

USD #294
Family and Consumer Science
Career and Life Planning

Course Description: Career and Life Planning is an intense one semester course. Relationships, life skills, job skills, career choices, and citizenship are incorporated in this curriculum. Following exploration of these topics in depth, students will produce individual life plans as a culminating activity of this course.

- A. Development Throughout the Lifespan.
 - a. principles of development
 - b. influences on development
 - c. wellness
 - d. changing physical, social and emotional needs
 - e. nurturing and communication

Objectives:

- 1. identify the principles of development.
- 2. Distinguish between hereditary and environmental influences on development.
- 3. Define wellness.
- 4. Identify stages of the life cycle.
- 5. Discuss how an individual's physical, emotional, social, psychological, and spiritual needs change over time.
- 6. Explain the importance of physical exercise to all areas of wellness.
- 7. Explain the relationship of healthy relationships to personal wellness.
- 8. List factors which influence personal and family wellness throughout the life cycle.

- B. Life Skills
 - a. building self-esteem
 - b. handling peer pressure
 - c. managing conflict
 - d. managing stress
 - e. accepting responsibility
 - f. goal-setting
 - g. personal safety

Objectives:

- 1. Define self-esteem.
- 2. Explain what needs must be met in order to build self-esteem.
- 3. Describe the positive and negative effects of peer pressure.
- 4. Practice effective conflict resolution skills.
- 5. Determine personal stressors.
- 6. Explore stress management.
- 7. Develop strategies to deal with personal stress.

8. Define responsibility.
9. Explain what it means to accept responsibility.
10. Distinguish between short-term and long-term goals.
11. Follow the steps of a goal-setting model.
12. Discuss prevention techniques that promote personal safety.
13. Analyze the pros and cons of taking risks.
14. Evaluate the impact of everyday decisions on the future of an individual or family.

C. Working Relationships

- a. getting along on the job
- b. communication
- c. job skills

Objectives:

1. Complete a job search.
2. Complete a job application.
3. Participate in a mock interview.
4. List important job keeping skills.
5. Identify positive communication skills.
6. Apply positive communications skills to workplace scenarios through a variety of role-playing activities.

D. Career Choices

- a. factors to consider
- b. using resources
- c. decision-making

Objectives:

1. Identify factors to consider when choosing a career.
2. Research c careers using a variety of resources.
3. Evaluate three career possibilities.
4. Develop an individual career plan to include education and training needed.

E. Peer Relationships

- a. personal standards and codes of conduct
- b. personal needs
- c. personal characteristics
- d. communication
- e. friendship
- f. dating
- g. unhealthy relationships

Objectives:

1. Identify personal standards and codes of conduct.
2. Identify personal needs in a peer relationship.
3. Identify personal characteristics or traits.
4. Consider the effect of personal standards, needs and characteristics on a relationship.
5. Identify positive communication skills.
6. Examine the various levels of friendship.
7. Examine the various levels of dating.
8. Identify traits of a healthy relationship.
9. Identify warning signs in a relationship.
10. Apply positive communication skills to friendship and dating relationships through a variety of role-playing activities.
11. Discuss the balance of give and take in interpersonal relationships.

F. Building a Family

- a. family life cycle
- b. marriage
- c. children – family planning
- d. roles of families
- e. family significance
- f. global influences/cultural diversity
- g. communication
- h. building strong families
- i. family resources
- j. dealing with crises

Objectives:

1. List reasons why family is important to its members.
2. List reasons why family is important to America.
3. Create a profile of the American family.
4. Compare the American family to that of another country.
5. Identify the roles and responsibilities of a family.
6. Create a family constitution.
7. Identify stages of the family life cycle.
8. Distinguish between love and infatuation.
9. Identify factors that contribute to finding a marriage partner.
10. Develop a personal profile of the ideal marriage.
11. Evaluate realistic vs. non-realistic expectations.
12. Identify traits of successful marriages.
13. Identify traits of successful marriages.
14. List factors to consider when deciding whether or not to have children.
15. Describe family planning methods and evaluate their purpose.
16. Examine the global influence on the parenting decision.
17. List local resources available to families.
18. Identify local family and consumer science career opportunities.

19. Explore possible crises that occur within families.
20. Identify traits of strong families.
21. Evaluate what skills are needed in order for families to overcome crises and remain strong.
22. Assess the value of local resources to families experiencing crises and address deficiencies.

G. Citizenship

- a. Community Simulation Project
 - communication, teamwork and leadership skills
 - safety considerations
 - service skills

Objectives:

1. Create a simulated community within the class.
2. Implement rules, services, and strategies to benefit the community.
3. Organize and delegate responsibilities.
4. Design a system of government that respects and encourages the participation of all members.
5. Develop a safety plan.
6. Encourage the participation of family in the community.
7. Evaluate the reciprocal impact of family participation in community activities

H. Life Management Plan

- a. skills and knowledge inventory
- b. timeline

Objectives:

1. Complete a skills and knowledge inventory.
2. Establish a plan of action for the entire life cycle.
3. Evaluate the relationship of current skills and knowledge to the plan of action
4. Determine additional skills and knowledge needed to carry out the life plan.
5. Develop a timeline to include all stages of the life cycle and family life cycle if applicable.
6. Integrate multiple life roles into the life management plan.
7. Develop strategies to manage multiple roles and responsibilities across the lifespan.
8. Evaluate personal ability to deal with crisis throughout the life plan.

F. Maintaining a Strong Family

- a. family goals
- b. working together
- c. facing change/crises
- d. unemployment

Objectives:

- 1. Identify traits of strong families.
- 2. Prepare an agenda for a family meeting.
- 3. Develop short-term and long-term family goals.
- 4. Identify potential change and crises that families face.
- 5. Describe strategies in handling crises.
- 6. Discuss the importance of working together in a family.
- 7. Explain the hardships caused by unemployment.
- 8. Develop a plan to protect a family from financial crises.

G. Budget/Simulation Project

Objectives:

- 1. Create a budget.
- 2. Create a family schedule
- 3. Follow the steps of a problem-solving model to solve problems as presented throughout the simulation exercise.
- 4. Evaluate the end result.