

On Your Own

The goal of this class is to promote self-sufficiency in everyday life. Topics include nutrition, organizational skills, time management, operating on a budget, and current social issues. This course is offered to students in grades eleven and twelve.

Explanation of Abbreviations:

State Content Standard Abbreviations

Benchmark Notations = A, B, C, etc.
Descriptors = 1, 2, 3, etc.

National Standard Abbreviations

5.2.3
5 = Area of Study
2 = Content Standards
3 = Competencies

Reference Materials:

Ohio Department of Education Family and Consumer Sciences Content Standards.
National Standards for Family and Consumer Sciences Education.

Promote Healthy Food Patterns

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| C 1 | 1. Recognize choices that promote healthy food consumption. |
| C 2 | 2. Identify food categories or combinations that meet healthy dietary guidelines and contribute to healthy eating patterns. |
| C 3 | 3. Demonstrate knowledge of basic food preparation. |
| D 1 | 4. Evaluate restaurant menu items for nutrient content. |
| D 2 | 5. Choose restaurant menu items to create a healthy balanced meal. |
| D 3 | 6. Create restaurant menus that apply guidelines (e.g., using seasonal or organic foods). |

Healthy Food Preparation

- 8.2.1 1. Identify characteristics of major food borne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention.
- 8.2.6 2. Demonstrate proper purchasing, receiving, storage, and handling of both raw and prepared foods.
- 8.5.4 3. Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods.
- 8.5.13 4. Examine the applicability of convenience food items.
- 8.5.14 5. Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.

Ensure a Healthy Lifestyle

- G 1 1. Identify the health benefits of physical activity and sleep
- G 2 2. Describe physical activities suitable for adolescents.
- G 3 3. Describe sleep patterns suitable for adolescents.
- B 3 4. Predict situations and behaviors that can result in poor health outcomes (e.g., tobacco use, substance abuse, environmental factors, sexual behavior).
- 5. Research STI prevention and treatment.
- 6. Analyze effects of personal behavior and life long ramifications.

Building Relationships

- A 5 1. Recognize how technological advances impact individual and group relationships through:
 - a. Safe use of technology (e.g., on cell phones, e-mail, Web pages, chat rooms);
 - b. Risky Internet behaviors.
- A 6 2. Apply effective communication skills to build healthy relationships pertaining to:
 - a. Trust and self-disclosure;
 - b. Message sending and receiving;
 - c. Verbal and non-verbal communications;
 - d. Technology in relationships;
 - e. Communication across cultures.
- 3. Recognize the characteristics of healthy and unhealthy relationships (including romantic relationships), and identify resources for

addressing unhealthy relationships.

Personal Finance

- A 1 1. Identify expenses and sources of income.
- A 2 2. Illustrate spending and savings plans for fixed, flexible, and periodic expenses.
- A 3 3. Examine attitudes and behaviors that lead to financial satisfaction.
- A 4 4. Outline preventive measures to secure good credit scores.
- A 5 5. Interpret wages, taxes and deductions on earning statements.

Financial Services

- B 1 1. Establish criteria to evaluate various financial services including:
 - a. Types of savings and investing accounts;
 - b. Types of checking, credit and debit accounts;
 - c. On-line and electronic banking practices;
 - d. Fraud or identity protection;
 - e. Retirement investments.
- B 2 2. Evaluate alternatives for financing postsecondary education (e.g., student loans, home equity loans, vouchers, grants, scholarships, employee tuition reimbursement programs).
- B 3 3. Evaluate finance company practices (e.g., franchises charging high interest, rent-to-own, payday lenders).
- B 4 4. Compare investment opportunities for financial health (e.g., stockbrokers, financial advisors, online investments, mutual funds).

Issues in the Workplace

- C 1 1. Identify social, economic, technical, and global trends impacting the workplace.
- C 2 2. Identify implications of life and work changes (e.g., multiple careers in a lifetime, work-from home technologies, emerging, careers, secure technology systems).

The Savvy Consumer

- B 1 1. Explore products related to selected criteria (e.g., price, features, quality, convenience, warranty).

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- B 2 2. Compare purchasing at various locations (e.g., Internet, specialty stores, department stores, mega stores).
- B 3 3. Identify how product information on food and clothing labels assists consumers' decisions to meet valued ends.

Managing Stress

- C 1 1. Interpret factors that contribute to stress.
- C 2 2. Differentiate between internal and external stressors.
- C 3 3. Illustrate steps to reduce stress including:
 - a. Compare healthy and unhealthy ways to deal with stress;
 - b. Compare strategies for coping with change.
- C 4 4. Consider plans for coping with stress (e.g., support services, professionals, family, community, school personnel).

Expand Multi-cultural Awareness

- G 1 1. Describe the effects of stereotypes, prejudices, discrimination, bias, hate, racism and sexism.
- G 2 2. Interpret educational and workplace miscommunication based on differences in:
 - a. Verbal and nonverbal gestures and behaviors;
 - b. Language;
 - c. Clothing;
 - d. Religious practice;
 - e. Gender;
 - f. Values;
 - g. Beliefs.

Academics

- A 1 1. Describe the use of multiple intelligences as a way to direct and manage learning about transitions.
- A 2 2. Identify study skills that best facilitate achievement.
- A 3 3. Apply test-taking procedures and skills needed for academic success related to transitions.
- A 4 4. Manage personal schedule and calendar systems that support academic achievement related to transitions.

Housing Issues

Course of Study
Initiated 2011 - 2012

On Your Own

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1. Establish criteria for apartment/housing comparisons.
2. Introduce the process of calculating income and expenses.
3. Explain the importance of credit reports, how to obtain reports, ways to improve one's credit report and how landlords use them.
4. Describe the application process and fair housing regulations.
5. Introduce basic tips on maintenance and repairs.
6. Identify the types of insurance and responsible parties for insurance on a dwelling and its contents.