



Department of Teaching & Learning
Parent/Student Course Information

Teen Living 8
(HE 8210)
One Semester
Grade 8

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 nine-week course helps students discover and develop personal interests, abilities, and choices related to their future education, careers, and lives. The skills students learn include the following: improving communication and social skills; acquiring a basic knowledge of nutrition, safety and management in the food laboratory; using clothing management skills; and exploring career options.

CERTIFICATION

None

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

High school FACS courses, including

- Independent Living and
- Introduction to Culinary Arts

REQUIRED STUDENT TEXTBOOK

Today's Teen, 2004

COMPETENCIES FOR TEEN LIVING 8

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.
- 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.
- 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.

Addressing Elements of Student Life

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

Exploring Human Development

- 26 Identify influences on individual development.
- 27 Explain the major attributes of character development.
- 28 Explain Maslow's hierarchy of needs.
- 29 Set a personal goal.
- 30 Describe responsibilities for personal safety.
- 31 Manage transition in the school environment.
- 32 Perform a task by completing the steps in a sequence.

Understanding Positive Interpersonal Relationships

- 33 Identify positive communication techniques to express individual feelings, needs and ideas.
- 34 Identify ways of getting along with others.
- 35 Describe positive ways to resolve disagreements.
- 36 Identify the contributions of different cultures to society.

Examining the Individual's Role in the Family

- 37 Describe the student's roles and responsibilities within his or her family.

- 38 Explain ways an individual can strengthen the family unit.
- 39 Use a problem-solving/decision-making model to address individual issues within the family.

Developing Responsibility for Living Environments (Personal Environments)

- 40 Identify ways to maintain a clean environment.
- 41 Demonstrate ways an individual can conserve natural resources.
- 42 Apply sustainability practices to the personal living environment.

Understanding Nutrition and Wellness

- 43 Identify the nutrients and their functions.
- 44 Identify information found on food labels.
- 45 Describe common food allergies and dietary needs.
- 46 Demonstrate food safety and sanitation practices.
- 47 Prepare a simple, nutritious snack.
- 48 Demonstrate basic kitchen safety practices.
- 49 Practice dining etiquette.
- 50 Develop a plan for personal wellness.

Examining Consumer and Family Resources

- 51 Identify personal resources.
- 52 Identify strategies for earning and saving money.
- 53 Explain the relationship between level of education and income.
- 54 Demonstrate comparison shopping techniques useful in life-long decision making.
- 55 Explain the importance of consumer safety.

Exploring Textiles, Fashion, and Apparel Concepts

- 56 Describe how to care for your clothes.
- 57 Identify basic textile tools and their function.
- 58 Demonstrate simple clothing repair.
- 59 Construct a simple textile project.
- 60 Identify parts of the sewing machine and their functions.

Exploring Education and Early Childhood Concepts

- 61 Describe the responsibilities involved with the care of younger children.
- 62 Prepare a snack appropriate for young children.

Identifying Career Connections

- 63 Assess personal interests and skills as related to school and career choices.
- 64 Identify career clusters.

Developing Leadership Skills

- 65 Use the FCCLA planning process in course activities.
- 66 Complete a national FCCLA program project and/or competitive event.

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Virginia Beach City Public Schools
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Produced by the Department of Teaching and Learning.
For further information please call (757) 263-1070.

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