

UNITY CONCORD PRESENTS



LIFE SKILLS SUMMER CAMP

Over this two week summer camp, students will gain the skills and knowledge needed to be an independent, healthy and successful adult

July 19–30 2021

DOMESTIC SKILLS

- How to do laundry
- How to sew a button or repair a tear
- Learn to embroider
- Kitchen safety
- How to use kitchen appliance
- Cook your favorite dishes
- Meal prep



HEALTHY DIET & EXERCISE

- Create diet and fitness goals
- Resistance training
- Hike nature trails
- How to read a nutrition label
- Calculate calories and macronutrients
- Benefits of diet and exercise on well-being

MONEY & TIME MANAGEMENT

- Create a monthly budget
- Track spending habits
- Use a planner
- Prioritize homework, studying and other tasks
- Create university and career goals



ORGANIZATIONAL SKILLS

- How to organize your room and desk
- Note-taking lessons
- Beneficial study habits
- Write professional correspondence

CONTACT UNITY TODAY

To reserve your student's spot for this fun and informative summer camp!

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- 📱 @unityconcord
- ✉️ Info@ucis.ac.th



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More Information

