

STRANDS AND STANDARDS

LIFE MANAGEMENT

FAMILY & CONSUMER SCIENCES



Creating Healthy & Sustainable Families

Course Description

This course is designed to prepare students with skills to live independently. Skills are developed to help students manage their needs in the areas of interpersonal relationships, housing, clothing, nutrition, and food. Management of time, money, and resources are emphasized in each area allowing students to be successful at home and in the workplace.

FCCLA may be an integral part of the course.

Intended Grade Level	10-12
Units of Credit	5-1.00
Core Code	34.01.00.00.220
Prerequisite	NA
Skill Certification Test Number	NA
Test Weight	NA
License Type	CTE and/or Secondary Education 6-12
Required Endorsement(s)	
Endorsement 1	FACS General Composite
Endorsement 2	NA
Endorsement 3	NA

STRAND 1

Students will examine the essential components of independent living.

Standard 1

Examine the effect of values and goals on choices.

- Identify and clarify values.
- Analyze the sources of values.
- Compare situations that create value conflicts.
- Explain how values change throughout life.
- Explain how values influence goals.
- Identify and clarify goals.

Standard 2

Explore the variety and influence of relationships.

- Describe the types and importance of relationships.
- Identify the qualities of friendship.
- Plan a strategy to develop and maintain ongoing relationships.
- Explain what commitment means in a relationship.

Standard 3

Analyze various life roles.

- Identify possible roles in an independent living situation.
- Examine expectations of various roles.
- Practice assigning priorities to various roles.

Standard 4

Assess personal resources.

- Identify available resources (time, energy, money).
- Discuss the management of resources.
- Debate the present use of resources.

STRAND 2

Students will discuss and apply the practical reasoning process

Standard 1

Identify the steps in the practical reasoning process.

- Identify or introduce the general problem
- Apply the practical reasoning process
 - Develop goals.
 - Identify circumstances of the problem.
 - Explore alternatives for reaching goals.
 - Describe potential or predictable consequences.
 - Evaluate the consequences.
 - Make a decision based on reasoning.
- Take action on the decision.
- Reflect on the action.

Standard 2

Discuss the application of the practical reasoning process to life management.

STRAND 3

Students will practice solving practical problems.

Standard 1

Locate a place to live.

- Examine the influence of values and goals on decisions about housing.
- Discuss housing decisions and the impact they have on creating or altering relationships with others.
- Explore the roles of a tenant, landlord and roommate.
- Evaluate the resources available for rent or purchase, and maintaining furnishings and appliances.

Standard 2

Create a plan for meeting their transportation needs.

- Analyze the relationship between values and goals and transportation needs.
- Distinguish how human relationships are affected by transportation needs.
- Examine factors to consider when deciding who will provide and pay for transportation.
- Analyze costs and responsibilities of owning a car.
- Assess the resources available for providing personal transportation.

Standard 3

Participate in a simulated car purchase.

- Identify the advantages and disadvantages of owning a car.
- List guidelines for judging the performance of a car.
- Debate whether it is better to purchase a used car or a new car
- Select a car to purchase.
- Assess the annual costs of gas, oil, insurance, repairs, payments, and maintenance; prorate for a monthly amount.
- Explain the importance of a full warranty.
- Identify possible sources of automobile loans.

Standard 4

Discuss and apply basic money management.

- Examine the influence of goals and values on decisions about financial management.
- Recognize the effect of financial decision on relationships with others.
- Evaluate the role of a financial manager.
- Assess ways of using resources to meet financial needs.
- Develop a budget for independent living.

Standard 5

Students will plan food for optimum health.

- Discuss and apply the need of proper nutrition.
- Assess the need for eating and serving nutritious foods.
- Plan nutritionally balanced meals and snacks within a budget.
- Discuss and apply the need for planning food purchases.
- Determine the amount an individual and/or family can spend for food.
- Identify wise food buying practices (e.g., using a shopping plan, computing unit prices, comparison shopping, assessing nutritional value for dollar, reading labels, using coupons, etc.).
- Discuss food-shopping tips that can save money and reduce waste.
- Identify comparison-shopping techniques.
- Compare costs of using prepared or convenience foods to cooking from scratch.
- Compare costs of eating out versus preparing food at home.
- Discuss food safety and sanitation.

Standard 6

Apply information about selecting and caring for clothing.

- Examine individual values regarding clothing and appearance.
- Identify the effect of relationships on clothing choices.
- Prioritize clothing needs and resources.
- Use effective consumerism skills when purchasing clothing.
- Use appropriate methods and products when caring for clothing.

STRAND 4

Students will describe the role of insurance and its applications.

Standard 1

Students will define and use established insurance terms (policy, claim, coverage, deductible, rider, premium, etc.) and list reasons for securing financial protection.

Standard 2

List the various types of insurance including their components, generally carried by individuals and families, including those required by law (automotive, life, medical, household.)

Standard 3

Students will determine guidelines for the amounts and types of personal and family insurance needed and then complete an insurance application form.

STRAND 5

Students will determine guidelines for the amounts and types of personal and family insurance needed and then complete an insurance application form.

Standard 1

Analyze influence of values and goals on choosing a career.

Standard 2

Explain how career choices affect one's life style.

Standard 3

Identify places to look for a job.

Standard 4

Practice writing a resume and a cover letter

Standard 5

Complete a job application.

Standard 6

Discuss and practice interview skills.

FCCLA Integration into Life Management:

STAR Events: Career Investigation, Illustrated Talk, Interpersonal Communication, Job Interview, Life Event Planning, Nutrition & Wellness, Chapter Service Project Display, Chapter Service Project Portfolio, National Programs in Action, Food Innovations, Sports Nutrition.

Skill Demonstration Events: Nutrition, Science in FACS

National Programs: Career Connection, FACTS-Families Acting for Community Traffic Safety, Families First, Financial Fitness, Power of One, STOP the Violence-Students Taking On Prevention, Student Body.