

# Family and Consumer Sciences

## Family and Consumer Sciences

Students shape their lives through the everyday choices they make. Family and Consumer Sciences (FCS) courses help students meet the daily challenges of personal, family, school, and work life while planning for the future. Students develop core skills—*problem solving; managing work and family responsibilities; relating to others; and assuming leadership roles in family, school, community, and work*—while exploring practical problems related to the content of each course. FCS courses help students realize the relevance of their academic courses to real life.

### Middle School

Middle School Family and Consumer Sciences focuses on helping middle school students develop personal assets of a healthy, responsible citizen and family member who is accountable for individual academic, career, and personal growth through development of a healthy lifestyle and good consumer decision making skills. Offered at Cuyahoga Falls, Kent, Stow-Munroe Falls, Tallmadge, and Woodridge.

### High School

**Transitions** Practice job skills, and interpret career and workplace issues. Demonstrate how academic achievement influences personal and career growth; apply conflict resolution techniques and social skills that lead to effective school, career, and family relationships that foster a healthy, caring and responsible citizen. Assess values and resources that support lifestyle goals, effective time management plans, stress management, and multicultural awareness to sustain a productive, meaningful lifestyle.

**Career Mentorship** Areas of study include assessing career plans; managing job searches; examining career and workplace issues; and developing essential interpersonal, communication, and workplace related skills. The course has a mentorship experience attached where applicable.

**Child Development** With a focus on the challenging concerns related to nurturing and caring for children, students discover how parents and childcare providers can meet the many developmental needs of infants and young children. They investigate readiness for parenting, the functions and characteristics of strong families, and prominent theories of child growth and development. They employ problem solving processes, interpersonal skills, management skills, and leadership skills to address challenges of rearing children in a diverse, global economy.

**Independent Living/Personal Finances** Course provides students with an understanding of the concepts and principles involved in managing one's personal finances and helps students evaluate resources, financial institutions, and services that meet individual, family, and business goals; protect financial health including credit and debit; prevent loss of assets; and advocate public policy issues that impact financial well-being.

**Creative Cooking and/or Global Foods** Focus on behaviors related to acquiring and practicing a healthy lifestyle. Students learn to shop smart; plan and prepare healthy meals using dietary guidelines; explore the cultural, family, community, and economic implications of food patterns and behavior; and research the impact of public policy on the cost and safety of the food they eat.

**Foods and Fitness** Develop practical problem solving that influences cultural and social factors affecting wellness and healthy lifestyles. Demonstrate safe food-handling practices related to food-borne pathogens and kitchen environments. Use time management strategies, decision-making skills, peer pressure, and multi-cultural awareness that relate to educational, work, and family goals to sustain productive, meaningful lifestyles.

Course	Cuyahoga Falls	Hudson	Kent	Stow	Tallmadge	Woodridge
Transitions	X	X	X	X	X	X
Career Mentorship	X		X	X		
Child Development	X	X	X	X	X	X
Independent Living/ Personal Finances		X	X	X	X	X
Creative Cooking and/or Global Foods	X	X	X	X	X	X
Food and Fitness	X		X	X	X	X