

Independent Living Curriculum Project



Dating 101

Component:	CRS	Service:	BLST	Duration:	12 Sessions at 45-60 minutes each
Service Definition (per Part 512):	<p><i>Basic Living Skills Training is a service designed to improve an individual's ability to perform the basic skills necessary to achieve maximum independence and acceptable community behaviors that are critical to his or her recovery. This services focuses on the acquisition of skills, as well as strategies for appropriate use of the skill, utilizing teaching interventions such as motivational, educational and cognitive-behavioral techniques. The service may include opportunities to practice, observe, reinforce and improve the individual's skill performance. The topics which may be covered include, but are not limited to: grooming and personal hygiene, nutrition, homemaking, building relationships, childcare, transportation, use of community resources, and engaging in social interactions.</i></p>				
Class Description:	<p>"Dating 101" is a curriculum that will help people who are interested in dating but may not have had recent experience, lack confidence, not know how/where to meet new people, or just feel a little lost about how to get started. Lessons include clarifying values related to dating, skills for dating, how to find a date, and preparing for a date.</p>				
Learning Approaches/ Modalities	<p> <input checked="" type="checkbox"/> Lecture <input checked="" type="checkbox"/> Discussion <input type="checkbox"/> Mixed media/ Art-based <input checked="" type="checkbox"/> Pen & paper exercises Computer-based interventions <input type="checkbox"/> Role play interventions Modeling/ coaching <input type="checkbox"/> Other: _____ </p>				
Location	<p><input checked="" type="checkbox"/> Site-Based <input type="checkbox"/> Community-Based: _____</p>				
Who should participate?	<p><i>This group is intended for people who want to explore the world of dating and possibly consider developing romantic relationships.</i></p>				
Purpose:	<p><i>The purpose of this group is to help participants learn useful dating skills and exactly how and where to meet people.</i></p>				
Class Objectives:	<p><i>Participants will get in touch with their personal values as they relate to dating, understand past dating experiences, clarify what characteristics they are looking for in a potential date, learn skills for dating, learn where and how to find dates, explore Internet dating, prepare for the first date.</i></p>				
Source(s):	<p><i>Please see reference section in curriculum.</i></p>				

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Table of Contents

Session 1: Overview

Session 2: Introduction to dating

Session 3: Identifying and clarifying personal values as they relate to dating

Sessions 4 and 5: Analyzing & understanding past dating experiences

Session 6: Skills for dating

Session 7: Inspirational speaker/s

Session 8: First Impressions – presenting your best self

Session 9: How and where to find a date

Session 10: Internet dating – A prevailing option

Session 11: Communication and the first date

Session 12: Sex

Session 1

Location:	<input type="checkbox"/> Onsite <input type="checkbox"/> Off-Site: _____
Materials (incl. handouts):	May use curriculum cover page and table of contents as handout (optional)
Additional Resources:	

Introductions [3 minutes]

Establish Group Participation Agreement/Norms [5 minutes]

- ✓ If the PROS program has an established group participation agreement, discuss this agreement with participants and how it will apply to this class
- ✓ If the PROS program does not have an established group participation agreement, discuss what participation guidelines or norms the participants would like to use in this class.

Ice-Breaker Activity [7 minutes]

Overview of Class Description & Objectives [10 minutes]

- ✓ Discuss the Class Description and Objectives, and how these topics relate to independent living

Identifying Individuals' Stated Life Role Goals & Objectives [15 minutes]

- ✓ Ask participants to identify their life role goal(s) and facilitate discussion on how this class might move them forward in their recoveries

Review & Summary [5 minutes]

Sessions 2 – 11

Location:	<input type="checkbox"/> Onsite <input type="checkbox"/> Off-Site: _____
Materials (incl. handouts):	
Additional Resources:	

Review Previous Session's Topic [5 minutes]

- ✓ Facilitate discussion regarding homework assignments, if applicable

Introduce This Session's Topic [10 minutes]

Activity #1 [5 minutes]

Discussion Question(s) [5 minutes]

Activity #2 [10 minutes]

Discussion Question(s) [5 minutes]

Review & Summary [5 minutes]

Sessions 12

Location:	<input type="checkbox"/> Onsite <input type="checkbox"/> Off-Site: _____
Materials (incl. handouts):	May use curriculum cover page and table of contents as handout (optional)
Additional Resources:	

Review Previous Session's Topic [5 minutes]

- ✓ Facilitate discussion regarding homework assignments, if applicable

Facilitated Discussion [15 minutes]

- ✓ Ask participants to summarize what they've learned over the course of this class
- ✓ Ask participants to identify areas where they've grown or learned new skills
- ✓ Ask participants to talk about how they're going to use these skills in the future

Activity [10 minutes]

Identifying Individuals' Stated Life Role Goals & Objectives [15 minutes]

- ✓ Ask participants to identify their life role goal(s) and facilitate discussion on how this class has moved them forward in their recoveries

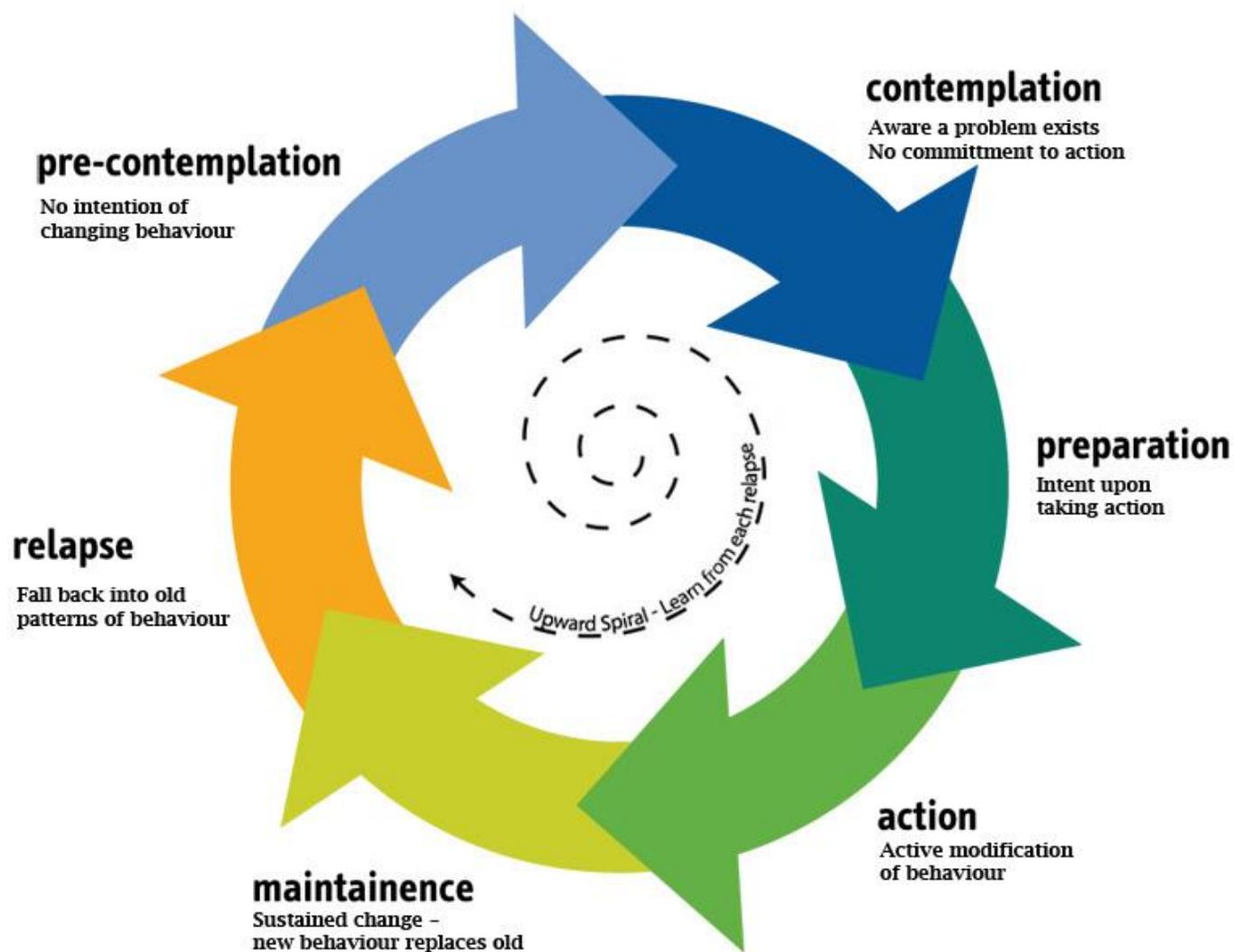
Wrap-Up [5 minutes]

ARCH Principles



Micucci, Joseph A. (2009)

Stages of Change



Transtheoretical Model of Change Prochaska & DiClemente