



PROJECT METAMORPHOSIS

Student Manual Table of Contents

VOLUME 1 | Learning About Project Metamorphosis and Self

- Number 1A New Project Brings Exciting Change to You.....P. 1-9
- Number 1B Going Home- Staying Free.....P. 10-21
- Number 2A Our Style: Not Just Clothes Anymore.....P. 22-32
- Number 2B ME, Unlimited Stock: Portfolio Contents.....P. 33-38

VOLUME 2 | Success is a Thinking Skill

- Number 1A Success is a Thinking Skill.....P. 1-8
- Number 1B SCANS: Job Skills for the 21st Century.....P. 9-14
- Number 2A Using SCANS Personal Qualities & Resources.....P. 15-26
- Number 2B Interpersonal Skills: SCANS Competency.....P. 27-34
- Number 3A Getting the Meaning Verbal Language.....P. 35-41
- Number 3B Nonverbal Language: Do Actions Speak.....P. 42-49
- Number 4A Change is a Thinking Skill.....P. 50-56
- Number 4B Meeting the Challenge.....P. 57-63
- Number 5A/B Judging Success with SCANS Thinking Skills.....P. 64-71

VOLUME 3 | Keys To Loving Relationships – Part 1

- Number 1A Key 1: Honor.....P. 1-5
- Number 1B Key 2: Creating Loving Relationships.....P. 6-9
- Number 2A Key 3: Handling Anger.....P. 10-15
- Number 2B Key 4: Using Communication to Increase Intimacy.....P. 16-19
- Number 3A Key 5: Becoming Friends with Family and Others.....P. 20-23
- Number 3B Key 6: Personality—Who Are You?.....P. 24-27
- Number 4A Key 7: Changing Unhealthy Relationships.....P. 28-31
- Number 4B Key 8: Increasing Communication Skills.....P. 32-36
- Number 5A Key 9: Transforming Trials to Benefits.....P. 37-41

VOLUME 4 | Success is a Thinking Skill: Decision-Making

- Number 1A/B Decisions-Making is a Successful Thinking Skill.....P. 1-5
- Number 2A/B Why Are You Here?.....P. 6-10
- Number 3A/B Whose Success Is It, Anyway?.....P. 11-16
- Number 4A/B Coping with Life: Creating Support Systems.....P. 17-21
- Number 5A/B Success is Thinking Ahead.....P. 22-27
- Number 6A/B Deciding to Be Happy: Making Changes.....P. 28-32

VOLUME 5 | Keys To Loving Relationships – Part 2

- Number 1A Key 11: Changing Unwanted Behaviors.....P. 1-5
- Number 1B Key 12: Reducing Conflicts.....P. 6-10
- Number 2A Key 13: Personal Space: Relationship Principle.....P. 11-15
- Number 2B Key 14: Anger: The Healthy/Unhealthy Emotion.....P. 16-20



PROJECT METAMORPHOSIS

Student Manual Table of Contents

Number 3A Key 15: Overcoming Anger with Forgiveness.....P. 21-25
Number 3B Key 16: Keeping Emotional Tanks Filled.....P. 26-30
Number 4A Key 17: Energizing Relationships.....P. 31-35
Number 4B Key 18: Surviving the Crises in Your Life.....P. 36-40

VOLUME 6 | Finding and Keeping Jobs

Number 1A/1B Jobs: Why Work?.....P. 1-6
Number 2A/2B Getting the Right Job.....P. 7-11
Number 3A/3B Finding and Applying for Jobs.....P. 12-17
Number 4A/4B Interviewing for Jobs: Do's and Dont's.....P. 18-22
Number 5A/5B Keeping the Job You Get.....P. 23-27

VOLUME 7 | Parenting Series

Number 1A Parenting 1: Types of Parents.....P. 1-5
Number 1B Parenting 2: Children Have Personalities, Too!.....P. 6-10
Number 2A Parenting 3: The Relationship Principle.....P. 11-15
Number 2B Parenting 4: Ways to Communicate Value and Love.....P. 16-19
Number 3A Parenting 5: Teaching Children Rules and Limits.....P. 20-24
Number 3B Parenting 6: Developing a Close-Knit Family.....P. 25-28
Number 4A Parenting 7: The Power of Encouragement.....P. 29-33
Number 4B Parenting 8: "Salting" Your Conversations.....P. 34-37

VOLUME 8 | Budgeting and Re-licensing Know How

Number 1ABudgeting.....P. 1-7
Number 2ACredit.....P. 8-9
Number 2BMore Credit.....P. 10-22
Number 2CRe-licensing Know How.....P. 23-25