Independent Living Skills

™

Program Overview

Consistent

Online courseware provides the same information and consistent educational experiences to each and every learner.

Flexible

Because courses are available 24/7, learners and administrators can log in whenever it is convenient for them.

Measurable

Reporting features are available to track progress, training outcomes, and completion data on every learner.

The Smart Horizons Independent Living Skills program provides an organized, consistent, and verifiable method of preparing youth to meet the transition challenges of life. A primary advantage of our program is the ability to access courses and student records from any computer with an internet connection, at any time.

Individuals in our online ILS program are given permissions-based logins and a dedicated database account number within our Learning Management System (LMS). All of the training records are retained indefinitely on a secure (128-bit SSL encrypted access), redundant server system. All course interactions by participants are recorded by the LMS, and learning records are automatically updated by the system. This information is available to participants and authorized administrators via learner grade books, certificates of completion, and manager consoles.

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PROGRAM OVERVIEW

Smart Horizons

Independent Living Skills Tuition Plans

Course Enrollment Options

Catalogs	Number of Classes Included	Introductory Per-Student Cost	Cost Per Class
Health/Leisure	31	$125	$4.03
Financial Management	32	$125	$3.90
Relationships	29	$125	$4.31
Life Skills	29	$125	$4.31
Career/School	18	$100	$5.55
All Five Catalogs	139	$300	$2.15

Price includes access to the purchased catalogs for one year. Completion records will be maintained in a secure database by Smart Horizons. An administrator-only account can be included at no charge for a supervisor to access training records for participants in their organization. This data includes class completions with score, date, and time of successful completion.

Independent Living Skills

CATALOG OVERVIEW

Health/Leisure
7 categories
Alcohol, Drugs and Tobacco; Lifestyle; Medical Needs; Nutrition; Personal Hygiene; Relaxation; Safety

Financial Management
7 categories
Budgeting, Consumer Education, Consuming, Credit, Money Knowledge, Saving/Banking, Taxes

Relationships
5 categories
Communication, Community, Cultural Awareness, Personal Development, Sexuality

Life Skills
6 categories
Decision Making, Dining, Home Management, Housing, Legal issues, Transportation

Career/School
6 categories
Education, Employment, Planning, Resume and Interview, Study Skills, Work Skills

Participants and administrators can print completion certificates or request duplicates from an authorized Smart Horizons representative. This information is provided by E-mail, FAX, or regular mail, whichever is preferred by the participant.

Sample of report information:

Course Title	Status	Grade	Date Registered	Date Started	Date Last Login	Date Completed
Personal Financial Management	Completed	95	5/17/2011 13:54	5/17/2011 13:56	5/18/2011 9:38	5/18/2011 10:39

COURSE CATALOGS

Catalog:
Health/Leisure - 31 Lessons

Nutrition

Anatomy of My Pyramid

Breakfast Because

Fats: Know the Difference

Just the Facts: Food Safety

Obesity in a Bottle

Smart Nutrition

Spoiled Rotten Food Safety

Start with Breakfast

Teen Nutrition

Nutrition Controversies

Personal Hygiene

C.A.T.C.H. onto Good Hygiene

Looking Good: Without a Clue

Lifestyle

Eating Disorders

Healthy Body Systems

HIV/AIDS Awareness

Preventing, Detecting and Treating STIs

Preventing Pregnancy

Stress Management

Symptoms of Pregnancy and Assistance Resources

Medical Needs

First Aid

Health Care Services

Reading Prescription Labeling

Alcohol, Drugs and Tobacco

Barriers to Healthy Decision Making

Influences on Healthy Behaviors

Prescription Drugs Misuse and Abuse

Risks of Tobacco, Alcohol, and Drug Use

Tobacco, Alcohol, and Substance Abuse Treatment Options

Safety

Minor Illness First Aid

Teen Safety: Myths vs. Reality

Teen Safety: When You Are Alone

Relaxation

Developing Personal Health Goals

Catalog:
Financial Management - 32 Lessons

Money Knowledge

Borrowing Money

Cash, Credit, and Your Future

Managing Money

Price and Value Estimation

Values and Money Management

Finding Financial Assistance

Rent-to-own pros and cons

Saving/Banking

Checking Accounts

Electronic Banking

Financial Institutions and Services

Financial Literacy: Manage and Multiply Your Money

Financial Literacy: Spend, Save & Track Your Money

Investments

Savings Accounts

Money Orders

Cashing Checks

Consuming

Grocery Shopping Challenge

Grocery Shopping Secrets

Purchasing and Returning Merchandise

Taxes

Filing Income Tax Forms

Taxes

Budgeting

Developing a Spending Plan

Creating Financial Goals

Grocery Shopping

Paying Bills

Credit

Credit Cards

Credit Reports

Using Credit

Consumer Education

Buyer Beware

Cracking the Advertising Code

D is for Decisions

Consumer Awareness

COURSE CATALOGS

Catalog:
Relationships - 32 Lessons

Communication

Character: Communication Basics

Teen Safety: Dating and Relationships

Character: Friendship Basics

Assertive Communication

The Netiquette Edge

Workplace Communication

School Manners Adventure

Cyber Safety

Cultural Awareness

Cultural Diversity

Prejudice and Stereotyping

A Tour of Ethnic Food Stores

Community

Community Service Learning

Civic Responsibilities

Finding and Using Resources on the Internet

Locating Information

Sexuality

Sexual Activity Decisions

Sex, Gender, Sexual Orientation, and Sexuality

Puberty

Personal Development

Anger Management

Interpersonal Conflicts

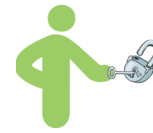Character: Self-Esteem Basics

Personal Potential

Conflict Resolution for Adults

The Power of Family

The Courtesy Challenge

Cooperation

Effective Communication

Impacts of Abuse, Dishonesty and Disrespect

It's a Question of Etiquette

Support Systems

Catalog:
Life Skills - 29 Lessons

Decision Making

Decisions and Choices

Goal Setting: Discovering Your Gifts

Home Management

Cleaning a Kitchen

Need 2 Know: Cleaning

Go Green around Your Home

Need 2 Know: Laundry

Laundry Blues

Small Appliances A-Z

Need 2 Know: Skills for Living on Your Own

Where to Land: Apartment of Dorm

Transportation

Methods of Transportation

Car Buying

Cost of a Car

Need 2 Know: Safety

Housing

Meeting Your Insurance Needs

Finding a Place to Live

Dining

Dining Etiquette

Meal Planning

Food Safety

Tablescapes: Setting the Table

Kitchen Basics

Kitchen Fundamentals

Why We Eat What We Eat

Kitchen Math and Measuring

Legal Issues

Alcohol, Other Drugs and Driving

Obtaining Personal Documents

Rights and Responsibilities of Foster Care Children

Sexual Harassment Awareness

Unlawful Behaviors

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COURSE CATALOGS

Planning

Career Exploration

Employment

Employee Deductions, Benefits and Rights

Secrets: Landing and Keeping a Job

Need 2 Know: Job Tips

Education

Educational Resources

Creating an Educational Plan

Education and a Career

Resume and Interview

Basic Letters

Thank you letters

Cover Letters

Writing Your Resume

Job Applications and Interviews

Work Skills

Netiquette

Time Management

Study Skills

Completing Homework

Study Techniques

Influences on Study habits

Using the Internet as a Study Resource

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Independent Living Skills

The Smart Horizons' Independent Living Skills is an interactive, multimedia, Web-based training program. Lessons are presented in a variety of formats including interactive courseware, video, and PDF documents.

The program is designed to provide engaging life skills training to youth and to support those who are seeking to provide such training to populations in transition. The program is housed on the NexPort Extended Campus, our secure learning management system that provides training records, completion data, portability, and accountability to the organizations and agencies serving the learners, all within a branded, password-protected portal that supports functional and organizational hierarchies.

NexPort Overview

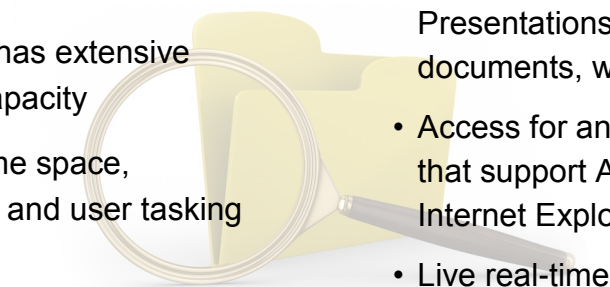## Subscription-Based Internet Portal

The NexPort Extended Campus product is a training and knowledge access portal, designed to meet client's training, training management, and knowledge access requirements. This enterprise solution provides clients with their own members-only access portal for providing sensitive and proprietary training content. Each portal provides an environment that allows clients to manage their specialized services independently of other organizations. The portal is organized to support functional and organizational hierarchies.

It features an embedded full-featured Learning Management System (LMS), a secure 128-bit SSL encrypted environment, reliable 24/7/365 hosted service.

Product Features

- A Shareable Content Object Reference Model (SCORM) compliant LMS

- Compatibility with all SCORM compliant developed courseware to include the Integrated Knowledge Elements (iKe™) products

- Individual Annual Subscription-based access within organizational hierarchies.

- Course Content Repository has extensive customer content storage capacity

- Branded, organizational home space, threaded discussion, library, and user tasking customization functionalities

- Secure permissions-based managers console

- Automated reporting, instructor comment and assignment inputs, and calendar based tasking

- Contains a common organizational library with additional libraries in organizational sub-portals

- Subscription access includes a Collaborative Learning Environment (CLE) utilizing NexPort Extended Classroom (Web Studio) which supports meetings and blended learning and provides

- Easy to use, browser-based, web meeting and production tool:

  - Uploadable and sharable PowerPoint Presentations and Adobe Acrobat documents, whiteboard, and web pages

  - Access for any off-the-shelf browsers that support Adobe Flash (e.g., Safari, Internet Explorer, Firefox)

  - Live real-time audio and video

  - In meeting presenter controlled chat (private and public)

  - Integrated and automated scheduling and participant invitation dissemination

  - No downloads required to host or attend

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NexPort Overview

- User and manager help desk and customer support services

- Data interoperability between NexPort Extended Campus and the client's databases through the use of Extensible Markup language (XML)-based Web Services, Lightweight Directory Access Protocol (LDAP), Remote Procedure Calls (RPCs), and/or Structured Query Language SML (SQLXML) technology

- Support to make modifications to the portal as requirements are defined including constructive simulation, gaming, and other emerging training innovations

- Subscription auditing and user activity reporting

For more information, please contact us at
855-777-8032 or via email at ils.info@smarthorizons.org

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                                                                   Independent Living
                                                                   Skills Program

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