

Family and Consumer Sciences

All students can benefit from Family and Consumer Sciences courses. The classes are designed to meet the needs of all different types of learners. Students will learn skills for managing individual and family needs, problem solving, setting goals, and being a leader. Students will experience a variety of teaching techniques: small group activities, presentations, hands-on projects, classroom discussions, labs, field trips, and community involvement. In each course all students are required to complete a final semester culminating course project and group community service project. Through integrated classroom activities students will be given the opportunity to participate in Family, Career, and Community Leaders of America (FCCLA), a youth leadership organization.

Course Name	Recommended Grade Available			
	9	10	11	12
Career Mentorship *			E	E
Child Development		E	E	E
Career Search with Service *			E	E
College and Beyond *			E	E
Cooking for Healthy Living I	E	E	E	E
Cooking for Healthy Living II		E	E	E
Career Pathways *		E	E	
Introduction to Fashion and Interior Design		E	E	E
Life Lessons	E	E	E	E
Advanced Personal Financial Management II			E	E
Basics of Personal Finance (Independent Living Financial Management I)		E	E	E
* Denotes courses which will fulfill the graduation requirement.				

Opportunities have been expanded to meet the Pathways to Your Future graduation requirement. The graduating class of 2015 may now choose between the following four course offerings: Career Pathways, College and Beyond, Career Mentorship and Career Search with Service.

Career Pathways

1 semester ½ credit
 Grade Level: 10, 11
 Prerequisite: None

Have you ever thought about your future and what you are going to do after high school? HS101 will give you the skills and necessary information in developing a career plan throughout high school and into your future. As part of this course, you will learn study skills and other techniques that will help you reach your full academic potential.

Career exploration activities will be infused into the class that will help you find an appealing career geared to your talents and interests. Technology will be utilized in all phases of the class. **Topics/activities will include:** ●Skills for High School Success ●Career Planning ●Self Assessments ●Educational Options ●Job Search and Interviewing Skills

College and Beyond

1 semester ½ credit
Grade Level: 11, 12
Prerequisite: None

Are you planning on attending college after high school? Are you ready for college? Have you selected a major? This course helps prepare students for college life and beyond. Students will learn to manage their academic and personal lives while living on the tight budget of a typical college student. Students will use an ACT Prep program and work on scholarship during the semester. Choosing the right college that suits your career plan and other personal interests will be emphasized. Students will also learn how to apply for financial aid and other scholarships. **Topics/activities will include:** ●College applications ●Time management ●Roommate selection and communication ●Stress management ●Preparation of economical meals ● ACT Prep *(Strongly recommended for the Junior year and Seniors during their 1st semester due to ACT component)*

Career Mentorship

1 semester ½ credit
Grade Level: 11, 12
Prerequisite: None

Do you have a life plan to anticipate and manage the constant changes in your life? Personal life choices made now and throughout life, in many ways, determine one's quality of life. This course will take you through the considerations involved in life and career planning. Students will experience the benefits of mentorship by mentoring at least 30 hours in one or two different career fields of interest. Students will gain hands on experience that will assist them in making a future career choice. **Requirements for admission into the course:** Students will need to request an application packet from their teacher or guidance counselor which will include the following: ●Teacher recommendation checklist ●Meet GPA requirements 3.0 ●Parent permission ●Driver's license and ability to arrange transportation to mentorship site. **Topics/activities will include:** ●Updating online Career portfolio with the use of Kuder® ●Creation of professional presentation ●Acquisition of up-to-date information on trends in the workplace ●Effective communication in the work place ●Business etiquette as related to attire, dining, email ●Effective problem solving techniques in the workplace ●Importance of first impression, initiative, and teamwork in the workplace

Career Search with Service

1 semester ½ credit
Grade Level: 11, 12
Prerequisite: None

This class is a unique opportunity for students to foster the development of community responsibility while developing interpersonal skills essential in the workplace. Students will have multiple opportunities to participate in highly rewarding community service activities. Students will need to request an application packet from their teacher or guidance counselor which will include the following:

- Teacher recommendation checklist
- Parent permission
- Driver's license and ability to arrange transportation to service site

Child Development

1 semester ½ credit
Grade Level: 10, 11, 12
Prerequisite: None

Child Development is a course where you will learn about the physical, social, emotional and intellectual growth and development of children. The course is designed to help you acquire knowledge and skills essential for the care and guidance of children as a caregiver or parent. Emphasis is on helping you create an environment for children that will promote optimum development. **Topics/activities will include:** ●The qualities and skills needed to parent or care for children ●Prenatal development, the birth process and infant care ●Child development theories ●Preschool and child care options ●Responsibilities of parenthood

Cooking for Healthy Living I

1 semester ½ credit
Grade Level: 9, 10, 11, 12
Prerequisite: None

You will learn to create food patterns to guide healthy food and lifestyle choices in this introductory class addressing nutrition and wellness. You will demonstrate safe food handling practices and apply environmentally sound kitchen techniques as you prepare basic recipes. **Topics/activities will include:** ●Create personal healthy lifestyle plan ●Manage kitchen resources ●Demonstrate safe food handling practices ●Apply proper kitchen techniques to sustain the environment ●Prepare and plan for the purchase of nutritious foods ●Study nutritional information to guide food choices

Cooking for Healthy Living II

1 semester ½ credit
Grade Level: 10, 11, 12
Prerequisite: Cooking for Healthy Living I or College Life

This course is designed to cover the advanced principles of nutrition for a healthy life style and practice food preparation for day to day living. When you enroll in this course

you will learn about social and cultural factors that influence choices you will make to sustain life. You will evaluate restaurant menus and nutritional information on packaging. You will assess factors associated with body weight to help gain information to guide food and exercise choices. You will learn to evaluate consumer and industry food-related practices which sustain the environment. **Topics/activities will include:** ●Advanced food preparation ● Safe food handling techniques ●Food patterns ●Body weight factors ●Diseases related to nutrition ●Social and cultural influences on foods

Introduction to Fashion and Interior Design

1 semester ½ credit
Grade Level: 10, 11, 12
Prerequisite: None

Television shows like **Project Runway**, **Extreme Makeover-Home Edition**, and **What Not to Wear** demonstrate this generations' interest in the topics of fashion and home/interior design. Introduction to Fashion and Interior Design will introduce you to the elements and principles of design as they apply to fashion and housing and the development of styles and general knowledge about the design industry.

Topics/activities include: ●Color analysis ●Fashion trends ●Garment styles ●Floor plans and furniture arrangement ●Architectural styles ●Floor/wall/window coverings

Life Lessons

1 semester ½ credit
Grade Level: 9, 10, 11, 12
Prerequisite: None

Are you looking for a way to find some balance in your life? This class will help you manage school, relationships, and influences that add to stress to your life. This class will help you develop skills in organization, task completion, problem solving, conflict resolution, critical thinking, productivity, time management, managing relationships, and self management that will foster individual, academic and career success.

Topics/activities will include: ●how to build healthy relationships ●stress reducing techniques ●communication skills ●positive life choices ●expand multicultural awareness

Advanced Personal Financial Management (PFM II)

1 semester ½ credit
Grade Level: 11, 12
Prerequisite: None

Today's teenagers, more than any previous generation, will be required to take more personal responsibility for actively managing their finances throughout their lives. This Personal Financial Literacy course is advanced and rigorous and was designed to educate you about sound financial management, planning practices, building wealth, and to develop financial decision-making skills. Students enrolling in this course will use online lessons, complete a culminating course project and take an end-of course assessment.

College credit from the University of Cincinnati is available for those students meeting specific criteria including participation in a Stock Market Game or Activity.

Topics/activities include:

- Income and Financial Decisions based on personal values
- Income & Benefits
- Savings & Spending Plans
- Wise Use of Credit
- Insurance & Taxes
- Stock Market Game

Basics of Personal Finance (PFM I)

1 semester ½ credit

Grade Level: 10, 11, 12

Prerequisite: None

Basics of Personal Finance meets the requirements for Senate Bill 311, also known as the Ohio Core.

The *Basics of Personal Finance* course will prepare students for practical money management skills that can be used throughout their lives. Students will learn the power of managing their money to secure a good future. The focus will be practical decision-making tools to reach their financial goals, managing income and expenses, banking, wise use of credit, and shopping strategies, including the process of purchasing a car. Students enrolling in this course will be required to take an online end-of-course assessment.

- Topics/activities include:
- How to purchase your first car
- Electronic Banking – simulated checking and savings accounts
- Apartment Hunting – Life in the USA
- Analyze advertisements and comparison shopping strategies

GRADS

Graduation, Reality, and Dual Role Skills is an in-school Family and Consumer Sciences class for pregnant and parenting teens, male and female. It is especially designed to give support to pregnant students and teenage mothers and fathers so they remain in school until graduation. GRADS classes focus on practical problem-solving and knowledge of skills related to child development and child care. This class also explores careers, goals, employability, economic independence, and balancing work, school and parenting. Students will also complete a Culminating Course Project.

**Up to three credits during high school