

CURRICULUM

Family and Consumer Science

**UNDERSTANDING SELF
and
RELATIONSHIPS**

(Elective Course)

Supports Academic Learning Expectation # 1

Students and graduates of Ledyard High School will read and write critically and effectively for a variety of purposes

Supports Academic Learning Expectation # 3

Students and graduates of Ledyard High School will employ effective research and study skills

**Approved by Instructional Council
6/10/08**

STUDENT LEARNING OBJECTIVES

Understanding Self and Relationships

As a result of family and consumer sciences education, students independently and collaboratively will be able to:

<p>GOAL: District Goal # 1 (State Standard #1) Integrate multiple roles and responsibilities in family, work, and community settings</p>	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
<p><i>Students will know how to:</i></p> <p>1.1 Analyze strategies to manage multiple roles and responsibilities (individual, family, career, community, and global)</p> <p>1.3 Evaluate the reciprocal effects of individual and family participation in community activities</p>	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> a. Evaluate the effects of social, economic and technological change on work and family dynamic b. Analyze ways that individual career goals can affect the family’s capacity to meet goals for all family members c. Analyze potential effects of career path decisions on balancing work and family d. Develop a written life plan, including pathways to acquiring the knowledge and skills needed to achieve individual, family, and career goals <ul style="list-style-type: none"> a. Analyze personal and family assets and skills that provide service to the community b. Evaluate community resources and systems of support available to individuals and families c. Describe the effects of public policies, agencies, and institutions on the family d. Demonstrate skills that individuals and families can utilize to support civic engagement in community activities such as communication skills and teamwork skills

STUDENT LEARNING OBJECTIVES

Understanding Self and Relationships

As a result of family and consumer sciences education, students independently and collaboratively will be able to:

GOAL: District Goal # 5 (State Standard # 6)	
Demonstrate nutrition and wellness practices that enhance individual and family well being	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
<p><i>Students will know how to:</i></p> <p>6.1 Analyze the effects of family as a system on individuals and society</p> <p>6.2 Evaluate the effects of diverse perspectives, needs and characteristics of individuals and families</p>	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> a. Analyze the family as the basic unit of society b. Explain the role of family in transmitting societal expectations c. Analyze global influences on today’s families d. Analyze the role of family in teaching culture and traditions across the life span e. Evaluate the role of family in developing independence, interdependence and commitment of family members f. Analyze in writing the effects of change and transitions over the life span <ul style="list-style-type: none"> a. Demonstrate awareness of multiple diversities and their effects on individuals, families, and society b. Analyze in writing the effects of social and cultural diversity on individual and families c. Judge the effects of empathy for diversity on individuals in family, work, and community settings d. Demonstrate respect for diversity by showing sensitivity to anti-bias, gender, equity, age, culture, and ethnicity e. Evaluate the effects of globalization and increasing diversity on individuals, families and society

STUDENT LEARNING OBJECTIVES

Understanding Self and Relationships

As a result of family and consumer sciences education, students independently and collaboratively will be able to:

GOAL: District Goal # 9 (State Standard # 12)	
Demonstrate nutrition and wellness practices that enhance individual and family well being	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
<i>Students will know how to:</i>	<i>Students will be able to:</i>
12.1 Analyze principles of human growth and development across the life span	<ul style="list-style-type: none"> a. Examine physical, emotional, social, and intellectual development b. Analyze interrelationships among physical, emotional, social and intellectual aspects of human growth and development c. Evaluate current and emerging research about human growth and development, including research on brain development relating to the teenage years
12.2 Analyze conditions that influence human growth and development	<ul style="list-style-type: none"> a. Describe the impact of social and economic forces on individual growth and development b. Examine the effects of gender, ethnicity, and culture on individual development c. Analyze in writing the effects of life events on individuals' physical, intellectual, social, moral, and emotional development
12.3 Analyze strategies that promote growth and development across the life span	<ul style="list-style-type: none"> a. Analyze the role of nurturance on human growth and development b. Analyze the role of communication on human growth and development c. Analyze the role of family and social services support systems in meeting human growth and development needs

STUDENT LEARNING OBJECTIVES
Understanding Self and Relationships

As a result of family and consumer sciences education, students independently and collaboratively will be able to:

<p>GOAL: District Goal # 10 (State Standard # 13) Demonstrate respectful and caring relationships in the family, workplace and community</p>	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
<p><i>Students will know how to:</i></p> <p>13.1 Analyze functions and expectations of various types of relationships</p> <p>13.2 Analyze personal needs and characteristics and their effects on interpersonal relationships</p> <p>13.3 Demonstrate communication skills that contribute to positive relationships</p>	<p><i>Students will be able to:</i></p> <p>a. Analyze processes for building and maintaining interpersonal relationships</p> <p>b. Predict the effects of various stages of the family life cycle on interpersonal relationships</p> <p>c. Compare physical, emotional, and intellectual functioning in stable and unstable relationships</p> <p>d. Analyze factors that contribute to healthy and unhealthy relationships</p> <p>e. Analyze processes for handling unhealthy relationships</p> <p>f. Demonstrate stress management strategies for family, work, and community settings</p> <p>a. Judge the effects of personal characteristics on relationships</p> <p>b. Analyze the effect of personal needs on relationships</p> <p>c. Evaluate the effects of self-esteem and self-image on relationships</p> <p>d. Analyze the effects of life span events and conditions on relationships</p> <p>e. Explain the effects of personal standards and behaviors on interpersonal relationships</p> <p>a. Analyze communications styles and their effects on relationships</p> <p>b. Demonstrate verbal and nonverbal behaviors and attitudes that contribute to effective communication</p> <p>c. Demonstrate effective listening and feedback techniques</p> <p>d. Examine strategies to overcome communication barriers in family, community and work settings</p> <p>e. Apply ethical principles of communication in family, community and work settings</p> <p>f. Analyze the effects of communication technology and family, work and community settings</p>

STUDENT LEARNING OBJECTIVES
Understanding Self and Relationships

As a result of family and consumer sciences education, students independently and collaboratively will be able to:

GOAL: District Goal # 10 (State Standard # 13)	
Demonstrate respectful and caring relationships in the family, workplace and community	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
<p><i>Students will know how to:</i></p> <p>13.4 Analyze functions and expectations of various types of relationships</p> <p>13.5 Analyze personal needs and characteristics and their effects on interpersonal relationships</p>	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> a. Analyze the origin and development of attitudes and behaviors regarding conflict b. Explain how similarities and differences among people affect conflict prevention and management c. Apply the roles of decision making and problem solving in reducing and managing conflict d. Demonstrate nonviolent strategies that address conflict e. Demonstrate effective responses to harassment f. Assess community resources that support conflict prevention and management <ul style="list-style-type: none"> a. Create an environment that encourages and respects the ideas, perspectives, and contributions of all group members b. Demonstrate strategies to motivate, encourage, and build trust in group members c. Demonstrate strategies that utilize the strengths and minimize the limitations of team members d. Demonstrate ways to organize and delegate responsibilities e. Demonstrate processes for cooperating, compromising, and collaborating

STUDENT LEARNING OBJECTIVES

Understanding Self and Relationships

As a result of family and consumer sciences education, students independently and collaboratively will be able to:

GOAL: District Goal # 10 (State Standard # 13)	
Demonstrate respectful and caring relationships in the family, workplace and community	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
<i>Students will know how to:</i> 13.6 Demonstrate communication skills that contribute to positive relationships	<i>Students will be able to:</i> a. Apply critical thinking and ethical criteria to evaluate interpersonal relationships b. Apply guidelines for assessing the nature of issues and situation c. Apply critical thinking and ethical standards when making judgments and taking action d. Demonstrate ethical behavior in family, workplace, and community settings e. Compare the relative merits of opposing points of view regarding current ethical issues