**Family and Consumer Sciences**

Course Syllabus 2018-2019

Shawna Littleton, Instructor

**COURSE DESCRIPTION**:

Family and Consumer Sciences is a one-credit course that serves as the foundation course for the Human Services cluster, except for the Personal Care Services pathway. Course content provides opportunities for students to explore the core content included in the Family Studies and Consumer Sciences; Early Childhood Development and Services; Fashion; Interior Design; Food, Wellness, and Dietetics; and Consumer Sciences pathways. Major topics are marriage and family life, parenting and caregiving, consumer services, apparel, housing, food and nutrition, and technology

and careers. This course is not a prerequisite for courses included in all pathways within the cluster; however, students are encouraged to take the course before entering a pathway. Career and technical student organizations are integral, co-curricular components of each career and technical education course. These organizations serve as a means to enhance classroom instruction while helping students develop leadership abilities, expand workplace-readiness skills, and broaden opportunities for personal and professional growth.

**COURSE GOALS**:

Primarily through project-based learning, students will develop a basic understanding of family and consumer sciences. Students will learn basic knowledge and skills in the areas of marriage and family life, parenting and caregiving, consumer sciences, apparel, housing, food and nutrition, and technology and careers.

**COURSE OUTLINE**:

I. **Foundations**

A. Skills needed to perform work of the family and provide consumer services (1)

1. Mathematical skills 5. Creative thinking skills

2. Reading skills 6. Decision-making skills

3. Writing skills 7. Problem-solving

4. Critical thinking skills

B. Impact of goal setting and teamwork on one's life (2)

C. Importance of FCCLA programs (2)

D. Qualities of healthy relationships (3)

1. Effective communication skills

2. Conflict resolution techniques

3. Refusal skills

II. **Marriage and Family**

A. Family life cycle (4)

1. Stages

2. Issues influencing each stage

B. Dating (4)

C. Engagement period (4)

D. Factors affecting marriage and family life (6)

1. Customs

2. Traditions

3. Legislation

III. **Parenting and Caregiving**

A. Characteristics of a quality caregiver (7)

B. Impact of parenting roles on the well-being of child and family (8)

C. Determining the needs of children (8)

1. Physical 3. Emotional

2. Mental 4. Social

IV. **Consumer Sciences**

A. Consumer issued related to needs and wants of individuals and families (9)

1. Budgeting 4. Investing

2. Establishing credit 5. Savings

3. Purchasing insurance 6. Reporting taxes

B. Rights and responsibilities of consumers (10)

1. Alternative solutions for filing a consumer complaint

2. Advertising techniques

V. **Apparel**

A. Selecting apparel and accessories (11)

1. Elements of art

2. Principles of design

B. Care of apparel and accessories (12)

C. Storage of apparel and accessories (12)

D. Basic sewing techniques (13)

E. Utilizing equipment safely and correctly (13)

VI. **Housing**

A. Meeting individual and family housing needs across the life span (14)

1. Housing options

2. Living space

3. Storage space

B. Selection of furniture, accessories, and equipment (15)

C. Placement of furniture, accessories, and equipment (15)

VII. **Food and Nutrition**

A. Value and cost of restaurant meals (16)

B. Value of home cooked meals (16)

C. Safe and correct use of equipment (17)

D. Table setting (17)

E. Etiquette (17)

F. Food preparation skills (18)

1. Planning 3. Serving

2. Preparing 4. Storing

VIII. **Technology and Careers**

A. Impact of technology on the family (19)

B. Impact of technology on services provided to consumers (19)

C. Development of an effective career plan (20)

D. Determine procedures for obtaining employment related to the family and consumer sciences profession and human services (20)

**CULMINATING PRODUCTS**: Projects vary year-to-year. However, some consistent ones are the Pregnancy Belly, Baby Think It Over, Life Budget Project, Online Lamaze Classes, Parenting Portfolio, and Children’s Activity Book.

**GRADING SCALE**:

**Criteria Percentage Value (100%)**

Major Grades 65%

(Tests, Projects, Labs)

Minor 35%

(Classwork, Homework,

Quizzes)

**ASSESSMENT PROCEDURES**:

90-100 = A

80-89 = B

70-79 = C

60-69 = D

0-59 = F

**SUPPLIES:**

Each Students Responsibility: Period Responsibilities:

Paper and Pencil/Pen 1 - 3pk paper towels 5 – 1 pk computer paper

1 Class binder w/ see through cover 2 – 2 boxes Kleenex 6 – bottle germ-x / Lysol wipes

1 thumb drive 3 - 4 small paint & pack brushes 7 – Pack glue sticks & pack of paper

**\*Fees:** Class fee - $25, FCCLA - $20, **Total - $45**. Make checks payable to **ACTC** not PHS!!

- Students that have unpaid class fees will not be permitted to join FCCLA, be eligible to attend field trips, or

be permitted to use certain class project supplies. May also have to complete alternative assignments.

**DISCLIPINE:**

Step one: Make student aware of the problem

Step two: Make parents aware of the problem

Step three: Make the principal aware of the problem

**Class Procedures:**

Before Class -

* Dispose of all food/drinks before entering the classroom.
* Get your binder and check the board for bell assignment.
* Go to the bathroom if you need to go, but if you are tardy to class you will have to go sign in at the office and get a tardy slip before entering. 3 tardies will result in an office referral!
* Turn in cell phones to storage/charging center.

During Class -

* Listen to and follow instructions the FIRST time they are given.
* Put assignments in your folder or turn in if requested.
* Be respectful to EVERYONE in the class.
* NO CELL PHONES!!!! A storage/charging station has been implemented. If you have your phone out for ANY reason it will be taken and given to the administrator. This is your ONLY warning!

Last Five Minutes of Class -

* Return books, binder, and supplies back to their ***PROPER*** places.
* Clean tables if needed.
* Pick up trash and stray paper around your tables.
* Once you have everything ready to go you may visit quietly (in your seat) until the bell rings.

Restroom -

* You must always ask for permission.
* You must take the restroom pass with you.
* 4 freebies. After 4 you will not be permitted to leave unless you have medical authorization.

Absences -

* I DO NOT remind students to make up work. It is understood that you are to make up any missed assignments within 3 school days of the excused absence.
* If you miss a day you are unable to earn your daily points. There is an assignment you can complete in order to earn back those points, but that is only for EXCUSED absences! UNEXCUSED absences will result in total loss of daily grade. If you have an excused absence you will need to request a lab make-up work form.

**Computer Area Guidelines:**

1. No food or drinks allowed in or around computers.
2. Do not check email, use IM, or visit any other unnecessary websites – work only on assigned projects.
3. DO NOT download ANYTHING without permission to do so!!
4. Walk quietly to and from the computer lab if we must go.
5. DO NOT change ANY of the computer’s settings such as screen savers, wallpaper, or cursors.
6. Work quietly while at the computer stations.
7. You are expected to clean this area just like you would the classroom.
8. If you fail to follow these guidelines, or do not get your Internet Usage form turned in, you will complete your project without technology (research in books and magazines; draw pictures by hand; etc…).
9. Depending on class size you may have to share or take turns with the computers/laptops.

**Safety Guidelines**

1. No visitors will be allowed in the classroom unless they have clearance from the ATC front office. This will be enforced for other students, parents, as well as faculty from PHS. ***EVERYONE*** must go by the office first.
2. Students are to remain in the classroom unless the instructor issues a pass.
3. Students are not permitted to make/receive phone calls or texts during class.
4. Cell phones are not to be SEEN or HEARD.
5. Fire Drills: Students will exit the classroom quickly and in an orderly fashion. We will exit through the emergency exit and assemble on the front lawn. Students MUST stay with the instructor at all times.
6. Tornado/Severe Weather: Students will follow instructor and sit against the wall in the hallway. Students must sit in the severe weather position with a book protecting the head/neck and listen carefully for instructions.
7. Project Work: Students may be using scissors, other cutting tools, heating elements, chemicals, hot glue, etc. to complete projects. Students are expected to use extreme care in handling the equipment and to adhere to all guidelines demonstrated by the instructor. Students are NOT allowed to use equipment without permission from the instructor.

**Equal Education Opportunity Statement:**

The Autauga County Technology Center does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups.

**ESSENTIAL QUESTIONS**:

1. What skills are needed to effectively perform the work of the family and provide services to consumers?
2. What positive impact can be the result of goal setting and teamwork?
3. What are the qualities of a healthy relationship?
4. What techniques can an individual use to resolve conflict?
5. What are the characteristics of a strong and healthy family?
6. What challenges do families face in today's society?
7. What characteristics should be considered when choosing a spouse?
8. What issues influence the family life cycle at each stage?
9. What current issues are affecting marriage and family life?
10. How do demands outside the family affect marriage and family life?
11. What are the characteristics of a quality caregiver?
12. What are the specific needs of children?
13. What impact do parents have on the growth and development of their children?
14. What consumer skills should an individual acquire to function in today's society?
15. How can credit be used responsibly?
16. What types of insurance do individuals and families need to protect them against crises?
17. Why is it important for individuals and families to invest for their future?
18. What consumer services are provided by a bank?
19. How are federal income tax forms completed and filed?
20. How should a consumer properly file a consumer complaint?
21. How does advertising affect impact consumer behavior?
22. What factors affect the selection of apparel and accessories?
23. How are the elements of art and the principles of design used in creating apparel?
24. How do you properly care and store apparel and accessories?
25. What basic sewing techniques are needed to create, maintain, or expand a wardrobe?
26. What housing options are available to meet the needs of consumers across the life span?
27. What factors influence the consumer's selection of housing?
28. What factors determine the selection of furniture, accessories, and equipment for the home?
29. How are the elements of art and principles of design used to place furniture, accessories, and equipment in the home?
30. Why is it important for individuals and families to eat nutritious meals and snacks?
31. How does eating out compare to eating at home?
32. Why is it important to use proper etiquette?
33. Why is proper sanitation important when preparing and storing food?
34. Why is meal planning an important task in food preparation?
35. How do individuals and consumers shop wisely for food?
36. What are the basic principles of food cookery?
37. How is food served in a safe and sanitary manner?
38. How does technology affect the family?
39. How do you develop a career plan?