

**Exploratory Family and Consumer Sciences
Academic Standards
Course Code: 1858**

Exploring Family and Consumer Sciences is a project-based course that engages students in completing projects for interpersonal relationships, early childhood safety, textiles, fashion and apparel, nutrition and wellness, and careers, community, and family connections. Students will have opportunities to earn national certifications and develop entrepreneurship skills. The course also provides an opportunity for students to participate in a service-learning project, which will provide experiences for students to contribute to the wellbeing of others/society. Integration of the Family and Consumer Sciences student organization, Family Careers, and Community Leaders of America (FCCLA), greatly enhances this curriculum.

Recommended Grades	6
Class Size	24
Prerequisite	None
National Certification(s)	Babysitting, First Aid/CPR, Microburst Employability, ServSafe® Food Handler
Instructional Material Information	<u>Comprehensive Listing of State Adopted Instructional Materials for Middle and High Schools</u>

Employment Opportunities

Less than a Baccalaureate Degree:

child care workers, early childhood assistant, entrepreneur, elementary assistant, group worker and assistant, nanny, professional babysitter, special education assistant

Advanced Training/Baccalaureate Degree:

child care director, child life specialist, coach, entrepreneur, physical trainer, teacher

Advanced Degree:

child psychologist, college/university faculty, entrepreneur, guidance counselors, speech therapists

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Standards Revision Committee

Middle School Representatives

Christen Legette Thomas White Knoll Middle School

Stephanie Pecarro Pleasant Knoll Middle School

Postsecondary Representatives

Anna Sumabat Turner Bob Jones University, Retired

South Carolina Department of Education Representatives

Dana Depew Office of Career and Technical Education

Eleanor Glover Gladney, PhD Office of Career and Technical Education

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Academic Alignment Key

ELA – English Language Arts

NS – Number System

RP – Ratios and Proportional Relationships

S – Science and Engineering

P – Physical Science

L – Life Science

EC - Ecology

GW – Geography of the World

ISTE – International Society for
Technology in Education

Depth of Knowledge (DOK) concepts are integrated throughout the standards, indicators, and learning strategies to lead to demanding cognition and high expectations in instruction and assessment. The indicators follow the Five E Instructional Model which is a five-stage teaching sequence that helps students build their own understanding and new ideas.

Five E Instructional Model

Engage is designed to pique student interest and get them personally involved in the instruction and adding a mechanism to pre-assess prior knowledge.

Explore gets students involved in the topic and provides an opportunity to build their own understanding.

Explain involves opportunities to communicate and describe what is learned at different intervals of the instruction.

Elaborate allows students to use their new knowledge and go beyond to explore implications of the new knowledge.

Evaluate is an opportunity to determine how much learning and understanding has taken place for the students and the teachers.

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Students will demonstrate 21ST Century Workplace Readiness Skills.

Personal Qualities and Abilities

- 1. Creativity and Innovation:** Employs originality, inventiveness, and resourcefulness in the workplace
- 2. Critical Thinking and Problem-Solving:** Uses sound reasoning to analyze problems, evaluate potential solutions, and implement effective courses of action
- 3. Initiative and Self-Direction:** Independently looks for ways to improve the workplace and accomplish tasks
- 4. Integrity:** Complies with laws, procedures, and workplace policies; demonstrates honesty, fairness, and respect
- 5. Work Ethic:** Consistently works to the best of one's ability and is diligent, dependable, and accountable for one's actions

Interpersonal Skills

- 6. Conflict Resolution:** Negotiates diplomatic solutions to interpersonal and workplace issues
- 7. Listening and Speaking:** Listens attentively and asks questions to clarify meaning; articulates ideas clearly in a manner appropriate for the setting and audience
- 8. Respect for Diversity:** Values individual differences and works collaboratively with people of diverse backgrounds, viewpoints, and experiences
- 9. Customer Service Orientation:** Anticipates and addresses the needs of customers and coworkers, providing thoughtful, courteous, and knowledgeable service
- 10. Teamwork:** Shares responsibility for collaborative work and respects the thoughts, opinions, and contributions of other team members

Professional Competencies

- 11. Big Picture Thinking:** Understands one's role in fulfilling the mission of the workplace and considers the social, economic, and environmental impacts of one's actions
- 12. Career and Life Management:** Plans, implements, and manages personal and professional development goals related to education, career, finances, and health
- 13. Continuous Learning and Adaptability:** Accepts constructive feedback well and is open to new ideas and ways of doing things; continuously develops professional skills and knowledge to adjust to changing job requirements
- 14. Efficiency and Productivity:** Plans, prioritizes, and adapts work goals to manage time and resources effectively

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Professional Competencies (cont.)

- 15. Information Literacy:** Locates information efficiently, evaluates the credibility and relevance of sources and facts, and uses information effectively to accomplish work-related tasks
- 16. Information Security:** Understands basic Internet and email safety and follows workplace protocols to maintain the security of information, computers, networks, and facilities
- 17. Information Technology:** Maintains a working knowledge of devices, resources, hardware, software, systems, services, applications, and IT conventions
- 18. Job-Specific Tools and Technologies:** Knows how to select and safely use industry-specific technologies, tools, and machines to complete job tasks effectively
- 19. Mathematics:** Applies mathematical skills to complete tasks as necessary
- 20. Professionalism:** Meets organizational expectations regarding work schedule, behavior, appearance, and communication
- 21. Reading and Writing:** Reads and interprets workplace documents and writes effectively
- 22. Workplace Safety:** Maintains a safe work environment by adhering to safety guidelines and identifying risks to self and others

[Workplace Readiness Skills for the Commonwealth](#) was developed by the Virginia Department of Education's Office of Career, Technical, and Adult Education, in cooperation with the University of Virginia's Weldon Cooper Center for Public Service, the Career and Technical Education Consortium of States and Virginia's CTE Resource Center.

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A. Interpersonal Relationships

A1. Implement strategies to build positive, nurturing, caring, and respectful relationships.

1. Engage - Explore personal characteristics.
2. Explore - Analyze effective strategies that lead to improved relationships.
3. Explain - Describe the effects of self-esteem and self-image on relationships.
4. Extend - Analyze factors that contribute to healthy and unhealthy relationships.
5. Evaluate - Evaluate processes for building and maintaining interpersonal relationships.

B. Education and Early Childhood

B1. Analyze the responsibilities of caring for young children related to child development, safety, and health.

1. Engage - Describe a safe and healthy environment for young children.
2. Explore - Explore safe and healthy practices when working with young children.
3. Explain - Analyze responsibilities when caring for young children.
4. Extend - Differentiate safe and unsafe practices when caring for young children.
5. Evaluate - Assess safe and healthy practices of childcare providers and facilities.

C. Nutrition, Wellness, and Dietary Management

C1. Evaluate factors that affect dietary needs and wellness.

1. Engage - Demonstrate wellness practices.
2. Explore - Identify dietary guidelines.
3. Explain - Assess food safety and sanitation practices.
4. Extend - Apply food preparation principles.
5. Evaluate - Evaluate lab practices and safety.

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D. Textiles, Fashion, and Apparel

D1. Analyze basic textiles, fashion, and apparel principles.

1. Engage - Identify proper clothing care techniques.
2. Explore - Compare fashion styles.
3. Explain - Explain the basics (fundamentals) of color.
4. Extend - Demonstrate basic sewing skills.
5. Evaluate - Evaluate the construction quality of apparel.

E. Health and Safety

E1. Analyze health and safety practices.

1. Engage - Demonstrate health, hygiene, and safety practices.
2. Explore - Identify symptoms and treatments for childhood diseases/illnesses.
3. Explain - Explore affects of child abuse and neglect.
4. Extend - Propose practices that improve well-being (physical, social, emotional, oral, and mental).
5. Evaluate - Assess safety hazards in different childcare environments.

F. Community Relationships

F1. Analyze the importance of community engagement in the development of children.

1. Engage - Describe how a child's community can affect their overall development (Bronfrenbrenner).
2. Explore - Identify community-based resources that support the development of children.
3. Explain - Assess the various community relationships that can be established.
4. Extend - Explain the role of support systems and resources.
5. Evaluate - Evaluate best practices for engaging/establishing relationships with the community.

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G. Career Exploration

G1. Analyze career options and employability skills.

1. Engage - Compare several potential employment opportunities for personal career goals (*duties/responsibilities, work environment, and the education/training required to achieve the career*).
2. Explore - Investigate laws and regulations pertaining to career goals.
3. Explain - Explain how employability skills, professionalism and work ethics affect career success.
4. Extend - Exhibit leadership skills and abilities in school, workplace and community settings (student and professional organizations).
5. Evaluate - Evaluate factors that contribute to maintaining safe and healthy school, work and community environments.