

Interpersonal Studies



- 1 semester elective course, grades 9-12
- *Are you interested in bettering your people skills, improving your relationships with others, understanding yourself more, or preparing for adulthood?*
- Nutshell – this class is about personal development, relationships and people skills, and becoming an adult
- In this class you will examine the following topics:
 - Personal development – influences on identity and self-esteem
 - Types and functions of relationships – familial, friend, romantic, marriage
 - Effective marriage and family function and how it influences development
 - How to manage multiple adult roles – decision making, stress management, crisis management, becoming independent
 - Career and professional skills – communication, conflict resolution and teamwork