



Work Life Skills Lesson List

Learning Upgrade® Version: August 2022

Lesson #	Lesson Name
1	Communication Basics
2	Work Ethic and Perseverance
3	Adaptability and Flexibility
4	Critical Thinking and Problem Solving
5	Teamwork and Collaboration
6	Diversity and Inclusiveness
7	Self-Awareness
8	Attitude and Enthusiasm
9	Leadership
10	Time Management
11	Professionalism and Dependability
12	Active Listening
13	Presentation and Public Speaking
14	Conflict Resolution
15	Stress Management
16	Education Planning
17	Career Planning
18	Resume Writing
19	Interviewing
20	Networking
21	Social Awareness
22	Eliminating Bad Habits
23	Navigating Systems
24	Effective Writing
25	Decision Making
26	Creativity and Innovation
27	Integrity and Honesty
28	Organization and Attention to Detail
29	Initiative and Motivation
30	Final Challenge