Excel / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 6-9 - 6-14..... Article: “Going from Jail to Full-time Work”	X			X	X	X	X
Pg. 6-15 - 6-16.....Assess Yourself: How Job-Ready Are You?						X	
Pg. 6-17.....How to Find Work					X		
Pg. 6-18.....Websites to Help with Your Job Search				X			
Pg. 6-19.....Finding the Right Job for You					X	X	
Pg. 6-20 - 6-23.....The Best Jobs for Ex-Offenders				X	X		
Pg. 6-24 - 6-28.....Using the Phone to Look for Work					X	X	
Pg. 6-29 - 6-30.....Using Help Wanted Ads to Find Work				X	X	X	
Pg. 6-31.....Sample Resume					X		
Pg. 6-32.....Draft Resume	X						
Pg. 6-33 - 6-35.....Writing a Letter of Explanation	X				X		
Pg. 6-36 - 6-37.....What’s Wrong with This Application?					X	X	
Pg. 6-38 - 6-39.....Model Application	X			X			
Pg. 6-40.....Job Search Notes						X	
Pg. 6-41.....Job Search Plan						X	

Unit 7: Showing Off Your Best Self: Preparing to Interview	Word / Writing Typing	Excel / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 7-7.....Showing Off Your Best Self in Interviews – the Five Bs					X	X	
Pg. 7-8 – 7-12.....Be Aware of Employer Concerns	X				X	X	
Pg. 7-13.....Be Confident: Learning from Experience	X				X	X	
Pg. 7-14.....Be Real: How Do You Feel About Yourself?					X	X	
Pg. 7-15 – 7-16..... Self-Defeating and Self-Supporting Attitudes and Behaviors					X	X	
Pg. 7-17 – 7-18..... What You Do in an Interview Shows the Employer Your Attitude					X	X	
Pg. 7-19.....Information You <i>Need</i> to Know				X	X		
Pg. 7-20 – 7-21.....Be Confident, Honest & Positive: Incarceration Explanation Speech	X				X		
Pg. 7-22 – 7-23..... Steps to a Successful Job Interview					X		
Pg. 7-24 – 7-27.....Be Prepared: Practice Job Interviews	X				X	X	
Pg. 7-28.....Sample Follow-Up Letter	X						
Unit 8: Keeping a Job	Word / Writing Typing	Excel / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 8-8 – 8-9.....Keeping Your Job / Ten Tips for Success on the Job	X				X	X	
Pg. 8-10.....Everybody Makes Mistakes	X				X	X	
Pg. 8-11.....A Million Excuses					X		
Pg. 8-12.....Listening: Are You a Wise Old Bird?					X	X	
Pg. 8-13 – 8-14.....Using Listening Skills					X	X	
Pg. 8-15 – 8-18.....Listen and Take Notes: Writing Phone Messages					X		
Pg. 8-19..... Communicating About Absence					X	X	
Pg. 8-20 – 8-21.....Responsible Communication					X	X	
Pg. 8-22 – 8-26.....How Would YOU Deal with These Stressful Situations?					X	X	
Pg. 8-27 – 8-28.....Sexual Harassment Hurts Everybody					X		
Pg. 8-29.....Ten Tips for Success on the Job						X	

BE CONFIDENT, HONEST & POSITIVE:

Preparing the Incarceration Explanation Speech

The job interview is one of the most anxiety-producing experiences of the job application process. It's hard for everybody, but it's especially difficult if you are worried about how you will explain your time in jail or prison, and if you go into the interview thinking you probably won't get hired because of your incarceration.

*The best way to handle interview anxiety is to be prepared. Careful preparation can help you develop **confidence** to talk about your experience in a way that is both **honest** and **positive**.*

*Most interviewers will ask one of the following questions: Can you tell me about yourself? Why haven't you worked for the past year? Have you ever been incarcerated? This is the perfect opportunity to present your **incarceration explanation speech**.*

Example:

There is something you have the right to know. I've made some mistakes and I was incarcerated for _____. At the time I made a bad decision and did something stupid. I'm sorry about it. I admit I made an error in judgment. But while I was incarcerated, I used the time to re-evaluate my life and I decided I wanted to make positive changes. I took advantage of the time to take classes in _____ and have learned a great deal from the experience.

I am highly motivated to do well on this job because I have important responsibilities. I can't afford to get in trouble because I have to (take care of / be a role model for) my (family / children / wife / mother / nieces and nephews). I am inspired to do well because I have people counting on me.

I have a number of strengths that I think will benefit you if you hire me. I have experience _____ and I have worked as a _____.

There are some advantages you are eligible for if you hire me. First, I am bondable at no cost to you. Second, if you hire me, your company would be eligible for a Work Opportunity Tax Credit (WOTC).



Part Four: Post-Secondary Success

Part Four: GED and Post-Secondary Success							
Unit 9: Reading, Thinking, Analyzing, Researching: Strategies for the GED and Beyond	Word / Writing Typing	Excel / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 9 -17 – 9-18.....“Coming to an Awareness of Language” by Malcolm X	X			X	X	X	X
Pg. 9-19 – 9-22.....“Learning to Read and Write” by Frederick Douglass	X			X	X	X	X
Pg. 9-23 – 9-24.....“Until He Tackled His Illiteracy, the Redskins' Gridiron Terror Lived in Fear of the ABC's”	X			X	X	X	X
Pg. 9-25 – 9-26.....“In Praise of Learning” by Bertolt Brecht	X			X	X	X	X
Pg. 9-27 – 9-28.....Evidence-based Writing: Learning to Read	X			X	X	X	X
Pg. 9-29 – 9-32..... Twelve Powerful Words					X		
Pg. 9-33 – 9-46..... Important GED & College Vocabulary					X		
Pg. 9-47 – 9-48.....Book Summary	X		X		X	X	
Pg. 9-49 – 9-50.....Words of Wisdom: Critical Thinking					X	X	
Pg. 9-51.....The Importance of Critical Thinking Skills					X	X	
Pg. 9-52 – 9-54.....Strategies for Building Critical Thinking Skills					X	X	
Pg. 9-55 – 9-56.....Watch Out for “Uncritical Thinking”					X	X	
Pg. 9-57.....Apply Critical Thinking Skills to Real Life Problems					X	X	
Pg. 9-58 – 9-60..... Higher Order Thinking Skills (H.O.T.S.)					X	X	
Pg. 9-61 – 9-66.....How to Overcome Test Anxiety	X				X	X	
Pg. 9-67 – 9-68.....How to Handle Anxiety: Situation Cards					X	X	
Pg. 9-69.....Brain Dump	X						
Pg. 9-70.....Practice Your Breathing Skills					X	X	

**UNIT 9-A:
Evidence-based Writing Prompts for GED Practice**

	Word / Writin g Typing	Excel / Math	PPT / Present- ation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence- based writing
Pg. 9A-6 – 10.....Tools for Evidence-based Writing	X				X	X	X
Pg. 9A-11 – 14.....Evidence-based Writing Prompt #1 – The Right to Vote for People with Felonies	X				X	X	X
Pg. 9A-15 – 18.....Evidence-based Writing Prompt #2 – Securing the Right to Vote: The Selma-to-Montgomery Story	X				X	X	X
Pg. 9A-19 – 25.....Evidence-based Writing Prompt #3 –The Right to Life, Liberty & the Pursuit of Happiness	X				X	X	X
Pg. 9A-26 – 29.....Evidence-based Writing Prompt #4 – Pro / Con ~ Increasing the Minimum Wage	X				X	X	X
Pg. 9A-30 – 34.....Evidence-based Writing Prompt #5 – Should Marijuana Be a Medical Option?	X				X	X	X
Pg. 9A-35 – 9-39....Evidence-based Writing Prompt #6 – Enduring Issue: The Right to Bear Arms	X				X	X	X
Pg. 9A-40 – 44.....Evidence-based Writing Prompt #7 – Pro / Con – Should Work Requirements for Public Assistance be Increased?	X				X	X	X
Pg. 9A-45 – 50.....Evidence-based Writing Prompt #8 – “Dreamers” and DACA	X				X	X	X

Evidence-based Writing Prompt #1
The Right to Vote for People with Felonies

The Right to Vote for People with Felonies

Should people with felonies be given the right to vote? In your response, develop an argument about which Attorney General's position best reflects the position of the U.S. Constitution. Incorporate relevant and specific evidence from Article XV, the excerpts from the speeches, and your own knowledge of the issue of felon voting to support your analysis. Take approximately 45 minutes to respond.

DOCUMENTS

ARTICLE XV, Section 1

Right of certain citizens to vote established

The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of race, color, or previous condition of servitude.

Excerpts from Speeches

by Attorney Generals

"In many states, felony disenfranchisement laws are still on the books. And the current scope of these policies is not only too significant to ignore – it is also too unjust to tolerate...

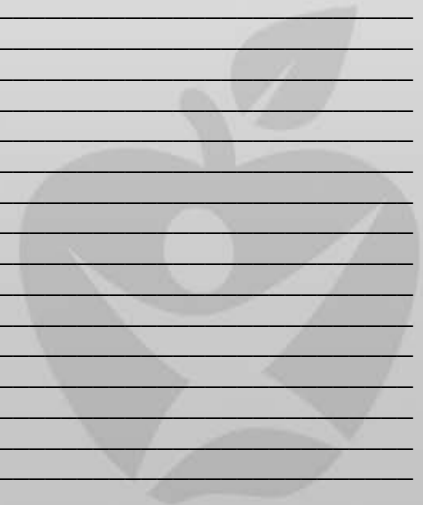
Across this country today, an estimated 5.8 million Americans – 5.8 million of our fellow citizens – are prohibited from voting because of current or previous felony convictions. That's more than the individual populations of 31 U.S. states. And although well over a century has passed since post-Reconstruction states used these measures to strip African Americans of their most fundamental rights, the impact of felony disenfranchisement on modern communities of color remains both disproportionate and unacceptable...

...It is unwise, it is unjust, and it is not in keeping with our democratic values. These laws deserve to be not only reconsidered, but repealed. And so today, I call upon state leaders and other elected officials across the country to pass clear and consistent reforms to restore the voting rights of all who have served their terms in prison or jail, completed their parole or probation, and paid their fines."

Attorney General Eric H. Holder, JD Feb. 11, 2014 "Attorney General Eric Holder Delivers Remarks on Criminal Justice Reform at Georgetown University Law Center" (procon.org)

PROMPT

Should people with felonies be given the right to vote? In your response, develop an argument about which Attorney General's position best reflects the position of the U.S. Constitution. Incorporate relevant and specific evidence from Article XV, the excerpts from the speeches, and your own knowledge of the issue of felon voting to support your analysis. Take approximately 45 minutes to respond.



Unit 10: Preparing for Post-secondary Success	Word / Writing Typing	Excel / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 10-12 - 10-13.....What to Expect in College					X	X	
Pg. 10-14 - 10-15.....Words of Wisdom: Study Skills	X				X	X	
Pg. 10-16.....Steps to Achieving Post-secondary or Post-release Goals						X	
Pg. 10-17 - 10-18.....Independent Learning: Questions for Discussion					X	X	
Pg. 10-19.....Making Time for College					X	X	
Pg. 10-20.....Typical Time Wasters					X	X	
Pg. 10-21.....How to Get Organized					X	X	
Pg. 10-22.....Lulu Needs Organizational Help!!!!					X	X	
Pg. 10-23 - 10-26.....How to ACE Note Taking	X				X	X	
Pg. 10-27 - 10-30.....Note Taking: The Folded Page System	X			X	X	X	X
Pg. 10-31 - 10-32.....Newspaper Article Summary Sheet	X				X	X	
Pg. 10-33.....Test Taking Tips					X		
Pg. 10-34 - 10-35Words of Wisdom: Research	X			X	X		
Pg. 10-36.....Why Do Research?				X	X		
Pg. 10-37 - 10-39.....Important Research-related Terms				X	X		
Pg. 10-40 - 10-42.....How to Write a Research Paper	X			X	X		
Pg. 10-43.....Don't Plagiarize: Always Write in Your Own Words				X	X		
Pg. 10-44.....How to Search the Internet (Wisely)				X	X		
Pg. 10-45 - 10-48.....Bibliography Format	X			X	X		
Pg. 10-49 - 10-53.....Model Research Paper	X			X	X		
Pg. 10-54.....Research Assignment	X			X	X	X	
Pg. 10-55.....Research Topics	X			X	X		
Pg. 10-56.....Research Paper Checklist	X			X	X		
Pg. 10-31 - 10-32.....Types of College Courses					X		
Pg. 10-33.....Ask an Instructor	X				X	X	
Pg. 10-34 - 10-36.....Sample College Syllabus					X		
Pg. 10-37.....Sample College Essay Exam	X				X	X	X
Pg. 10-38 - 10-40.....Strategies for Success in College: Reflection / Discussion Guide					X	X	

Part Five: Taking Care of Yourself & Others

Part Five: Taking Care of Yourself & Others							
Unit 11: Taking Care of Yourself: Dealing with Stress	Word / Writing Typing	Excel / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 11-10..... "Alone" by Maya Angelou	X			X	X	X	
Pg. 11-11..... "Me Against the World" by Tupac Shakur	X			X	X	X	
Pg. 11-12 - 11-24.....PTSD Doubles (This American Life)	X			X	X	X	X
Pg. 11-25..... "War," by Common	X			X	X	X	X
Pg. 11-26.....The Effects of Stress					X	X	
Pg. 11-27 - 11-28.....Strategies for Responding to Stress					X	X	
Pg. 11-29.....People Can Help / People Can Hurt						X	
Pg. 11-30.....Places Can Help / Places Can Hurt						X	
Pg. 11-31 - 11-32..... Solving Problems by Sending "I" Messages					X	X	
Pg. 11-33 - 11-36.....Assertiveness: A Good Tool for Dealing with Stress	X				X	X	
Pg. 11-37.....Meditation & Relaxation Techniques Can Help	X				X		
Pg. 11-38.....Peaceful Visualization Can Help Relieve Stress	X				X	X	
Pg. 11-39 - 11-40.....Nature Can Heal	X				X	X	
Pg. 11-41.....Stress Mess	X				X	X	
Unit 12: Taking Care of Yourself: Staying Healthy	Word / Writing Typing	Excel / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 12-8 - 12-10.....Words of Wisdom: Staying Healthy	X				X	X	
Pg. 12-11 - 12-12.....Do You Take Good Care of Yourself?					X	X	
Pg. 12-13.....Taking Good Care of Your Health					X	X	
Pg. 12-14 - 12-15.....Getting Help for Health					X	X	X
Pg. 12-16.....What is Health Literacy?	X				X	X	
Pg. 12-17 - 12-18.....Staying Healthy -- Definitions and Review	X				X	X	
Pg. 12-19.....Talking to Medical Professionals: How to Advocate for Yourself					X	X	
Pg. 12-20 - 12-27.....Healthcare Teach Back	X				X	X	X
Pg. 12-28.....Do You Know Your Medical History?					X	X	
Pg. 12-29 - 12-31.....Physical Activity for a Healthy Weight		X			X	X	X
Pg. 12-32 - 12-33.....Setting Goals to Improve Your Health: Thirty Day Fitness Challenge					X	X	

Physical Activity for a Healthy Weight

Reprinted from www.cdc.gov/healthyweight/physical_activity/index.html?s_cid=tw_ob387

Why is physical activity important?

Regular physical activity is important for good health, and it's especially important if you're trying to lose weight or to maintain a healthy weight.

- When losing weight, more physical activity increases the number of calories your body uses for energy or "burns off." The burning of calories through physical activity, combined with reducing the number of calories you eat, creates a "calorie deficit" that results in weight loss.
- Most weight loss occurs because of decreased caloric intake. However, evidence shows the only way to maintain weight loss is to be engaged in regular physical activity.
- Most importantly, physical activity reduces risks of cardiovascular disease and diabetes beyond that produced by weight reduction alone.

Physical activity also helps to—

- Maintain weight.
- Reduce high blood pressure.
- Reduce risk for type 2 diabetes, heart attack, stroke, and several forms of cancer.
- Reduce arthritis pain and associated disability.
- Reduce risk for osteoporosis and falls.
- Reduce symptoms of depression and anxiety.

How much physical activity do I need?

When it comes to weight management, people vary greatly in how much physical activity they need. Here are some guidelines to follow:

To maintain your weight: Work your way up to 150 minutes of moderate-intensity aerobic activity, 75 minutes of vigorous-intensity aerobic activity, or an equivalent mix of the two each week.

Strong scientific evidence shows that physical activity can help you maintain your weight over time. However, the exact amount of physical activity needed to do this is not clear since it varies greatly from person to person. It's possible that you may need to do more than the equivalent of 150 minutes of moderate-intensity activity a week to maintain your weight.



Physical Activity for a Healthy Weight, continued

How many calories are used in typical activities?

Reprinted from www.cdc.gov/healthyweight/physical_activity/index.html?s_cid=tw_ob387

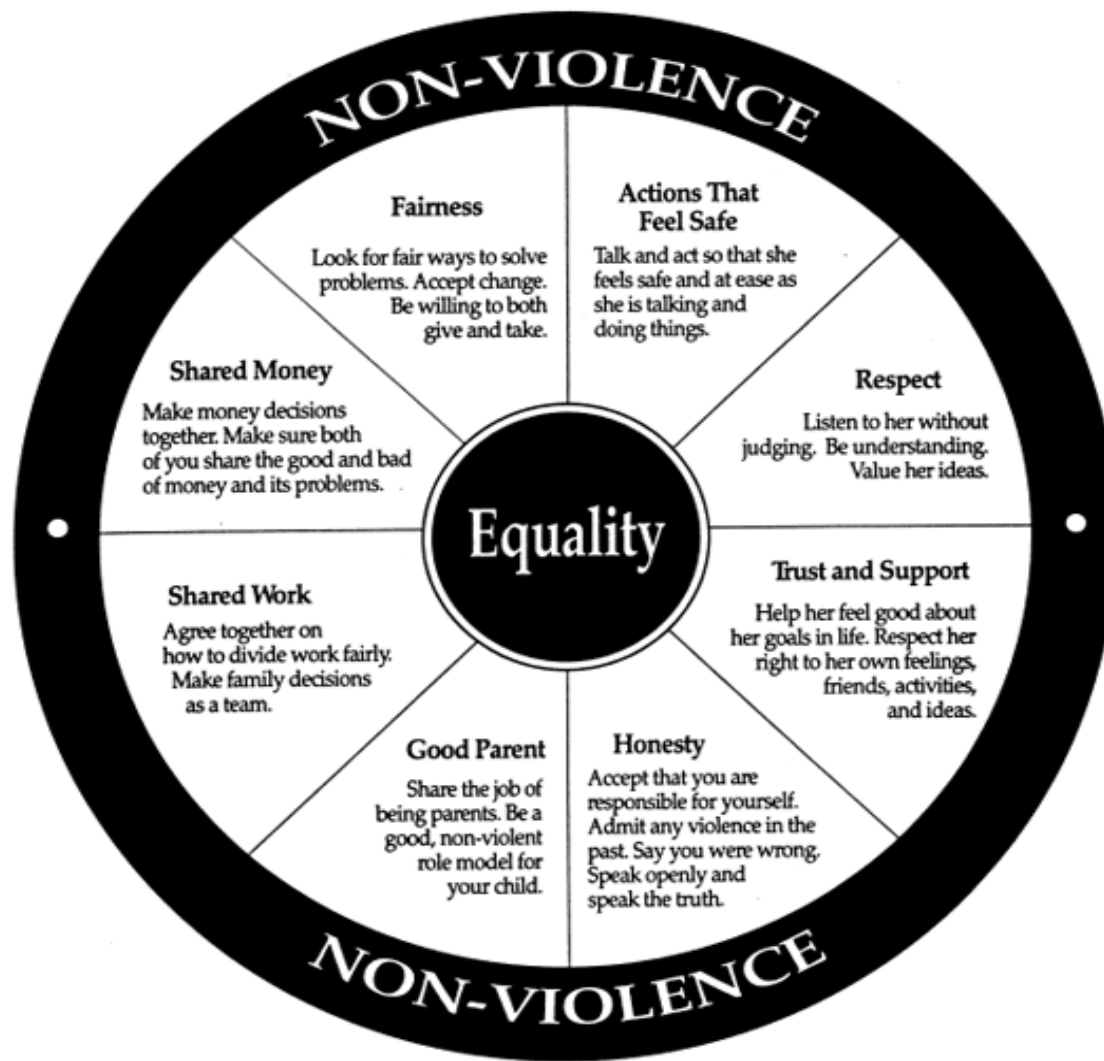
The following table shows calories used in common physical activities at moderate and vigorous levels.

Calories Used per Hour in Common Physical Activities		
Moderate Physical Activity	Approx Calories /30 Minutes for a 154 lb Person ¹	Approx Calories/Hr for a 154 lb Person ¹
Hiking	185	370
Light gardening/yard work	165	330
Dancing	165	330
Bicycling (<10 mph)	145	290
Walking (3.5 mph)	140	280
Weight lifting (general light workout)	110	220
Stretching	90	180
Vigorous Physical Activity	Approx Calories /30 Minutes for a 154 lb Person ¹	Approx Calories/Hr for a 154 lb Person ¹
Running/jogging (5 mph)	295	590
Bicycling (>10 mph)	295	590
Swimming (slow freestyle laps)	255	510
Aerobics	240	480
Walking (4.5 mph)	230	460
Heavy yard work (chopping wood)	220	440
Weight lifting (vigorous effort)	220	440
Basketball (vigorous)	220	440

¹ Calories burned per hour will be higher for persons who weigh more than 154 lbs (70 kg) and lower for persons who weigh less. Adapted from [Dietary Guidelines for Americans 2005](#).



Unit 13: Taking Care of Yourself: Eating Right	Word / Writing Typing	Excel / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 13-12 – 13-17.....Food Groups					X	X	
Pg. 13-18 – 13-21.....Food for Thought: Nutrition Matters					X	X	
Pg. 13-22 – 13-23.....Food for Thought: Nutrition Quiz					X	X	
Pg. 13-24.....Ten Tips for Good Nutrition					X	X	X
Pg. 13-25.....Do You Get Enough Vitamins?					X	X	
Pg. 13-26.....Do You Get Enough Minerals?					X	X	
Pg. 13-27.....Vitamins and Minerals Review					X	X	
Pg. 13-28 – 13-30.....What’s on the Label?					X	X	
Pg. 13-31 – 13-32.....Comparison Shopping: What’s in Your Food?		X			X	X	
Pg. 13-33 – 13-34.....Calories Are Everywhere, Yet Hard to Track, by Jane E. Brody		X		X	X	X	
Pg. 13-35.....How Many Calories Do You Need?		X			X	X	
Pg. 13-36.....Weekly Food Tracker						X	
Unit 14: Taking Care of Yourself: Building Healthy Relationships	Word / Writing Typing	Excel / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 14-14 – 14-16..... Words of Wisdom: Healthy Relationships	X				X	X	
Pg. 14-17.....The Vocabulary of Self-Esteem					X	X	
Pg. 14-18.....The Power of Self-talk					X	X	
Page 14-19..... The Vocabulary of Communication					X	X	
Page 14-20.....The Value of Words: Just for Fun	X	X					
Pg. 14-21.....Building Healthy Relationships	X				X	X	
Page 14-22 – 14-23.....Using the “Nine Important Communication Skills”					X	X	
Pg. 14-24 – 14-26.....What is Abusive Behavior?					X	X	
Pg. 14-27 – 14-28.....Tamara’s Story	X				X	X	
Pg. 14-29 – 14-30.....Power and Control Wheel / Scenarios					X	X	
Pg. 14-31 – 14-32.....Equality Wheel / Scenarios					X	X	
Pg. 14-33.....What Do You Know about Staying Sexually Safe?					X	X	
Pg. 14-34.....How to Avoid HIV / AIDS an STDs: Vocabulary					X	X	
Pg. 14-35..... Taking Care of Yourself: How to Prevent HIV/AIDS					X	X	
Pg. 14-36..... Taking Care of Yourself: How to Prevent STDs					X	X	
Pg. 14-37 – 14-43.....How to Avoid HIV/AIDS and STDs / Fact Sheets					X	X	
Pages 14-44 – 14-59.....Taking Care of Yourself: Understanding Pregnancy and Reproduction					X	X	



Equality Scenarios

Review the Equality Wheel. This tool was designed to help people see what qualities constitute non-violent, equal relationships.

Review the scenarios below and work in small groups to identify which of the attitudes and behaviors on the Equality Wheel are being exhibited.

* * * * *

Marissa wants to go to Adult & Community Education to study for her GED diploma. Her boyfriend Jim tells her he's proud of her and asks how he can help her balance work and school so she can achieve her goal.

* * * * *

Jasmine comes home late after working two shifts at the hospital. Her husband Doug has been working all day, too. The dishes have piled up for a week. Doug asks her if they can talk about the housework because he's frustrated by how dirty the house is. They make time to talk about it in the morning and listen to each other's feelings about being so busy. They agree that they need to make a plan for doing chores. They decide to take turns doing the dishes and to clean the house together every weekend.

* * * * *

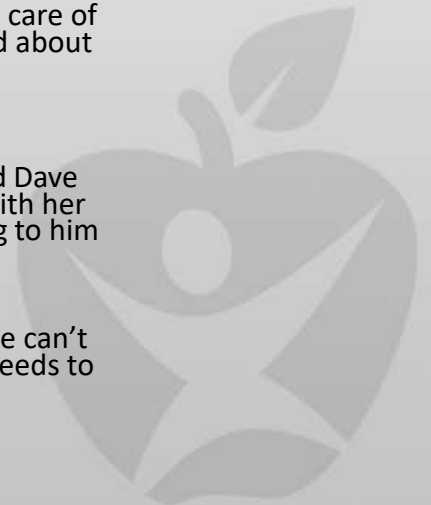
Bob doesn't have a job, so he stays home and watches the kids while his girlfriend Felicia works. When she comes home, she tells him she appreciates him taking care of the kids and being a good role model for them. She tells him she's also worried about money, so they decide together that he will look for part time work and find childcare for the children.

* * * * *

Brenda wants to go out dancing with her friends at a local club. Her boyfriend Dave tells her he feels jealous. She assures him she's just going to be hanging out with her girlfriends and won't be home too late. He tells her he appreciates her listening to him and tells her to have a good time.

* * * * *

Devon slaps Linda during a fight. She tells him violence is unacceptable and she can't stay with him anymore and put herself and their kids at risk. She tells him he needs to seek help for his abusive behavior. He agrees he has a problem, moves out and gets into counseling.



Pgs. 14-44 - 14-45.....The Vocabulary of Birth Control						X	X	
Pgs. 14-46 - 14-47.....Myths about Pregnancy						X	X	
Pgs. 14-48 - 14-49.....Leeah's Story	X					X	X	
Pgs. 14-50 - 14-51.....Don't Get Pregnant By Accident						X	X	
Pg. 14-52.....Using Contraceptives for Safe Sex						X	X	
Pgs. 14-53 - 14-54.....How to Avoid Pregnancy and STDs						X	X	
Pg. 14-55.....Love Language: Communicating About Condoms						X	X	
Pg. 14-56.....How Do You Decide Which Birth Control Method is Right for YOU?						X	X	
Pgs. 14-57 - 14-59.....Contraceptive Methods: What You Need to Know						X	X	
Pg. 14-60....."Desiderata" by Max Ehrmann	X					X	X	
Pg. 14-61.....Words of Self-Esteem	X					X	X	
Unit 14-A: Taking Care of Yourself: Social and Communication Skills for Work, School, & Daily Life	Word / WritingTyping	Excel / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing	
Pg. 14A-9 - 10.....Assess Yourself #1: What Are You Communicating Non-verbally?						X	X	
Pg. 14A-10.....Assess Yourself #2: What Are You Communicating Non-verbally?						X	X	
Pg. 14A-11 - 12.....Social Skills for Success at Work, School, and in Daily Life	X					X	X	
Pg. 14A-13A Day in the Life: Marianne, Vet Tech						X	X	
Pg. 14A-14 - 17.....Recognizing Feelings	X					X	X	
Pg. 14A-18 - 20.....Using "I-Messages:" Expressing Feelings without Blaming Others	X					X	X	
Pg. 14A-20.....What Would You Say?	X					X	X	
Pg. 14A-21.....Sometimes Actions Speak Louder than Words						X	X	
Pg. 14A-22 - 24.....How Do You SAY That? Using Words to Communicate Effectively	X					X	X	
Pg. 14A-25 -26....."Walking in Someone Else's Shoes:" Feeling Empathy	X					X	X	
Pg. 14A-27 - 33.....Interacting With Others	X					X	X	
Pg. 14A-34 - 35.....Exercising Self-Control: Roleplays Interacting With Others						X	X	
Pg. 14A-36 -37.....Triggers	X					X	X	
Pg. 14A-38 - 40.....Controlling Anger Constructively	X					X	X	
Pg. 14A-41 - 44.....Resolving Conflicts in the Workplace	X					X	X	
Pg. 14A-45 - 47.....The Importance of Appropriate Communication	X					X	X	

<p align="center">Unit 15: Taking Care of Yourself: Understanding the Effects of Alcohol & Other Drugs</p>	Word / Writing Typing	Excel / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 15-13 – 15-14.....What is Serenity?	X				X	X	
Pg. 15-15 – 15-17.....Why Do People Use Drugs?	X				X	X	
Pg. 15-18 – 15-19.....Drugs and Alcohol: Beliefs and Values					X		
Pg. 15-20.....Drug & Alcohol Abuse & Addiction Vocabulary					X		
Pg. 15-21.....Puzzled by the Vocabulary of Drugs & Alcohol?					X		
Pg. 15-22 – 15-24.....What Do DRUGS Do to YOU? Alcohol					X	X	
Pg. 15-25 – 15-26.....Driving Drunk: A Mother’s Story	X				X	X	
Pg. 15-27 – 15-28.....Drinking, Driving and Paying		X			X	X	
Pg. 15-29 – 15-31.....What Do DRUGS Do to YOU? Cigarettes					X	X	
Pg. 15-32 – 15-33.....What Do DRUGS Do to YOU? Prescription Drugs					X	X	
Pg. 15-34 – 15-37.....What Do DRUGS Do to YOU? Marijuana					X	X	
Pg. 15-38 – 15-39.....What Do DRUGS Do to YOU? Heroin					X	X	
Pg. 15-40 – 15-41.....What Do DRUGS Do to YOU? Cocaine					X	X	
Pg. 15-42 – 15-43.....What Do DRUGS Do to YOU? Methamphetamines					X	X	
Pg. 15-44 – 15-46.....What Do DRUGS Do to YOU? Assessment					X	X	
Pg. 15-47 – 15-48.....Making Choices and Weighing Consequences					X	X	
<p align="center">Unit 16: Taking Care of Others: Parenting Wisely and Well</p>	Word / Writing Typing	Excel / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 16-24 – 16-55.....How Can You Tell if You Are Ready to Raise a Child?	X				X	X	
Pg. 16-26 – 16-27.....“Tips from a Father in Prison”					X	X	
Pg. 16-28 – 16-29.....Parenting While Incarcerated: Questions for Reflection	X				X	X	
Pg. 16-30.....“Parents in Prison: A Focus on Children”	X			X	X	X	
Pg. 16-31 – 16-32.....Write a Letter to Your Child	X				X	X	
Page 16-33 – 16-34.....Why It’s Important to Talk with Your Baby	X				X	X	X
Page 16-35 – 16-36.....Ten Tips to Make Reading Fun for Your Child	X				X	X	X
Pg. 16-37 – 16-38.....Helping Children Succeed in School					X	X	
Pg. 16-39.....Good Nutrition is Important for Children!				X	X	X	
Pg. 16-40 – 16-41.....Everyday Activities to Promote Learning	X				X	X	
Pg. 16-42.....Car or Bus Activities					X	X	
Pg. 16-43.....Clothing and Laundry Activities					X	X	
Pg. 16-44.....Supermarket and Food Activities					X	X	

Pg. 16-45 - 16-46.....Reflections: Disciplining Kids					X	X	
Pg. 16-47 - 16-48.....Words of Wisdom: Protecting the Children	X				X	X	
Pg. 16-49.....Family Violence HURTS Children					X	X	
Pg. 16-50 - 16-53.....Stop Beating Black Children	X				X	X	X
Pg. 16-54.....“You Can Have Authority with Your Children - Without Hitting Them”	X				X	X	
Pg. 16-55 - 16-56.....“What Would Mother Wit Do? Episode #1 - The Switch”	X				X	X	X
Pg. 16-57 - 16-64.....“What Would Mother Wit Do?” (Episodes 2-6, 8)	X				X	X	X
Pg. 16-65.....Teach Your Children Well					X	X	
Pg. 16-66 - 16-67.....Disciplining Children: What Works					X	X	
Pg. 16-68 - 16-69.....“How to Discipline Your Child without Spanking”				X	X	X	
Pg. 16-70.....“Children Learn What They Live”					X	X	
Pg. 16-71.....“A Song for Mama” by Boyz II Men	X			X	X	X	X
Pg. 16-72 - 16-76.....Taking Care of Children: Advice Poems by Parents in Jail					X	X	
Pg. 16-77.....Taking Care of Children: Write an Advice Poem	X		X				
Pg. 16-78 - 16-79.....Teach Somebody Something	X		X		X		
Unit 17: Taking Care of Yourself: Finding Housing & Preventing Homelessness	Word / Writing Typing	Excel / Math	PPT / Present- ation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence- based writing
Pg. 17-11 -17-12.....Writing about Home	X			X	X	X	
Pg. 17-13.....“Ballad of the Landlord” by Langston Hughes	X			X	X	X	
Pg. 17-14.....“Madam and the Rent Man” by Langston Hughes	X			X	X	X	
Pg. 17-15.....“Reply to an Eviction Notice” by Robert Flanagan	X			X	X	X	
Pg. 17-16 - 17-18.....Finding a Place to Live After Release					X	X	
Pg. 17-19 - 17-20.....Vocabulary of Housing					X	X	
Pg. 17-21- 17-22.....Reading a Lease Agreement					X	X	
Pg. 17-23 - 17-24.....Reading a Rental Agreement					X	X	
Pg.17-25.....Homeless Self-Help & Empowerment Projects				X	X	X	

**Unit 18: Taking Care of Yourself:
Understanding Finances & Managing Money**

	Word / Writing Typing	Excel / Math	PPT / Presentation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence-based writing
Pg. 18-16 – 18-28.....Words of Wisdom: Money	X				X	X	
Pg. 18-29.....Show Me the Money: Examining Your Financial Needs & Spending Habits					X	X	
Pg. 18-30 – 18-33.....What’s Your Financial I.Q.?		X			X	X	
Pg. 18-34.....The Vocabulary of Income		X			X	X	
Pg. 18-35 – 18-36.....What’s On Your Pay Stub?		X			X	X	
Pg. 18-37 – 18-41.....How Much Do You Make? Figuring Take-home Pay		X			X	X	
Pg. 18-42.....Get a Handle on Your Finances		X			X	X	
Pg. 18-43 – 18-46.....The High Cost Payday Loans		X			X	X	
Pg. 18-85 – 18-86....What You Need to Know About Taxes		X			X	X	
Pg. 18-47.....Take Charge of Your Finances During the Holidays		X			X	X	
Pg. 18-48.....Keeping a Budget: Vocabulary		X			X	X	
Pg. 18-49.....How Would a Budget Help?	X	X			X	X	
Pg. 18-50 – 18-53.....“Who Needs a Budget?” Scene One	X	X			X	X	
Pg. 18-54 – 18-57.....“Who Needs a Budget?” Scene Two	X	X			X	X	
Pg. 18-58 – 18-59..... Jones Family Budget Worksheets		X			X	X	
Pg. 18-60..... Jones Family Estimated Annual Budget		X			X	X	
Pg. 18-61 – 18-63..... “Who Needs a Budget?” Scene Three		X			X	X	
Pg. 18-64.....“Who Needs a Budget?” Questions for Reflection	X	X			X	X	
Pg. 18-65.....Do You Need a Budget? Questions for Reflection	X	X	X		X	X	
Pg. 18-66 – 18-67.....Your Budget Worksheet	X	X			X	X	
Pg. 18-68.....Does Your Money Go Up in Smoke?		X			X	X	
Pg. 18-69.....Can You Eat Healthier on a Budget?	X	X	X		X	X	
Pg. 18-70 – 18-71.....You CAN Eat Healthier on a Budget		X	X	X	X	X	
Pg. 18-72 – 18-73.....Eating Right When Money’s Tight		X	X	X	X	X	
Pg. 18-74 – 18-75.....Get Financially Organized! Vocabulary		X			X	X	
Pg. 18-76 – 18-79..... Your Checking Account: Always Keep Track!		X			X	X	
Pg. 18-80 – 18-81.....Using Percentage for Everyday Finances		X			X	X	
Pg. 18-82 – 18-84....What You Need to Know About Credit		X			X	X	

Does Your Money Go Up in Smoke?

Do you use your money as wisely as you might? Think about some of the things you typically spend money on that you don't need (and that may not be good for you.) How much money do you spend on these things every day? Every week? Every year? If you decided to cut down, or not to spend money on these items at all, and saved the money instead, how much could you save?

Do you smoke cigarettes? Do the math:

$$\begin{aligned} \text{Cost of a pack } \$ & \underline{\hspace{2cm}} / \text{ day} \\ \times & \underline{\hspace{2cm}} \text{ days a week} \\ = & \underline{\hspace{2cm}} \times \underline{\hspace{2cm}} \text{ weeks a year} = \$ \underline{\hspace{2cm}} \end{aligned}$$

Do you drink alcohol? Do the math:

$$\begin{aligned} \text{Cost of alcohol } \$ & \underline{\hspace{2cm}} / \text{ day} \\ \times & \underline{\hspace{2cm}} \text{ days a week} \\ = & \underline{\hspace{2cm}} \times \underline{\hspace{2cm}} \text{ weeks a year} = \$ \underline{\hspace{2cm}} \end{aligned}$$

Do you eat junk food? Do the math:

$$\begin{aligned} \text{Cost of junk food } \$ & \underline{\hspace{2cm}} / \text{ day} \\ \times & \underline{\hspace{2cm}} \text{ days a week} \\ = & \underline{\hspace{2cm}} \times \underline{\hspace{2cm}} \text{ weeks a year} = \$ \underline{\hspace{2cm}} \end{aligned}$$

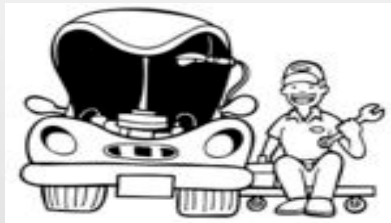
Do you _____? Do the math:

$$\begin{aligned} \text{Cost of } \underline{\hspace{2cm}} & \$ \underline{\hspace{2cm}} / \text{ day} \\ \times & \underline{\hspace{2cm}} \text{ days a week} \\ = & \underline{\hspace{2cm}} \times \underline{\hspace{2cm}} \text{ weeks a year} = \$ \underline{\hspace{2cm}} \end{aligned}$$

What if you gave up one (or more) of the unnecessary items above, and instead saved the money in the bank? What healthy, useful or productive thing could you do with the money instead?

THE HIGH COST OF PAYDAY LOANS

Joseph's car has been giving him trouble lately and it turns out he needs a new carburetor – for \$500. He can't afford it, doesn't have savings, and is having enough trouble just paying rent and child support with his \$11 an hour job. He needs his car in order to get to work. How is he going to get his hands on \$500?



Joseph decides to check out the Quick Payday Loans shop down the street. It turns out to be super easy – he's in and out of there in twenty minutes and the contract says that \$500 will be deposited in his account sometime the next day. He has to pay finance fees – but it's convenient and easy and worth it. Right?

The problem is – it'll cost him. A lot.

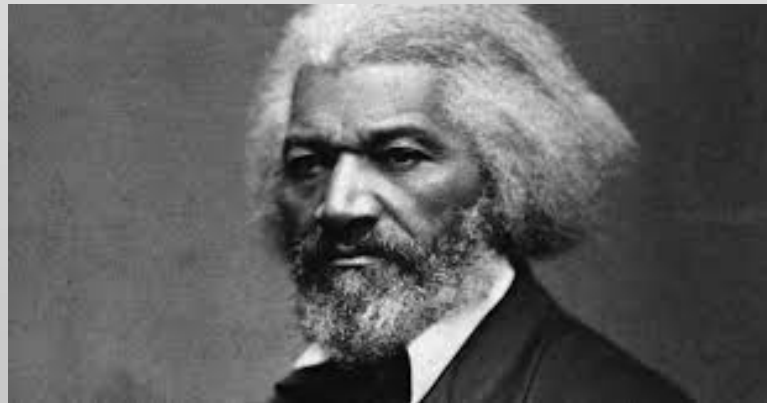
Did you know?

- Payday loans cost borrowers a minimum of \$3.4 Billion in fees annually?
- The nation's largest payday loan companies have earned a record \$1.5 Billion in combined annual revenues from high-cost payday loans?
- 80% of payday loans are rolled over within 14 days?
- People who use payday loans usually do it ten times a year?
- Payday lenders are always located in low-income neighborhoods where people are less likely to use a bank and people need money quickly?
- Major banks (including Bank of America, JPMorgan Chase, and Wells Fargo) finance approximately 42% of the payday loan industry?
- There are more payday lenders than there are McDonald's?
- Florida ranks 14th in the nation for pay day lenders?
- Some states currently *ban* payday lending?
- When people leave payday loan stores, they are called "walking ATMs" because they are easy prey for thieves?



Unit 19: Writing Your Autobiography

Unit 19: Writing Your Autobiography	Word / Writing Typing	Excel / Math	PPT / Present- ation	Internet research / Links	Reading comp / Vocab	Discussion	Evidence- based writing
Pg. 19-4 - 19-5.....Describing Yourself and Others	X				X	X	
Pg. 19-6.....Frederick Douglass Biography Poem					X	X	X
Pg. 19-7.....Biography Poem	X		X	X	X	X	X
Pg. 19-8.....Autobiography Poem	X		X				
Pg. 19-9 - 19-34.....Autobiography Packet	X						





Rochel Abrams
Assistant Principal, ACE
abramsr@leonschools.net

Anne Meisenzahl
Teacher, Curriculum Writer, ACE
meisenzahla@leonschools.net

