
Life Management Syllabus

Character Development

1. Students will understand the characteristics of leadership and design a plan to strengthen their personal and interpersonal skills by evaluating the distinguishing qualities of effective leaders.
2. Students will perform a variety of personal assessments to evaluate their character traits.

Personal Leadership Skills

Character and Leadership Development

1. Leadership Skills

Students will understand the skills required to assume leadership roles. Students will assume leadership responsibilities to define goals, evaluate possible resources, implement the steps in the decision-making process, practice conflict resolution and negotiation, work cooperatively in group settings, employ the principles of the democratic process, and practice teamwork.

2. Assuming Leadership Responsibilities

Students will understand how to plan, organize, and conduct a project, activity, or meeting. They will apply decision-making and problem-solving as they assume the leadership responsibility for the success of an activity, project, or meeting. Students will use the planning model to conduct and reflect upon a service learning project.

3. Transfer of Leadership Skills

Students will understand how leadership skills and attitudes are applied in the community workplace and home. Students will describe how leadership traits, skills, and attitudes are required for success in the community, workplace, and home.

Career Awareness

1. Careers Related to HECT, Home Economics, and Technology:

Students will be able to identify the career path clusters. Students will be able to explain the difference between a technical, professional, and entry level position.

2. Personal Career Aptitudes:

Students will evaluate the results of career testing and relate to career clusters.

3. Educational Requirements:

Students will explain the educational requirements of the jobs and careers on their career cluster goals.

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4. Career Planning:

Students will use a career planner and digital portfolio that will include their career testing and plan, resume, and examples of work.

Design through Sewing and Textiles

1. Apparel Decisions

Students will understand the relationship between self-image and dress. They will apply the principles and elements of design to self-image and apparel selections. They will identify, evaluate, and select apparel that meets their social, physical, and psychological needs. Students will compare and contrast apparel for the workplace.

2. Textiles

Students will be able to compare the uses and functions of knits, woven, and bonded fabrics. Students will be able to read care labels for a variety of common garments. Students will demonstrate their knowledge of the function of the most commonly used fibers.

3. Construction

Students will be able to demonstrate basic clothing repair and construction techniques. Students will correctly use supplies and equipment.

Design Spaces

1. Housing Decisions

Students will understand the variety of factors and options that influence housing decisions. They will evaluate decisions on the basis of personal and family needs, values and goals, housing options, finances, and community options.

2. Design Elements and Principles

Students will demonstrate an understanding of how the elements and principles of design can be applied to a personal living space.

3. Color Theory

Students will be able to identify and compare types of color schemes. Students will be able to apply color theory to personal living spaces.

Child Development and Parenting

1. Responsible Parenting

Students will understand the responsibilities associated with parenting. Students will interview others and discuss the readiness for parenting. Students will explore the physical, economic, social, and emotional events surrounding parenting and teen parenting.

2. Child Growth and Development

Students will understand the cycle of development from conception to birth. Students will understand the stages of child growth and development from birth to age 6. They will analyze developmental stages and demonstrate an understanding of those stages by selecting appropriate actions and activities that will promote the optimal development of a child.

3. Guidance and Discipline

Students will understand the principles that lead to positive guidance and discipline. The students will recommend appropriate methods for handling a variety of situations that contribute to the development of the child, including self-esteem. Students will demonstrate developmentally appropriate activities for children.

4. Health and Safety

Students will understand the practices that will promote the health and safety of children. Students will recommend, demonstrate, and evaluate appropriate practices relevant to nutrition, sanitation, safety, and first aid.

5. Value of Play

Students will select and demonstrate age appropriate play activities.

6. Role of Routines

Students will understand the importance of daily routines to the young child.

7. Children with special needs

Students will understand how alcohol, tobacco, and other drugs can effect the short and long term development of a child. Students will compare genetic defects with environmental. Students will observe young children a variety of children to determine developmental norms and determine how activities can be designed to meet the needs of children with special needs.

Consumer Education

1. Consumer Economics

Students will understand their role within our economic system. They will investigate the inter-relationship between regional, national, and world economics, and the economic well-being of individuals and families.

2. Consumer Decisions

Students will understand the benefits and costs of consumer decisions. They will make informed decisions based on a decision-making process. They will analyze the influence of the media upon consumer decisions.

3. Consumer Purchases

Students will understand how to compare and evaluate products and services. They will investigate and compare a variety of products and services, and recommend purchases according to needs, wants, and resources.

4. Financial Planning

Students will understand the effects of values, family situations, occupational goals, and income on lifestyles and consumer behavior. They will create financial plans that reflect personal values, goals, and resource management.

5. Consumer Rights and Responsibilities

Students will understand consumer resources, rights, and responsibilities. They will examine available consumer protection services. They will identify responsible consumer behavior.

Foods and Nutrition

1. Nutrition

Students will understand and apply the principles of good nutrition, the food guide pyramid, and US Dietary Guidelines to their daily dietary choices. Students will understand the role of nutrients in their body. Students will apply nutrient deficiencies and toxicity's to short and long term health.

2. Food Safety and Sanitation

Students will understand the importance of maintaining a safe, sanitary, and efficient food supply and work areas. Students will pass certification tests on food safety, and demonstrate proper food safety and sanitation. Students will demonstrate proper food handling and equipment safety.

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3. Meal Management

Students will understand the principles of meal management. Students will compare the factors that influence meal choice. Students will plan nutritionally balanced meals, calculate food costs, and evaluate plans. Students will prepare and serve nutritious food, demonstrate table service and etiquette, and clean-up. Students will compare food, nutrition, and etiquette from a variety of cultures.

4. Eating Disorders

Students will be able to identify the differences between anorexia nervosa and bulimia. They will be aware of the health issues surrounding these two mental illnesses. Students will be able to explain healthy ways to lose fat and reduce obesity.