

REAL-WORLD SKILLS

Modern Manners & Mental Fortitude

GRADES

7-12

TERM

16 Weeks

FORMAT

2x / Week

CLASS

20-25 Students

ALIGNED

Utah CASEL

WEBSITE

readyforreal.life



READY FOR REAL LIFE.

The life skills course your students actually need.

THE GAP THIS COURSE FILLS

Academic achievement dominates curricula while students navigate complex social, digital, and emotional landscapes with few tools. Soft skills are assumed – not taught. This course makes them explicit, measurable, and transferable.

FOUR CORE PILLARS

Respectful Communication	Emotional Regulation	Decision-Making	Accountability & Repair
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TWO STUDENT FRAMEWORKS

▣ PLRR — REGULATION ROUTINE

Pause · Label · Reframe · Respond
Used before any decision under stress.
Module 2 · Reinforced across all modules

▣ POCC — DECISION FRAMEWORK

Pause · Options · Consequences · Choose
Structured choice under pressure.
Module 3 · Reinforced across all modules

FIVE MODULES

01 Modern Manners	02 Emotional Intelligence	03 Conflict Navigation	04 Digital Citizenship	05 Personal Growth
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WHO IS THIS FOR?

Grades 7-8 Foundational, 1-term intro.	Grades 9-12 Levels up each year.	Community Youth After-school, faith orgs.	Community Adults Workplace & family contexts.
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HOW LEARNING IS MEASURED

▣ Weekly Journals ▣ Role-Play Rubrics ▣ Pre/Post Surveys ▣ Capstone Presentation ▣ Novel Scenario Task

WHAT STUDENTS WILL BE ABLE TO DO

- Apply respectful communication across school, workplace, and digital contexts
- Self-regulate using the PLRR routine as a performance skill — not a therapy tool
- Make structured decisions under pressure using the POCC framework
- Navigate digital life with permanence, privacy, and reputation in mind
- Own mistakes, repair relationships, and follow through on commitments
- Transfer all skills independently to unfamiliar, high-stakes real-world situations

RESEARCH FOUNDATION

Tyler · Bruner · Dewey · CASEL · Stern et al. · Wiles & Bondi · Utah SBOE Standards

ENROLL · PARTNER · LICENSE

Register your class, school, or community program at **readyforreal.life**

Questions? Contact Michael R. Terry directly:
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CREATED BY

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