

The Life Skills Year Program

[Provisional]

TERM 1

Icebreak Camp
Orientation week
Career Planning Course
Fitness course
Culinary Skills
Study Skills
Leadership Training
Careers: Field Research

TERM 2

Safety and Self-Defence
Emotional Intelligence
Relationship Skills
Communication
Health and Nutrition
Mental Health
Christian Apologetics
Public Speaking
Examination Week

TERM 3

Work Ethics
Social Dancing
Positive Living
Legal Skills
Interior Design
Wine Appreciation
Style and Image
Financial Skills
Etiquette

TERM 4

First Aid
Critical Thinking
Photography
Film Festival
Art and Creativity
Practical Skills and Life Hacks
Examination Week
Year-end Breakaway (optional)

****This is a provisional program.****

**The program is subject to change based on lecturer availability and the specific needs of each group.
The courses listed may remain the same, but the order in which they are offered may change.**