

What I Wish I Knew at 18 Leadership and LifeSkills Course & NASAFACS National Standards for Family & Consumer Sciences

 $Empowering\ the\ Next\ Generation ``$

Alignment of Lessons with National Standards

CHAPTER	POINTER	COMPREHENSIVE	CONTENT	COMPETENCIES
		STANDARD	STANDARD	
1 LIFE PURPOSE	1 Discover Your Purpose and Inspiration	1: Integrate multiple life roles and responsibilities in family, work, and community settings.	1.2: Demonstrate transferable and employability skills in school, community and workplace settings.	1.2.1: Analyze potential career choices to determine the knowledge, skills, and attitudes associated with each career.
1 LIFE PURPOSE	2 Live Life without Regrets	1: Integrate multiple life roles and responsibilities in family, work, and community settings.	1.1: Analyze strategies to manage multiple roles/responsibilities (individual, family, career, community, and global).	1.1.5: Define goals for life-long learning and leisure opportunities for all family members.
2 CHARACTER	3 Stand up for Your Beliefs and Values with Conviction	13: Demonstrate respectful and caring relationships in the family, workplace, and community.	13.5: Demonstrate teamwork and leadership skills in the family, workplace, and community. 13.6: Demonstrate standards that guide behavior in interpersonal relationships.	13.5.1: Create an environment that encourages and respects the ideas, perspectives, and contributions of all group members. 13.5.7: Demonstrate processes for cooperating, compromising, and collaborating. 13.6.5: Compare the relative merits of opposing points of view regarding current ethical issues.
2 CHARACTER	5 Solicit and Embrace Constructive Feedback	13: Demonstrate respectful and caring relationships in the family, workplace, and community.	13.3:Demonstrate communication skills that contribute to positive relationships.	13.3.2: Demonstrate verbal and nonverbal behaviors/attitudes that contribute to effective communication.

3 RELATION- SHIPS AND COMMUNI- CATION	2 Get Connected with Others Who Share Your Interests and Values/ Steer Clear of Destructive People	13: Demonstrate respectful and caring relationships in the family, workplace, and community.	13.6: Demonstrate standards that guide behavior in interpersonal relationships.	13.3.3: Demonstrate effective listening and feedback techniques. 13.6.1: Apply critical thinking and ethical criteria to evaluate interpersonal relationships. 13.6.2: Apply guidelines for assessing the nature of issues and situations. 13.6.3: Apply critical thinking and ethical standards when making judgments 13.6.4: Demonstrate ethical behavior in family, workplace,
3 RELATION- SHIPS AND COMMUNI- CATION	3 Recognize First impressions are Huge/ Be Inquisitive when Meeting Others/ Notice How Others React to You	10: Synthesize knowledge, skills and practices required for careers in hospitality, tourism, and recreation.	10.3: Apply concepts of quality service to assure customer satisfaction.	and community settings. 13.6.5: Compare relative merits of opposing points of view regarding current ethical issues 10.3.2: Analyze the relationship between employee attitude, appearance, and actions and guest or customer satisfaction.

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3	4	13: 13:	13.3: Demonstrate	13.3.1: Analyze
RELATION-	How You Say	Demonstrate	communication skills	communication
SHIPS AND	It Can Matter	respectful and	that contribute to	styles and their
COMMUNI-	More that	caring relationships	positive	effects on
CATION	What You	in the family,	relationships.	relationships.
	Say/ Talk It	workplace, and		
	Out, Don't	community.		13.3.2:
	Write It Out			Demonstrate verbal
				and nonverbal
				behaviors and
				attitudes that
				contribute to
				effective
				communication.
				13.3.3:
				Demonstrate
				effective listening
				and feedback
				techniques.
				1
				13.3.4: Analyze
				strategies to
				overcome
				communication
				barriers in family,
				community and
				work settings.
				work settings.
				13.3.5: Apply
				ethical principles of
				communication in
				family, community
				and work settings.
				and work settings.
				13.3.6: Analyze the
				effects of
				communication
				technology in
				family, work, and
				community
				settings.
				13.3.7: Analyze the
				roles and functions
				of communication
				in family, work, and
				community
				settings.
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4 MISCELLA- NEOUS LIFE SKILLS	1 Set and Periodically Assess Your Goals	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: Define goals for life-long learning and leisure opportunities for all family members. 1.1.6: Develop a life plan, including pathways to acquiring the knowledge and skills needed to achieve individual, family, and career goals.
4 MICSELLA- NEOUS LIFE SKILLS	4 Don't Let Technology Control Your Life 6 Be a Discerning Skeptic of All You Read and Hear	2: Evaluate management practices related to the human, economic, and environmental resources.	2.4: Evaluate the effects of technology on individual and family resources.	2.4.1: Summarize types of technology that affect family and consumer decision-making. 2.4.2: Analyze how media and technological advances affect family and consumer decisions. 2.4.3: Assess the use of technology and its effect on quality of life.
5 COLLEGE ACADEMICS	1 Excellence is about Planning, Preparing, and Performing	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).	1.1.3: Analyze ways that individual career goals can affect the family's capacity to meet goals for all family members. 1.1.4: Analyze potential effects of career path decisions on balancing work and family.

opportunities for all family members 1.1.6: Develop a life plan, including pathways to acquiring the knowledge and skills needed to achieve individual, family, and career goals. 6 CAREER Choose Your SELECTION Major/ AND Career after Career after in family, work, and career in family, work, and career choices to determine the			T		1
MENT Comprehensive Assessment CAREER GCAREER SELECTION AND ADVANCE- MENT Build a SELECTION ADVANCE- MENT Competitive Assessment 1: Integrate multiple life roles and responsibilities in family, work, and community settings. Community settings. Competitive ADVANCE- MENT Community settings. Community settings. Community and workplace settings. Community and workplace settings. Community and workplace settings Community and workplace settings. Community and workplace settings. Community and workplace settings. Community and workplace settings.	CAREER SELECTION AND ADVANCE- MENT 6 CAREER SELECTION AND ADVANCE-	Choose Your Major/ Career after Conducting a Comprehensive Assessment 2 Build a Winning Competitive Edge 3 Demonstrate the Qualities Employers Value 4 Learn to Persuasively Market Yourself 5 Learn the Secret to a	multiple life roles and responsibilities in family, work, and community settings. 1: Integrate multiple life roles and responsibilities in family, work, and	transferable and employability skills in school, community and workplace settings. 1.2: Demonstrate transferable and employability skills in school, community and workplace	for life-long learning and leisure opportunities for all family members. 1.1.6: Develop a life plan, including pathways to acquiring the knowledge and skills needed to achieve individual, family, and career goals. 1.2.1: Analyze potential career choices to determine the knowledge, skills, and attitudes associated with each career. 1.2.2: Demonstrate job seeking and job keeping skills. 1.2.3: Apply communication skills in school, community and workplace settings. 1.2.4: Demonstrate teamwork skills in school, community and workplace settings. 1.2.5: Analyze strategies to manage the effects of changing

	6 Diversify Your Contributions to Build Your Value and Win Promotions			1.2.6: Demonstrate leadership skills and abilities in school, workplace and community settings. 1.2.7: Analyze factors that contribute to maintaining safe and healthy school, work and community environments. 1.2.8: Demonstrate work ethics and professionalism.
7 LOVE AND	2 Love Takes	13: Demonstrate respectful and	13.2: Analyze personal needs and	13.2.4: Analyze the effects of life span
MARRIAGE	Time – and Timing 4 Choose Your Spouse as a Forever Decision	caring relationships in the family, workplace and community.	characteristics and their effects on interpersonal relationships. 13.3: Demonstrate communication skills that contribute to positive relationships.	events and conditions on relationships. 13.3.1: Analyze communication styles and their effects on relationships.
7 LOVE AND MARRIAGE	5 Evaluate Compatibility before Committing	13: Demonstrate respectful and caring relationships in the family, workplace and community.	13.3: Demonstrate communication skills that contribute to positive relationships.	13.3.2: Demonstrate verbal and nonverbal behaviors and attitudes that contribute to effective communication. 13.3.3: Demonstrate effective listening and feedback techniques.

				13.3.4: Analyze strategies to overcome communication barriers in family, community and work settings.
8 MANAGING YOUR FINANCES	1 Strive to become a Wise Steward, Disciplined Saver, Prudent Consumer, Cautious Debtor, and Cheerful Giver	2: Evaluate management practices related to the human, economic, and environmental resources.	2.1:Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital. 2.5: Analyze relationships between the economic system and consumer actions.	2.1.2: Analyze how individuals and families make choices to satisfy needs and wants. 2.5.1: Analyze the use of resources in making choices that satisfy needs and wants of individuals and families. 2.5.2: Analyze individual and family roles in the economic system. 2.5.3: Analyze economic effects of laws /regulations that pertain to consumers and providers of services. 2.5.4: Analyze practices that allow families to maintain economic self-sufficiency.
8 MANAGING YOUR FINANCES	Live within Your Means and Generate Positive Cash Flow	2: Evaluate management practices related to the human, economic, and environmental resources.	2.1:Demonstrate management of individual and family resources e.g., food, clothing, shelter, health care, recreation, transportation, time, and human capital. 2.5: Analyze relationships between the economic system and	2.1.2: Analyze how individuals and families make choices to satisfy needs and wants. 2.5.1: Analyze the use of resources in making choices that satisfy needs and wants of individuals and families.

	consumer actions.	
		2.5.2: Analyze individual and family roles in the economic system.
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