

## Topic 1: Personal Characteristics for Success

### Unit 1: Decision-Making Process (11 strategies)

(NS 1) Integrate multiple life roles and responsibilities in family, work, and community settings.

- **1.1** Analyze strategies to manage multiple roles and responsibilities (individual, family, career, community, and global).
- **1.1.4** Analyze potential effects of various career path decisions on balancing work and family.

(NS 7) Synthesize knowledge, skills, and practices required for careers in family & human services.

- **7.5** Evaluate services for individuals and families with a variety of conditions that could impact their well-being.
- **7.5.6** Identify strategies that help participants make informed choices, access resources and support, follow through on responsibilities, and take appropriate risks.

### Unit 2: Maturity (4 strategies)

(NS 12) Analyze factors that influence human growth and development.

- **12.1** Analyze principles of human growth and development across the life span.
- **12.1.1** Analyze physical, emotional, social, moral, and cognitive development.

### Unit 3: Long and Short-Term Goals (4 strategies)

(NS 1) Integrate multiple life roles and responsibilities in family, work, and community settings.

- **1.1** Analyze strategies to manage multiple roles and responsibilities (individual, family, career, community, and global).
- **1.1.5** Determine goals for life-long learning and leisure opportunities for all family members.

### Unit 4: Management (11 strategies)

(NS 2) Evaluate management practices related to the human, economic, and environmental resources in a global context.

- **2.1** Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.
- **2.1.1** Apply time management, organizational, and process skills to prioritize tasks and achieve goals.

### Unit 5: Conflict and Negotiation (11 strategies)

(NS 1) Integrate multiple life roles and responsibilities in family, work, and community settings.

- **1.2** Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.

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- **1.2.3** Apply communication skills in school, community and workplace settings and with diverse populations.

**(NS 7)** Synthesize knowledge, skills, and practices required for careers in family & human services.

- **7.5** Evaluate services for individuals and families with a variety of conditions that could impact their well-being.
- **7.5.7** Demonstrate effective verbal and nonverbal communication skills that support individuals and families with a variety of conditions that could affect their well-being.

**Unit 6: Effects of Wellness** *(29 strategies)*

**(NS 1)** Integrate multiple life roles and responsibilities in family, work, and community settings.

- **1.2** Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.
- **1.2.7** Analyze factors that contribute to maintaining safe and healthy school, work and community environments.

**(NS 13)** Demonstrate respectful and caring relationships in the family, workplace and community.

- **13.1** Analyze functions and expectations of various types of relationships.
- **13.1.6** Demonstrate stress management strategies for family, work, and community settings.

**(NS 14)** Demonstrate nutrition and wellness practices that enhance individual and family well-being.

- **14.1** Analyze factors that influence nutrition and wellness practices across the life span.
- **14.1.1** Explain physical, emotional, social, psychological, cultural, and spiritual components of individual and family wellness.

**Unit 7: Grooming and Apparel** *(23 strategies)*

**(NS 1)** Integrate multiple life roles and responsibilities in family, work, and community settings.

- **1.2** Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.
- **1.2.2** Demonstrate job seeking and job keeping skills.

**Unit 8: Communication, Leadership, and Teamwork** *(25 strategies)*

**(NS 1)** Integrate multiple life roles and responsibilities in family, work, and community settings.

- **1.2** Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.

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- **1.2.4** Demonstrate teamwork skills in school, community and workplace settings and with diverse populations.
- **1.2.6** Demonstrate leadership skills and abilities in school, workplace and community settings.

**Unit 9: Ethics and Professionalism** (*4 strategies*)

**(NS 1)** Integrate multiple life roles and responsibilities in family, work, and community settings.

- **1.2** Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.
- **1.2.8** Demonstrate employability skills, work ethics, and professionalism.

**Unit 10: Researching Jobs** (*28 strategies*)

**(NS 1)** Integrate multiple life roles and responsibilities in family, work, and community settings.

- **1.2** Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.
- **1.2.1** Analyze potential career choices to determine the knowledge, skills, attitudes, and opportunities associated with each career.
- **1.2.2** Demonstrate job seeking and job keeping skills.

## Topic 2: Consumer Services

**Unit 1: Budgeting Basics** (*26 strategies*)

**(NS 3)** Integrate knowledge, skills, and practices needed for a career in consumer services.

- **3.3** Analyze factors in guiding development of long-term financial management plans.
- **3.3.2** Demonstrate components of a financial planning process that reflect the distinction between needs, wants, values, goals, and economic resources for a variety of diverse populations.

**Unit 2: Technology and Consumers** (*8 strategies*)

**(NS 1)** Integrate multiple life roles and responsibilities in family, work, and community settings.

- **1.1** Analyze strategies to manage multiple roles and responsibilities (individual, family, career, community, and global).
- **1.1.2** Analyze the effects of social, economic, and technological changes on work and family dynamics.

**Unit 3: Shopping Decisions** (*13 strategies*)

**(NS 2)** Evaluate management practices related to the human, economic, and environmental resources in a global context.

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- **2.1** Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.
- **2.1.2** Analyze how individuals and families make choices to satisfy needs and wants.
- **2.1.8** Apply consumer skills to acquire and maintain transportation that meets the needs of individuals and family members.
- **2.2** Analyze the relationship between the global environment and family and consumer resources.
- **2.2.3** Demonstrate behaviors that conserve, reuse, and recycle resources to maintain the environment.

**Unit 4: Consumer Rights and Responsibilities** (*8 strategies*)

**(NS 2)** Evaluate management practices related to the human, economic, and environmental resources in a global context.

- **2.3** Analyze policies that support consumer rights and responsibilities.
- **2.3.3** Apply skills to seek information regarding consumer rights.

## Topic 3: Counseling and Mental Health

**Unit 1: Types of Crises** (*7 strategies*)

**(NS 6)** Evaluate the significance of family and its effects on the well-being of individuals and society.

- **6.1** Analyze the effects of family as a system on individuals and society.
- **6.1.6** Analyze the effects of change and transitions over the life course.

**(NS 7)** Synthesize knowledge, skills, and practices required for careers in family & human services.

- **7.4** Analyze the impact of conditions that could influence the well-being of individuals and families.
- **7.4.1** Investigate health, wellness, and safety issues of individual and families with a variety of conditions that could influence their well-being.

**Unit 2: Multiple Role Management** (*15 strategies*)

**(NS 1)** Integrate multiple life roles and responsibilities in family, work, and community settings.

- **1.1** Analyze strategies to manage multiple roles and responsibilities (individual, family, career, community, and global).
- **1.1.2** Analyze the effects of social, economic, and technological changes on work and family dynamics.

**(NS 7)** Synthesize knowledge, skills, and practices required for careers in family & human services.

- **7.2** Analyze factors in providing family and human services.
- **7.2.1** Describe local, state, and national agencies and informal support resources providing human services.

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- **7.4** Analyze the impact of conditions that could influence the well-being of individuals and families.
- **7.4.5** Analyze situations which require crisis intervention.
- **7.5** Evaluate services for individuals and families with a variety of conditions that could impact their well-being.
- **7.5.3** Illustrate coping or adjustment strategies and stress management practices for the participant, a caregiver, and family members.

**Unit 3: Domestic Violence** (*11 strategies*)

**(NS 13)** Demonstrate respectful and caring relationships in the family, workplace and community.

- **13.1** Analyze functions and expectations of various types of relationships.
- **13.1.4** Analyze factors that contribute to healthy and unhealthy relationships.
- **13.1.5** Analyze processes for handling unhealthy relationships.
- **13.4** Evaluate effective conflict prevention and management techniques.
- **13.4.6** Assess community resources that support conflict prevention and management.

## Topic 4: Early Childhood Development

**Unit 1: Basic Needs** (*5 strategies*)

**(NS 12)** Analyze factors that influence human growth and development.

- **12.1** Analyze principles of human growth and development across the life span.
- **12.1.1** Analyze physical, emotional, social, moral, and cognitive development.

**(NS 4)** Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

- **4.2** Analyze developmentally appropriate and culturally responsive practices to plan for early childhood, education, and services.
- **4.2.4** Address specific developmental needs of children, youth and adults based on assessment of their abilities.

**Unit 2: Responsible Caregiving** (*14 strategies*)

**(NS 15)** Evaluate the effects of parenting roles and responsibilities on strengthening the well-being of individuals, families, and society.

- **15.1** Analyze roles and responsibilities of parenting.
- **15.1.2** Analyze expectations and responsibilities of parenting.

**Unit 3: Developmentally Appropriate Guidance Techniques** (*7 strategies*)

**(NS 4)** Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

- **4.5** Demonstrate skills for building and maintaining positive collaborative relationships with children, youth and adults in their family and community

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environments, considering gender, ethnicity, geographical, cultural, and global influences.

- **4.5.1** Apply developmentally appropriate and culturally responsive guidelines for behavior.

**Unit 4: Child Abuse** (*5 strategies*)

**(NS 15)** Evaluate the effects of parenting roles and responsibilities on strengthening the well-being of individuals, families, and society.

- **15.2** Evaluate parenting practices that maximize human growth and development.
- **15.2.4** Analyze the effects of abuse and neglect on children and families and determine methods for prevention.

**(NS 4)** Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

- **4.4** Demonstrate a safe and healthy learning environment for children, youth and adults.
- **4.4.5** Document symptoms of abuse and neglect and use appropriate procedures to report suspected abuse or neglect to the designated authorities.

## Topic 5: Family and Community Services

**Unit 1: Family Function** (*10 strategies*)

**(NS 6)** Evaluate the significance of family and its effects on the well-being of individuals and society.

- **6.1** Analyze the effects of family as a system on individuals and society.
- **6.1.1** Analyze family as the basic unit of society.
- **6.1.2** Analyze the role of family in transmitting societal expectations.

**Unit 2: Community Involvement** (*6 strategies*)

- **(NS 1)** Integrate multiple life roles and responsibilities in family, work, and community settings.
- **1.3** Evaluate the reciprocal effects of individual and family participation in community and civic activities.
- **1.3.1** Analyze goals that support individuals and family members in carrying out community and civic responsibilities.

**Unit 3: Nutrition Over the Lifespan** (*13 strategies*)

**(NS 14)** Demonstrate nutrition and wellness practices that enhance individual and family well-being.

- **14.1** Analyze factors that influence nutrition and wellness practices across the life span.
- **14.1.2** Investigate the effects of psychological, cultural, and social influences on food choices and other nutrition practices.

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- **14.2** Examine the nutritional needs of individuals and families in relation to health and wellness across the life span.
- **14.2.4** Analyze sources of food and nutrition information, including food labels, related to health and wellness.
- **14.3** Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.
- **14.3.1** Apply current dietary guidelines in planning to meet nutrition and wellness needs.

**Unit 4: Food Prep and Service** (*20 strategies*)

**(NS 9)** Integrate knowledge, skills, practices required for careers in food science, food technology, dietetics, and nutrition.

- **9.2** Apply risk management procedures to food safety, food testing, and sanitation.
- **9.2.1** Analyze factors that contribute to food borne illness.
- **9.2.5** Demonstrate practices and procedures that assure personal and workplace health and hygiene.
- **9.3** Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.
- **9.3.5** Analyze recipe/formula proportions and modifications for food production.
- **9.5** Demonstrate use of science and technology advancements in food product development and marketing.
- **9.5.3** Prepare food for presentation and assessment.

## Topic 6: Fashion Design

**Unit 1: Apparel Decisions** (*17 strategies*)

**(NS 2)** Evaluate management practices related to the human, economic, and environmental resources in a global context.

- **2.1** Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.
- **2.1.4** Apply consumer skills to providing and maintaining clothing.

**Unit 2: Apparel Repair and Alteration** (*7 strategies*)

**(NS 16)** Integrate knowledge, skills, and practices required for careers in textiles and apparels.

- **16.4** Demonstrate skills needed to produce, alter, or repair textiles, fashion, and apparel.
- **16.4.1** Demonstrate professional skills in using traditional and technologically innovative equipment, tools, and supplies in textiles, fashion, and apparel construction, alteration, repair, and recycling.

## Topic 7: Interior Design

### Unit 1: Elements and Principles of Design (3 strategies)

(NS 11) Integrate knowledge, skills, and practices required for careers in housing and interior design.

- **11.2** Evaluate housing and design concepts and theories, including sustainability and universal design, in relation to available resources and options.
- **11.2.1** Evaluate the use of elements and principles of design in housing and commercial and residential interiors.

### Unit 2: Factors Influencing Interior Design Decisions (4 strategies)

(NS 11) Integrate knowledge, skills, and practices required for careers in housing and interior design.

- **11.6** Evaluate client's needs, goals, and resources in creating design plans for housing and residential and commercial interiors.
- **11.6.2** Assess client's community, family, and financial resources needed to achieve housing and interior design goals.

### Unit 3: Safety and Maintenance (5 strategies)

(NS 11) Integrate knowledge, skills, and practices required for careers in housing and interior design.

- **11.6** Evaluate client's needs, goals, and resources in creating design plans for housing and residential and commercial interiors.
- **11.6.2** Assess client's community, family, and financial resources needed to achieve housing and interior design goals.

## Topic 8: Personal Care Services

### Unit 1: Licensing and Regulation (4 strategies)

(NS 3) Integrate knowledge, skills, and practices needed for a career in consumer services.

- **3.1** Analyze career paths within consumer service industries.
- **3.1.3** Summarize education and training requirements and opportunities for career paths in consumer services.

### Unit 2: Business Skills and Practices (7 strategies)

(NS 1) Integrate multiple life roles and responsibilities in family, work, and community settings.

- **1.2** Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.
- **1.2.1** Analyze potential career choices to determine the knowledge, skills, attitudes, and opportunities associated with each career.



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**(NS 7)** Synthesize knowledge, skills, and practices required for careers in family & human services.

- **7.1** Analyze career paths within family and human services.
- **7.1.2** Investigate opportunities for employment and entrepreneurial endeavors.
- **7.1.3** Summarize education and training requirements and opportunities for career paths in family and human services.

**Unit 3: Media and Advertising** (*4 strategies*)

**(NS 3)** Integrate knowledge, skills, and practices needed for a career in consumer services.

- **3.5** Demonstrate skills needed for product development, testing, and presentation.
- **3.5.8** Utilize appropriate marketing and sales techniques to aid consumers in the selection of goods and services that meet consumer needs.

**Unit 4: Technology and Trends** (*4 strategies*)

**(NS 1)** Integrate multiple life roles and responsibilities in family, work, and community settings.

- **1.1** Analyze strategies to manage multiple roles and responsibilities (individual, family, career, community, and global).
- **1.1.2** Analyze the effects of social, economic, and technological changes on work and family dynamics.
- **1.2** Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.
- **1.2.5** Analyze future-ready strategies to shape, manage, and utilize change, including changing technologies, in workplace settings.
- **(NS 7)** Synthesize knowledge, skills, and practices required for careers in family & human services.
- **7.3** Demonstrate professional behaviors, skills, and knowledge in providing family and human services.
- **7.3.5** Demonstrate use of current and evolving technology in human services.