

# Personal Development

Mrs. Lisek  
Flushing High School  
Family Consumer Science Teacher  
Email: [amanda.lisek@flushingschools.org](mailto:amanda.lisek@flushingschools.org)

~ This self-exploration class tries to make sense of teen dilemmas. Decision-making skills, values, goal-setting, and relationships form the core of the material presented in a class discussion format.

## **Class Schedule:**

- Personal growth and development
  - physical, mental, and environmental influences
- Your attitudes toward living
  - defense mechanisms, attitudes, social roles
- Developing your decision-making skills
- Developing effective communication skills
- Relationships
  - peers, family, significant other
- Dating
  - types, communication, staying safe

## **Grading Scale:**

93% - 100% = A  
90% - 92% = A-  
87% - 89% = B+  
83% - 86% = B  
80% - 82% = B-  
77% - 79% = C+  
73% - 76% = C  
70% - 72% = C-  
67% - 69% = D+  
63% - 66% = D  
60% - 62% = D-  
Below 60% = E