



Department of Teaching & Learning
Parent/Student Course Information

Independent Living
(HE 8250)
One Credit, One Year
Grades 9 – 12

Counselors are available to assist parents and students with course selections and career planning. Parents may arrange to meet with the counselor by calling the school's guidance department.

COURSE DESCRIPTION

This comprehensive course is designed to help students meet the challenges of their daily lives with confidence. Students will learn basic information and practical skills related to such topics as interpersonal and family relationships, career preparation, financial management, life management, healthy living, foods and nutrition, clothing and housing.

CERTIFICATION

American Association of Family & Consumer Sciences: Broad Field Family and Consumer Sciences Competency Assessment (for those students who have taken at least one other year-long FACS course)

STUDENT ORGANIZATION

Family, Career and Community Leaders of America (FCCLA)

FCCLA is a national career and technical student organization that promotes personal growth and leadership through Family and Consumer Sciences education. As part of the FACS curriculum, the FCCLA framework helps students develop character, think creatively and critically and prepare for careers through practical knowledge and specific skills.

PREREQUISITE

None

OPTIONS FOR NEXT COURSE

Introduction to Culinary Arts

Introduction to Interior Design I

Parenting and Child Development

REQUIRED STUDENT TEXTBOOK

Succeeding in Life and Career, 2017

COMPETENCIES FOR INDEPENDENT LIVING

Demonstrating Workplace Readiness Skills: Personal Qualities and People Skills

- 1 Demonstrate positive work ethic.
- 2 Demonstrate integrity.
- 3 Demonstrate teamwork skills.
- 4 Demonstrate self-representation skills.
- 5 Demonstrate diversity awareness.
- 6 Demonstrate conflict-resolution skills.
- 7 Demonstrate creativity and resourcefulness.

Demonstrating Workplace Readiness Skills: Professional Knowledge and Skills

- 8 Demonstrate effective speaking and listening skills.
- 9 Demonstrate effective reading and writing skills.
- 10 Demonstrate critical-thinking and problem-solving skills.
- 11 Demonstrate healthy behaviors and safety skills.
- 12 Demonstrate an understanding of workplace organizations, systems and climates.
- 13 Demonstrate lifelong-learning skills.
- 14 Demonstrate job-acquisition and advancement skills.
- 15 Demonstrate time-, task- and resource-management skills.
- 16 Demonstrate job-specific mathematics skills.
- 17 Demonstrate customer-service skills.

Demonstrating Workplace Readiness Skills: Technology Knowledge and Skills

- 18 Demonstrate proficiency with technologies common to a specific occupation.
- 19 Demonstrate information technology skills.
- 20 Demonstrate an understanding of Internet use and security issues.
- 21 Demonstrate telecommunications skills.

Examining All Aspects of an Industry

- 22 Examine aspects of planning within an industry/organization.
- 23 Examine aspects of management within an industry/organization.
- 24 Examine aspects of financial responsibility within an industry/organization.
- 25 Examine technical and production skills required of workers within an industry/organization.
- 26 Examine principles of technology that underlie an industry/organization.
- 27 Examine labor issues related to an industry/organization.
- 28 Examine community issues related to an industry/organization.
- 29 Examine health, safety and environmental issues related to an industry/organization.

Addressing Elements of Student Life

- 30 Identify the purposes and goals of the student organization.
- 31 Explain the benefits and responsibilities of membership in the student organization as a student and in professional/civic organizations as an adult.
- 32 Demonstrate leadership skills through participation in student organization activities, such as meetings, programs and projects.
- 33 Identify Internet safety issues and procedures for complying with acceptable use standards.

Balancing Work and Family

- 34 Identify the meaning of work and the meaning of family.
- 35 Describe how families affect work life and how work life affects families.
- 36 Identify strategies for balancing work and family roles.
- 37 Describe the relationship of family goals and principles to work goals and principles.
- 38 Explain ways in which social, economic and technological changes and trends affect work and family dynamics.
- 39 Develop strategies for sharing responsibilities to manage family and work.
- 40 Apply problem-solving processes to individual and family problems.

Creating and Maintaining Healthy Relationships

- 41 Describe caring, respectful, and responsible relationships.
- 42 Explain the benefits of establishing and maintaining healthy relationships.
- 43 Identify interpersonal skills for successfully relating to others.
- 44 Demonstrate communication skills that contribute to positive relationships.
- 45 Identify the standards that guide behavior in interpersonal relationships.
- 46 Identify conflict-resolution methods.
- 47 Evaluate conflict-prevention and management techniques.

Managing Resources to Achieve Goals

- 48 Distinguish between wants and needs.
- 49 Establish short- and long-term personal goals.
- 50 Use the planning process to establish and achieve individual and group goals.

Investigating Career Development Opportunities

- 51 Research career options.
- 52 Compare career paths.
- 53 Research educational opportunities related to career choice.
- 54 Set short- and long-term career goals related to career choice.

Making Responsible Consumer Choices

- 55 Evaluate sources of consumer information.
- 56 Identify strategies for a planned buying process.
- 57 Describe consumer rights and responsibilities.
- 58 Evaluate factors affecting consumer decisions in a global economy.

Managing Personal and Family Finance

- 59 Describe the impact of the fundamental principles of economics on personal finances.
- 60 Identify local, state, and federal taxes.
- 61 Develop a budget or spending plan for personal money management (e.g., earning, spending, saving and investing).
- 62 Evaluate personal banking services.
- 63 Identify procedures for opening and managing an account in a financial institution.
- 64 Identify savings and investment options.
- 65 Identify strategies for managing risk.
- 66 Describe the borrowing process.
- 67 Evaluate credit cards.

- 68 Identify the influence of a credit report.
- 69 List legal documents related to home, personal, and family management.
- 70 Describe the effects of identity theft.
- 71 List strategies for preventing identity theft.
- 72 Identify practices for debt management.

Creating and Maintaining a Living Environment

- 73 Examine rights and responsibilities of homeowners, landlords and tenants.
- 74 Compare housing options.
- 75 Explain the home-seeking process.
- 76 Outline necessary home-maintenance tasks with regard to resources and abilities.
- 77 Design a living environment to meet personal, family and financial needs.

Obtaining and Maintaining Clothing for Self and Family

- 78 Identify factors to consider when selecting clothing.
- 79 Describe the types of care needed when maintaining and storing clothing.
- 80 Demonstrate clothing maintenance.

Planning, Preparing and Serving Nutritious Foods

- 81 Identify the function and sources of nutrients in food.
- 82 Demonstrate food safety and sanitation procedures.
- 83 Demonstrate the ability to prepare nutritious meals.
- 84 Demonstrate the ability to serve nutritious meals.
- 85 Identify food-preservation methods.
- 86 Identify preparation techniques for preserving nutritional value in food.
- 87 Evaluate the nutritional information of various foods.
- 88 Identify grocery shopping strategies.
- 89 Describe strategies for healthy eating.

Child Development and Parenting

- 90 Identify principles of human growth and development.
- 91 Describe conditions that influence human growth and development.
- 92 List strategies for promoting growth and development.
- 93 Identify roles and responsibilities of parenting.
- 94 Identify parenting practices that maximize human growth and development.
- 95 List support systems that provide services for parents and families.

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For further information please call (757) 263-1070.

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To seek resolution of grievances resulting from alleged discrimination or to report violations of these policies, please contact the Title VI/Title IX Coordinator/Director of Student Leadership at (757) 263-2020, 1413 Laskin Road, Virginia Beach, Virginia, 23451 (for student complaints) or the Section 504/ADA Coordinator/Chief Human Resources Officer at (757) 263-1133, 2512 George Mason Drive, Municipal Center, Building 6, Virginia Beach, Virginia, 23456 (for employees or other citizens). Concerns about the application of Section 504 of the Rehabilitation Act should be addressed to the Section 504 Coordinator/ Executive Director of Student Support Services at (757) 263-1980, 2512 George Mason Drive, Virginia Beach, Virginia, 23456 or the Section 504 Coordinator at the student's school. For students who are eligible or suspected of being eligible for special education or related services under IDEA, please contact the Office of Programs for Exceptional Children at (757) 263-2400, Laskin Road Annex, 1413 Laskin Road, Virginia Beach, Virginia, 23451.

Alternative formats of this publication which may include taped, Braille, or large print materials are available upon request for individuals with disabilities. Call or write The Department of Teaching and Learning, Virginia Beach City Public Schools, 2512 George Mason Drive, P.O. Box 6038, Virginia Beach, VA 23456-0038. Telephone 263-1070 (voice); fax 263-1424; 263-1240 (TDD) or email at Kathleen.Vuono@vbschools.com.

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CHARTING THE COURSE

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