



# LIFE SKILLS



# UNIVERSITY

Spring 2022  
Summer 2022  
Fall 2022  
Courses

TrendlineConsulting.org

# DETAILS

Ages 16 And Up.

Classes Meet Tuesdays,  
Thursdays, and Fridays.

Spring Semester: February 1 – April 29  
Register by 12/22/21

Summer Semester: June 3 – August 26  
Register by 12/22/21

Fall Semester: October 4 – December 23  
Register by 12/22/21

Transportation is Available Upon Request.

Complete Registration Form to Select Your Classes

E-Mail Or Mail To:

[TrendlineRR@gmail.com](mailto:TrendlineRR@gmail.com)

Trendline Consulting  
1404 Corporation Lane, Suite 40  
Perryville, MO 63775

Questions????: Contact Rylie Roberts at  
573-318-1133  
or [TrendlineRR@gmail.com](mailto:TrendlineRR@gmail.com)

PERSONAL FINANCE



Students will learn skills and concepts that will help them better manage their money. These will include taxes, savings, methods of payment, insurance, interest, credit card debt vs debit card use, and budgeting. Students will learn to write checks, to analyze pay stubs, and to create and monitor budgets.

T, R 2:45pm-3:45pm

LIFE IN PICTURES



This is a “week-in-my-life” scrap-booking course within which students will be given cameras to use to take pictures of things that are important to them. They will then use boards, designs, stickers, picture cropping, and captions to create a one-of-a-kind scrapbook.

T, R 2:45pm-3:45pm

SIGN LANGUAGE 101



Students will be exposed to a variety of helpful lessons and activities that will teach a number of basic signs. Activities will include demonstration videos, flashcard sets, and engaging games. An emphasis will be placed on learning functional signs that communicate everyday ideas, concepts, and needs.

T, R 4:00pm-5:00pm

DINNER CHEFS



Students will work together to create well balanced dinners. Students will learn kitchen safety, utensils, and cooking techniques that they can use at home or even in a restaurant. Students will learn proper food handling and clean up will making at least 10 different dinner foods.

T, R 4:00pm-5:00pm

LIFE IN PICTURES



Students will choose a book to read as a group. Students and instructors will take turns reading in the class. Students will be assisted by the instructors when needed. Students will discuss what they like or did not like about the book. Students will discuss what they think would have made the story different. Students will develop a love of reading.

F 10:00am-12:00pm

BEGINNER'S CROSSFIT



Students AND Trendline staff will participate together in a fitness class at Perryville Crossfit. A licensed instructor will create a daily workout and will then modify it to meet the specific needs and abilities of each person. We will all celebrate together as we start getting more active and fit. This is a very unique opportunity for the entire Trendline family to strive to live healthier.

M, W, F 4:00pm-5:00pm

## DRIVER'S EDUCATION



Students who have not yet earned their Learner's Permits will study relevant material such as road signs, rules of the road, and common driving situations. They will travel to and take the actual Learner's Permit test, and the goal is that each student will pass the exam.

T, R 2:45pm-3:45pm

## WOOD SHOP



Students will learn woodwork basics such as measurement, layout, identification of tools, functions of tools, and safe tool use. Each student will complete an actual wood-working project that they can then take home.

T, R 2:45pm-3:45pm

## SIGN LANGUAGE 102



Students will use a variety of tools to build on the sign language that they learned in Sign Language 101. They will add additional vocabulary, expand their knowledge, and begin signing sentences.

T, R 4:00pm-5:00pm

## GARDENING



Students will learn gardening basics such as plant growth stages, photosynthesis, plant types, and garden arrangements. Students will gain hands-on experience with raising their own plants from the seed to ripening stage. Each sets of two students will plan and manage their own 4' x 8' gardening bed.

T, R 4:00pm-5:00pm

## GREAT OUTDOORS



Trendline staff and students will explore a different local natural area each Friday for five weeks. Class times (12:30pm-5:30pm) will include travel time to and from some of the most locations that Southeast Missouri has to offer. Lessons will emphasize family-friendly outdoor activities including hiking, kayaking, and fishing. Snacks will be provided each day by Trendline Consulting.

F 12:30pm-5:30pm  
5/6, 5/13, 5/20, 5/27, 6/3, 6/10 (makeup date)

## HEALTHY LIFESTYLE



Consumers and staff will work together to design, create, and eat one balanced meal each Tuesday. They will learn about food groups, portion sizes, and healthy alternatives for ingredients. Kitchen safety and safe food storage will also be emphasized. Students will enjoy a leisure activity that includes movement each Thursday.

T, R 2:45pm-3:45pm

## HOLIDAY CRAFTS



Students will create unique crafts celebrating the holidays. They will use a wide variety of materials and techniques including paper mâché, weaving, found objects, and papers of differing thickness and texture. Students will take home their completed projects to spread holiday cheer throughout their rooms or homes or through presents.

T, R 2:45pm-3:45pm

## GAMING



Instructors will teach consumers to play a number of electronic games, board games, and card games. Student will visit the local Gaming Center once each month to try their skills on a variety of gaming systems and in a different setting.

T, R 4:00pm-5:00pm

## HOMEMADE LIVING



Students will learn to better manage their homes and lives through lessons about laundry, shopping, cleaning, and meal-planning. There will be hands-on experiences, tools to take home, personal goals and tracking systems, and a monthly raffle for increasing independence.

T, R 4:00pm-5:00pm

## COMMUNITY OUTREACH



Students will join staff in giving back to their communities through 15 hours of volunteering. Opportunities will each last between 1 and 2 hours (plus travel time) and will target a variety of locations, activities, and ages. Specific dates and times will be determined later.

F 10:00am-1:00pm