

September: Getting to Know You - Personal Daily Life				
Background (noun) – your life experiences and history	Registration (noun) – the process of signing up for school or services	Vocational (adjective) – education, training, or skills that prepare a person for a specific job or trade.	Motivation (noun) – the reason or drive behind someone's actions or goals	Transition (noun) – the process of change from one situation to another (e.g., moving to a new country)
Immigration (noun) – the act of coming to a new country to live permanently	Commitment (noun) – dedication to a task, goal, or promise	Barrier (noun) – something that blocks or makes it difficult to move forward (e.g., a language barrier)	Opportunity (noun) – a chance to do something or achieve success	Qualification (noun) – proof of training or education
Idiom: <i>"Break the ice"</i> Meaning: To start a conversation in a friendly way when meeting new people.				

Key Vocabulary:

Focus on the suffix *-tion*

The ending **"-tion"** turns an action into a **thing** (a noun).

It helps describe **what someone does** or **what happens**.

October: Daily Life in the Community				
Obstacle (noun) A problem that gets in the way of your goal.	Reliable (adjective) Someone you can trust	Beneficial (adjective) Something that helps you	Harmful (adjective) Something that hurts or is not good for you	Distraction (noun) Something that makes it hard to focus

October: Daily Life in the Community				
Concentrate (verb) To focus or pay close attention	Improve (verb) To become better	Go over (phrasal verb) To review or check again	Outgoing (adjective) Friendly and likes to meet people	Reserved (adjective) Someone quiet and shy
Idiom: <i>"It takes a village"</i> Meaning: Many people working together make a community strong.				

November: Community Participation				
Waived (verb - past participle) Not required to pay.	Tab (noun) A section on a website you can click.	Errands (noun) Small tasks outside the home, like shopping or mailing letters.	Navigate (verb) To find your way or move through a place or website.	Urgently (adverb) Very quickly or needing fast help
Fundraiser (noun) An event to collect money for a cause	Courthouse (noun) A building where legal matters happen.	Entry-level (adjective) A beginner-level job.	Affordable (adjective) Not too expensive; low cost.	Relocate (verb) To move to a new place.
Donation (noun) Money or things given to help others	Recognized (verb - past participle/ adjective) Known or accepted by others	Permits (noun) Official papers that allow you to do something.	Local government (compound noun) City or town leaders who manage community services.	Job training (compound noun) Classes or programs to help you learn work skills.

November: Community Participation				
Idiom: “Lend a hand” Meaning: To help someone or take part in something.				

December: Consumer Smarts				
Installation (noun) The act of putting something in and making it ready to use.	Included (adjective / past participle) Already part of the price or group.	Disadvantages (noun) Bad points: things that make something less good.	Refund (noun) Money returned to you after you return a product.	Scam (noun) A trick to steal money or cheat someone.
Warranty (noun) A written promise to fix or replace a product.	Expire (verb) To end or stop being good after a certain time.	Outlet (noun) A store that sells products at lower prices.	Installments (noun) Small payments made over time.	Commission (noun) Extra money earned from selling something.
Promotion (noun) A special offer to help sell a product.	Reliable (adjective) Something or someone you can trust to work well.	Features (noun) Special parts or qualities of a product.	Brand (noun) The name of a product or company.	Service Provider (compound noun) A company that gives you a service (like internet or phone)
Idiom: “Bang for your buck” Meaning:				

December: Consumer Smarts				
Getting the most value for your money.				

January: Housing				
Spacious (adjective) having a lot of room; large and open inside	Deposit (noun) money paid in advance to protect against damage	Utilities (noun) basic services in a home, like electricity, water, gas, and sometimes internet	Tenant (noun) someone who rents a home or apartment.	Landlord (noun) a person who owns a property and rents it to other people
Equivalent (noun/ adjective) something equal in value, amount, or meaning	Stable (adjective) strong and not likely to change suddenly; dependable	Lease (noun) a legal contract for renting property.	Property (noun) land or buildings that someone owns	Maintenance (noun) the work needed to keep something in good condition
Inspect (verb) to look at carefully before renting.	Maintain (verb) to keep something in good condition.	Vacant (adjective) empty or available for rent.	Idiom: "Home sweet home" Meaning: There's no place as special as your own home.	

February: Workforce Preparation				
Under pressure	Fast-paced	Environment	Prior	Detail-oriented

February: Workforce Preparation				
(prepositional/adverbial phrase) In a stressful situation.	(adjective) Happening quickly.	(noun) The place or situation around you.	(adjective) Before something else.	(adjective) Careful and focused on small things.
Fluent (adjective) Able to speak a language easily and well.	Preferences (noun) Things you like more than others.	Role (noun) A job or position someone has.	Self-confidence (noun) Belief in yourself.	Enthusiasm (noun) Strong excitement or interest.
Idiom: "Hit the ground running" Meaning: To start a job or task quickly and with energy.				

March: Career Awareness				
Behavior (noun) – The way a person acts.	Criticize (verb) – To say what you think is wrong with something.	Ambitious (adjective) – Wanting to be successful or achieve goals.	Courtesy – Polite and respectful behavior.	Strict (adjective) – Following rules very closely; not flexible.
Gross pay (noun) – The total money you earn before taxes or deductions.	Deductions (noun) – Money taken out of your paycheck for taxes or other costs.	Coordinate (verb) – To organize people or activities so they work well together.	Recruit (verb) – To find and bring new people into a company or group.	Take on – To accept a new responsibility or job.
Set up – To organize or start something (like a meeting or	Cut back – To reduce spending or effort.	Go the extra mile – to make an extra effort beyond what is	On the same page – to agree or have the same	Think outside the box – to find creative or innovative

March: Career Awareness				
project).		required (<i>She always goes the extra mile to help customers.</i>)	understanding (<i>Before we start, let's make sure we're all on the same page about the project.</i>)	solutions (<i>We need to think outside the box to solve this problem.</i>) *note: no need to use "of"

April: Health				
Infected – <i>Adjective</i> – Having germs that make you sick.	Depressed – <i>Adjective</i> – Feeling very sad or unhappy.	Inflamed – <i>Adjective</i> – Swollen, red, or painful.	Pediatrician – <i>Noun</i> – A doctor for children.	Cardiologist – <i>Noun</i> – A doctor for the heart.
Bladder – <i>Noun</i> – The organ that holds urine.	Liver – <i>Noun</i> – The organ that cleans your blood.	Kidneys – <i>Noun</i> – Organs that filter waste from your blood.	Pancreas – <i>Noun</i> – The organ that helps with digestion and sugar control.	Joints – <i>Noun</i> – Places where bones meet (like knees or elbows).
Arteries – <i>Noun</i> – Blood vessels that carry blood from the heart.	Muscles – <i>Noun</i> – Parts of the body that help you move.	Bones – <i>Noun</i> – Hard parts inside your body that give shape and support.	Stroke – <i>Noun</i> – A sudden problem in the brain that can stop it from working correctly.	Arthritis – <i>Noun</i> – Pain or swelling in the joints.
Idiom: “An apple a day keeps the doctor away” Meaning: Good daily habits help prevent health				

April: Health				
problems.				

May: Holistic Wellness				
Addiction (noun) – not being able to stop doing or using something harmful	Self-esteem (noun) – how you feel about yourself	Sustain (verb) – to keep something going over time (like energy or health)	Recreational (adjective) – related to fun or relaxing activities	Well-being (noun) – overall health and happiness
Regimen (noun) – a routine plan, often for health or fitness	Hydration (noun) – having enough water in your body	Moderation (noun) – not too much or too little	Coping skills (noun) – ways to handle stress or problems	Burnout (noun): Extreme physical, mental, or emotional tiredness caused by too much work, stress, or lack of rest.
Nerves (noun): Thin fibers in the body that carry signals between the brain and other parts of the body; also used to mean feelings of stress or anxiety.	Mind (noun): The part of a person that thinks, feels, and remembers; your thoughts and understanding.	Hiking (noun) – walking for exercise, usually in nature or on trails.	Hobby (noun) – an activity like painting, music, or crafts that relaxes the mind and reduces anxiety.	Detox (verb) – to remove harmful or addictive substances from the body.
Quit cold turkey (phrase): To stop something you are addicted to all at once, without slowly	Calm your nerves (verbal phrase) – reduce your anxiety Example: <i>Take</i>			

May: Holistic Wellness				
cutting down. Example: <i>She quit smoking cold turkey last week.</i>	<i>a deep breath to calm your nerves before the interview.</i>			

June: Future Academic Goals				
Personal growth (noun) – improving yourself over time	Networking (noun) – meeting people to share information and opportunities	Decision-making (noun) – choosing the best action from different options	Professional development (noun) – learning to grow in your career	Idiom: <i>“Knowledge is power”</i> Meaning: Learning gives you opportunities and control over your future.