

Kansas Family and Consumer Sciences Education Work and Family Studies Program

Course: **Career and Life Planning**

CIP Code: **19.0000** Course # **CLP**

Rating Scale: **3 Skilled- Works Independently**
2 Limited Skills- Requires Assistance
1 Skill Undeveloped
0 No exposure- No instruction or training

Student: _____		Grade: _____	
Teacher: _____		School: _____	
Enrolled Date: _____		Completion Date: _____	Graduation Date: _____
Student Signature _____		Teacher Signature _____	

Directions: The following competencies are required for full approval for a course in a Family and Consumer Sciences Program. Check the appropriate number to indicate the level of competency reached for student evaluation.

Academic Foundations

Benchmark: 0.1 Apply reading and writing, math, and science skills in personal, professional, and community situations. (CC K&S)		3	2	1	0
0.1.1	Writes effectively for a variety of audiences, purposes, and contexts. (narrative, expository, technical, persuasive) (W1.4 ⁽ⁱ⁾)				
0.1.2	Comprehends a variety of texts. (narrative, expository, technical, persuasive) (R1.4 ⁽ⁱ⁾)				
0.1.3	Determines the meaning of words or phrases using context clues from sentences or paragraphs. (R1.3.1 ⁽ⁱ⁾)				
0.1.4	Understands the purpose of text features and uses such features to locate information in and to gain meaning from appropriate-level texts. (R1.4.2 ⁽ⁱ⁾)				
0.1.5	Uses information from the text to make inferences and draw conclusions. (R1.4.5 ^(▲))				
0.1.6	Adjusts original rational number estimate of a real-world problem based on additional information. (a frame of reference) (M1.3.A1 ⁽ⁱ⁾) (\$)				
0.1.7	Generates and/or solves multi-step real-world problems with real numbers and algebraic expressions using computational procedures and mathematical concepts. (M1.4.A1a,b,d ^(▲)) (\$)				
0.1.8	Uses data analysis in real-world problems with rational number data sets to compare and contrast two sets of data, to make accurate inferences and predictions, to analyze decisions, and to develop convincing arguments from data displays. (M4.2.A1 ⁽ⁱ⁾) (\$)				
0.1.9	Research, apply, and evaluate information to accomplish tasks. (CC K&S) (SC CD2.1)				

Communications

Benchmark: 0.2 Demonstrate appropriate communication skills that contribute to positive relationships. (*13.3) (21 st)		3	2	1	0
0.2.1	Use appropriate communication strategies for most effective outcome. (*13.3.1) (CC K&S) (21 st) (SC P/SD1.2) (S1.1.5)				
0.2.2	Use listening and writing skills appropriately to communicate clearly. (*13.3.2) (*13.3.3) (CC K&S) (21 st)				
0.2.3	Apply and/or interpret nonverbal communication to fully understand meaning. (CC K&S)				
0.2.4	Communicate respectfully and effectively with people of different cultures and diverse perspectives. (*13.3.5) (CC K&S) (21 st) (SC P/SD1.2) (SC CD1.2)				

Problem Solving and Critical Thinking

Benchmark: 0.3 Apply thinking and problem-solving processes to personal, professional and community issues. (21 st) (SC AD1.2)		3	2	1	0
0.3.1	Clarify personal and family issues.				
0.3.2	Identify adequate, reliable information, and resources for personal and family problem solving. (CC K&S)				
0.3.3	Critique alternative methods of solving problems and accomplishing tasks. (CC K&S)				
0.3.4	Evaluate potential consequences of alternative choices. (CC K&S)				
0.3.5	Use criteria and standards to make ethical decisions. (21 st)				
0.3.6	Implement an action plan.				
0.3.7	Evaluate outcomes to measure progress. (CC K&S)				

Cross-walking Key: (*) National and Kansas (2000) Family and Consumer Sciences Standards (\$) National Standards for Financial Literacy (i) Assessed Indicator for Kansas Assessment Tests
 (CC K&S) Career Cluster Knowledge and Skills (www.careerclusters.org) (21st) 21st Century Learning Skills (www.21stcenturyskills.org) (R) Kansas Reading Curricular Standards
 (M) Kansas Mathematics Curricular Standards (W) Kansas Writing Curricular Standards (SC) Kansas School Counseling Standards
 (H-G) Kansas History & Government; Economics & Geography Curricular Standards (S) Kansas Science Curricular Standards

Information Technology Applications

Benchmark: 0.4 Use technology to access, manage, integrate, and create information. (CC K&S)		3	2	1	0
0.4.1	Use a variety of communication technologies to locate information and manage records for family, work, and community settings. (*13.3.6) (CC K&S) (21 st)				
0.4.2	Use technology to analyze, manipulate, and interpret information. (CC K&S) (21 st) (S5.1.1 <i>l</i>)				
0.4.3	Identify adequate, reliable information, and resources. (CC K&S)				

Safety, Health and Environmental

Benchmark: 0.5 Evaluate potential hazardous situations to defuse them and determine intervention strategies. (CC K&S)		3	2	1	0
0.5.1	Manage the physical and social environment to reduce conflict and promote safety in family, workplace, and community. (CC K&S) (21 st) (SC P/SD3.1)				
0.5.2	Practice safety techniques to create a safe environment. (CC K&S) (SC P/SD3.1)				
0.5.3	Understand how to document and report emergency/crisis situations and outcomes to the appropriate authorities. (CC K&S)				
0.5.4	Follow regulations, organizational policies, and procedures to assure a safe and healthy environment. (CC K&S) (GovB1i2 <i>l</i> A) (SC CD3.2) (S6.1 <i>l</i>)				

Leadership and Teamwork and Ethics and Legal Responsibilities

Benchmark: 0.6 Demonstrate leadership, citizenship, and teamwork skills required for success in the family, workplace, and community. (*13.5) (21 st)		3	2	1	0
0.6.1	Examine the FCCLA organization and its relationship to the family and consumer sciences curriculum.				
0.6.2	Recognize and model positive leadership and teamwork behaviors to inspire others. (CC K&S) (21 st) (H-G)				
0.6.3	Identify ways to be a responsible citizen in families, career, and communities. (GovB2i2 <i>l</i> K) (SC AD3.1)				
0.6.4	Recognize diverse abilities of team members. (21 st) (SC CD 1.1)				
0.6.5	Apply leadership, citizenship, and teamwork skills in authentic experiences. (21 st) (H-G) (SC CD3.2)				
0.6.6	Demonstrate ethical behavior in personal, workplace, and community context. (21 st) (SC P/SD1.1) (SC CD3.2)				

Career Development and Systems

Benchmark: 0.7 Analyze strategies to manage the multiple individual, family, career, and/or community roles and responsibilities. (*1.1) (CC K&S) (21 st)		3	2	1	0
0.7.1	Analyze ways that individual career goals can impact the family's capacity to meet goals for all family members. (*1.1.3) (CC K&S) (\$) (SC AD3.1) (SC CD1.1)				
0.7.2	Analyze the potential impact of career path decisions on balancing work and family. (*1.1.4) (\$) (SC AD3.1)				
0.7.3	Develop a life plan for achieving individual, family and/or career goals. (*1.1.6) (CC K&S) (21 st) (SC P/SD2.1)				
0.7.4	Determine skills and knowledge needed for a life plan. (21 st) (SC AD1.2)				
0.7.5	Demonstrate processes for cooperating, compromising and collaborating to achieve goals. (*13.5.7) (21 st) (SC P/SD2.1) (SC AD1.2)				

Technical Skills

COMPREHENSIVE STANDARD: 1.0 Integrate multiple life roles and responsibilities in family, work, and community settings 1.0

Benchmark: 1.1 Demonstrate transferable and employability skills in community and workplace settings. (*1.2) (FCCLA Power of One) (SC CD3.2)		3	2	1	0
1.1.1	Examine potential career choices to determine the knowledge, skills, and attitudes associated with each. (*1.2.1) (SC CD1.1)				
1.1.2	Demonstrate job seeking and job keeping skills through strong work ethics and professionalism. (*1.2.2 & 1.2.8) (SC CD1.2) (SC CD3.2)				
1.1.3	Demonstrate communication skills and teamwork skills in community and workplace settings. (*1.2.3 & 1.2.4) (SC CD1.2)				
1.1.4	Examine strategies to manage the impact of changing technologies in workplace settings. (*1.2.5) (H-G) (SC CD2.1)				
1.1.5	Examine factors that contribute to maintaining safe and healthy work, and community environments. (*1.2.7)				

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Benchmark: 1.2 Develop strategies for life-long career planning.		3	2	1	0
1.2.1	Analyze significance of work for self, family, and society. (H-G) (SC CD2.1)				
1.2.2	Define the career planning process assessing knowledge, attitudes, skills, and aspirations. (SC AD1.1) (SC CD2.2)				
1.2.3	Evaluate career choices in relation to life-management plan. (FCCLA Career Connection) (SC CD2.1)				
1.2.4	Identify factors that impact current and future career choices. (H-G) (SC AD2.1) (SC CD2.1)				
Benchmark: 1.3 Demonstrate management of financial resources to meet the goals of individuals and families across the life span. (2.3) (*2.6) (\$)		3	2	1	0
1.3.1	Examine the need for personal and family financial planning. (2.3.1) (*2.6.1) (FCCLA Financial Fitness) (\$) (21 st) (H-G)				
1.3.2	Apply management principles to individual and family financial practices. (2.3.2) (*2.6.2) (\$) (21 st)				
Benchmark: 1.4 Analyze the impact of family as a system on individuals and society. (*6.1)		3	2	1	0
1.4.1	Examine the role of family in teaching culture, traditions, and societal expectations across the life span. (*6.1.4)				
1.4.2	Examine the role of family in developing independence, interdependence, and commitment of family members. (*6.1.5)				
1.4.3	Determine the impact of change and transitions over the life course. (*6.1.6) (SC P/SD1.1)				
1.4.4	Explore the ways family and consumer sciences careers impact the family. (*6.1.7) (SC CD1.1)				
Benchmark: 1.5 Evaluate effective conflict prevention and management techniques. (*13.4)		3	2	1	0
1.5.1	Identify effects of role stereotyping in work and family settings. (SC CD1.2)				
1.5.2	Determine the roles of decision making and problem solving in reducing and managing conflict. (*13.4.3) (FCCLA Planning Process) (SC P/SD3.1)				
1.5.3	Practice nonviolent strategies that address conflict. (*13.4.4) (FCCLA STOP the Violence)				
1.5.4	Choose effective responses to harassment. (*13.4.5) (SC P/SD3.1) (SC CD1.2)				
1.5.5	Assess community resources that support conflict prevention and stress management. (*13.4.6) (SC P/SD3.1)				

Additional comments: _____

Course Name: Adult Living- Career and Life Planning

Teacher: Mrs. Emily

Credit: 1 Credit (For completion of full year)

Grade Level: 10th-12th

Teaching Resources: Creative Living Skills

Areas of Instruction

Quarter 1

Safety and Sanitation

- Preventing Accidents
- Preventing Food borne Illness
- Storing Food Safely

Kitchen Equipment

- Kitchen Basics
- Measuring Techniques
- Cutting Techniques
- Mixing and Cooking Techniques

Table Setting

- Setting the Table
- Manners and Dinning Etiquette
- Mealtime Etiquette
- Serving Styles

Making the Most of Your Life

- Aspiring to Be your Best
- Making Positive Choices
- Meeting Life's Challenges
- Taking Care of Yourself
- Health and Wellness
- Managing Stress
- Resources for Health

Developing Character

- The Importance of Character and Values
- Setting Standards and making Ethical choices
- Making a Difference
- Doing Your Part, showing Responsibility
- Participating in Organizations and Leadership Roles

Learning to Manage

- Priorities, Goal Setting
- Resources and The Management Process
- Making Decisions and Solving Problems

The Decision Making Process
Practical Problems and the Reason Process

Managing Time and Money

Time Management happens one day at a time
Money Matters, Financial Priorities and Goals
Using a Budget

Managing Technology and Information

The Impact of Technology
Managing Technology
Evaluating Information
Using Information Effectively

Areas of Instruction

Quarter 2

Careers in a Changing World

Why People Work
The Impact of Career Decisions
The World of Work
Changes in the Workplace
Preparing for your Future

Exploring Career Paths

Personal Assessment
Researching Career Fields
Getting Firsthand Experience
Developing A Career Plan

Preparing Your Portfolio

Resume
Cover Letter
Autobiography
Fall Cooking Labs
Current Event
FCCLA- Fall Leadership
Exploring Career Paths
Finding a Job
Owning your own business

Entrepreneur

Owning Your Own Business
Product Marketing
Consumerism

Gen Y

Planning Purchases and Shopping Options

- Financial Management
- Financial Fitness
- Understanding Your Paycheck
- Paying Income Taxes

Using Bank Accounts

- Managing Income and Expenses
- Buying insurance
- Investing for the Future

Using Credit Wisely

- Becoming Creditworthy
- Shopping with Credit Cards
- Using a Credit Card
- Credit Problems

Areas of Instruction

Quarter 3

Choosing a Place to Live

- Housing Needs
- Housing Expenses
- Housing Options
- Types of Housing
- Renting and Buying

Designing Living Space

- Organizing your space
- Using Design Elements
- Using Design Principles
- Furnishing your Home
- Storage Solutions
- Sharing Living Space

Home Care and Safety

- Benefits of Home Care
- Neatness and Cleanliness
- Preventive Maintenance
- Preparing for Emergencies
- Community Safety

Choosing Transportation

- Transportation Options

Getting Your Own Vehicle
The Purchasing Process
Understanding Auto Insurance
Maintaining your Vehicle

Areas of Instruction

Quarter 4

Relationships in Your Life

Your Family Ties-Family Trees
Families Today
Family Functions
The Family Life Cycle
Trends Affecting Families
Strengthening Families

Challenges for Families

Changes and Crises
Coping Strategies
Challenges Families Face
Sources for Help

Dating and Marriage

Starting Out
Responsible Relationships
Handling Emotions
Love and Commitment
Marriage
Remaining Single

Parenting

Life Span Development
The Journey of Development
Areas of Development
Influences on Development
Stages of Development
Special Needs

Providing Care

Meeting Children's needs
Areas of Development
Influences on Development
Stages of Development

Nurturing and Guiding

Guiding Behavior

The Importance of Play
Providing Opportunities

Parenting

Responsibilities
Readiness
Adjusting
Teen Parenthood

Health and Wellness

Wellness for Life
Aim for Fitness
A Healthy Weight
Health Concerns

Nutrients

Functions
Sources
Changes in nutrient needs
Guidelines for Food Choices
Planning Meals and Snacks