LIFE SKILLS
UNIT SEQUENCE & LEARNING TARGETS

Foundations of Family & Consumer Sciences Education

Unit 1 – Family, Career and Community Leaders of America
❖ FCCLA Introduction
  o Determine opportunities and benefits of membership in the FCCLA student organization.
❖ Leadership
  o Discuss various leadership styles and evaluate personal style.
  o Propose multiple opportunities for leadership.
❖ Community Service
  o Identify the needs of the school and local community.
  o Provide opportunities for service learning activities.

Unit 2 – Personal Development
❖ Personal Values
  o Students will examine personal values.
❖ Character Traits
  o Define various positive character traits and how they relate to personal values.
❖ Personal Social Skills & Work Ethic
  o Identify the types and styles of communication and role play effective strategies for communication.
  o Evaluate one’s own self-esteem and self-image.
  o Apply problem solving techniques and incorporate team work to demonstrate positive work environment.
  o Assess various situations for appropriate skills (i.e. self-discipline, confidentiality, punctuality).
❖ Short-Term and Long-Term SMART Goals
  o Develop short and long-term goals using the SMART goal-setting technique.
❖ Decision Making Process
  o Discuss steps of the decision making process.
❖ Personal Wellness
  o Identify physical, psychological, social, economic, technology and health influences.
  o Determine techniques for managing personal stress.
❖ Adolescent Behavior
  o Identify positive and negative influences and consequences.
❖ High Risk Behaviors
  o Predict consequences of high risk behaviors and utilize the decision making process (alcohol / drug abuse, peer pressure, etc.).

Unit 3 - Relationships
❖ Friendships
  o Identify the benefits of positive friendships.
❖ Dating
  o Differentiate between healthy and unhealthy relationships.
  o Assess characteristics of abusive relationships and strategies for prevention.
  o Explore possible consequences and long-term effects of sexual activity (i.e. STD’s / STI’s, emotional stress, etc.)
Review male and female reproductive systems.

Family
  o Characterize the types of families and the family life cycle.
  o Analyze the practical problems faced by families.

**Early Childhood Education / Fundamentals of Teaching**

**Unit 4 – Parenting and Child Development**

- Ages and Stages
  o Identify the stages of human growth and development.
  o Determine developmental areas and examples of each.
- Developmental Tasks of Adolescence
  o Evaluate each developmental task of adolescence.
- Parenthood
  o Research financial, social, physical and emotional costs of parenthood.
- Teen pregnancy
  o Propose ways of reducing or preventing teen pregnancy.
  o Predict impacts of teen pregnancy on one’s personal life.

**Unit 5 – Fundamentals of Teaching**

- Qualities of Effective Educators
  o Differentiate between qualities of effective and ineffective teachers.
- Exploration Opportunities (job shadowing, interviewing teachers, lesson planning)
  o Explore daily roles and responsibilities of teachers through a variety of activities and opportunities.

**Consumer and Family Management**

**Unit 6 – Consumer Decision Making**

- Consumer Decisions
  o Differentiate between needs and wants.
  o Identify and describe consumer rights and responsibilities.
  o Demonstrate behaviors that conserve, reuse, and recycle resources to maintain the environment.
- Spending Practices
  o Characterize various spending practices (i.e. checking account, debit card, credit card, etc.).
  o Calculate sales tax, price per unit, and sale discounts.
- Advertising
  o Identify advertising techniques and key concepts of each.
  o Examine advertisements and label each advertising technique.
- Comparison Shopping
  o Research qualities and characteristics of products.
- Personal Budget
  o Critique and evaluate a family budget scenario.
  o Create a balanced family budget using financial management strategies.
  o Identify the importance and long-term rewards of saving and investing your funds.
- Culminating Assessment
Formulate an assessment using comparison shopping techniques, budgeting practices and managing resources (i.e. STAR Events Life Event Planning).

**Hospitality Services**

**Unit 7 – Hospitality, Recreation and Tourism**
- Businesses in the Industry
  - Research types of businesses within the hospitality industry.
- Customer Service
  - Identify the qualities of effective customer service and its role on the success of the business/customer retention.

**Culinary and Foods Services**

**Unit 8 – Nutrition and Foods**
- Nutrition
  - Plan, prepare and evaluate a menu using current Dietary Guidelines for Americans and the USDA MyPlate (chooemyplate.gov).
  - Review the 6 essential nutrients and their primary function(s) and sources.
  - Identify the components of a nutrition facts panel and analyze their role(s) in your daily food intake.
- Personal Health and Wellness
  - Analyze the causes and consequences of diet, exercise, rest and other substance choices on various body systems.
  - Differentiate between the three major types of eating disorders (Anorexia Nervosa / Bulimia Nervosa / Binge Eating Disorder) and their long-term effects on the human body.
- Kitchen Equipment / Utensils
  - Identify and demonstrate how to properly use common kitchen equipment and utensils.
- Food Safety and Sanitation
  - Research the various types of food borne illnesses.
  - Identify causes of food borne illnesses (cross-contamination, poor hygiene, TDZ) and prevention techniques.
  - Demonstrate and practice appropriate food safety and sanitation.

**Fashion and Interior Design**

**Unit 9 – Fashion and Interior Design**
- Design Elements and Principles
  - Characterize the design elements and principles.
  - Illustrate proper use of each element and principle of design.
- Sample Projects
  - Produce a fashion and/or interior product utilizing the design elements and principles.
Careers

Unit 10 – FCS Career Pathways

- Family and Consumer Sciences six career majors.
  - Name each of the six FCS career majors.
  - Analyze career opportunities in each of the FCS career pathways.
- Employability
  - Demonstrate appropriate social skills relevant to the career cluster.
  - Develop a career portfolio (sample job application / cover letter / resume / thank you letter)
  - Identify and practice proper interviewing skills.
- Family, Career and Community Leaders of America
  - Use National FCCLA Programs to enhance course content and career preparation.
    - Power of One
    - STAR Events
    - Career Connections
    - Families First
    - Student Body
    - Financial Fitness
    - Leadership Dynamics