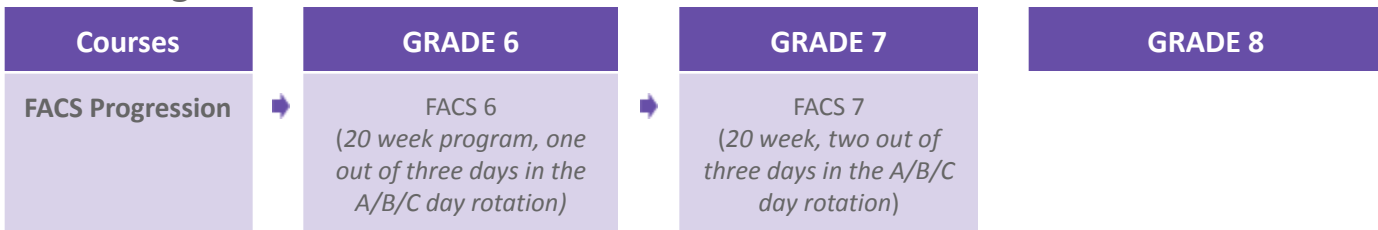




# Family and Consumer Sciences (FACS)

## FACS Progressions



## FACS Courses

Home and Career Skills is the middle school course of study in the Family and Consumer Sciences Department. The 20-week courses are designed to help adolescents live in a society of constant change. This course helps students improve their quality of life by preparing them to meet their present and future responsibilities as family members, consumers, home managers, and wage earners. Throughout the course all students are given the opportunity to practice communication skills, leadership skills, management skills, and thinking skills in the context of real life situations, which are relevant to adolescents. In addition, Home and Career Skills provides multiple opportunities for students to read, write, and compute in the context of real-life situations.

### FACS 6

*20 week program, meets one out of three days on the A/B/C day rotation.*

#### Course Description

The topics for Grade 6 include: caring for younger children because middle school students are often responsible for after-school self-care and/or care of younger siblings, and many begin to work as paid babysitters; introduction to nutrition and wellness because middle school students often prepare snacks for themselves and others; survival sewing because early adolescents are interested in their appearance and are capable of simple repair of their clothing; and community service because early adolescents need opportunities to realize they can make a difference in others' lives.

### FACS 7

*20 week program, meets two out of three days on the A/B/C day rotation.*

#### Course Description

Topics build on those introduced in sixth grade and include: characteristics of adolescents, understanding and managing emotions, conflict resolution, goal setting, time management, consumerism, nutrition and wellness, clothing management, and community service. Throughout the course, students are given the opportunity to practice communication skills, leadership skills, management skills, and thinking skills in the context of real life situations, which are relevant to adolescents. Examples of hands-on activities include: learning methods to build confidence in themselves and others through team-building activities; evaluating consumer products, completing a computerized diet analysis, and preparing nutritious foods; and using sewing skills to design and participate in a community service project.