

# Family and Consumer Sciences Exploratory I (8206)

## Demonstrating Personal Qualities and Abilities

**1 Demonstrate creativity and innovation. 1**

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**2 Demonstrate critical thinking and problem solving. 2**

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**3 Demonstrate initiative and self-direction. 3**

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**4 Demonstrate integrity. 4**

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**5 Demonstrate work ethic. 5**

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## Demonstrating Interpersonal Skills

**6 Demonstrate conflict-resolution skills. 6**

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**7 Demonstrate listening and speaking skills. 7**

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**8 Demonstrate respect for diversity. 8**

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**9 Demonstrate customer service skills. 9**

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**10 Collaborate with team members. 10**

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## Demonstrating Professional Competencies

**11 Demonstrate big-picture thinking. 11**

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**12 Demonstrate career- and life-management skills. 12**

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**13 Demonstrate continuous learning and adaptability. 13**

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**14 Manage time and resources. 14**

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**15 Demonstrate information-literacy skills. 15**

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**16 Demonstrate an understanding of information security. 16**

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**17 Maintain working knowledge of current information-technology (IT) systems. 17**

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**18 Demonstrate proficiency with technologies, tools, and machines common to a specific occupation. 18**

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**19 Apply mathematical skills to job-specific tasks. 19**

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**20 Demonstrate professionalism.** 20

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**21 Demonstrate reading and writing skills.** 21

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**22 Demonstrate workplace safety.** 22

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### Addressing Elements of Student Life

**23 Identify the purposes and goals of the student organization.** 23

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**24 Explain the benefits and responsibilities of membership in the student organization as a student and in professional/civic organizations as an adult.** 24

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**25 Demonstrate leadership skills through participation in student organization activities, such as meetings, programs, and projects.** 25

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**26 Identify Internet safety issues and procedures for complying with acceptable use standards.** 26

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### Exploring Work-Based Learning

**27 Identify the types of work-based learning (WBL) opportunities.** 27

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**28 Reflect on lessons learned during the WBL experience.** 28

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**29 Explore career opportunities related to the WBL experience.** 29

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**30 Participate in a WBL experience, when appropriate.** 30

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### Exploring Human Development

**31 Identify influences on individual development.** 31

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**32 Explain the major traits of character development.** 32

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**33 Explain Maslow's hierarchy of needs.** 33

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**34 Set a personal goal.** 34

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**35 Describe responsibilities for personal safety.** 35

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**36 Manage transition in the school environment.** 36

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**37 Perform a task by completing the steps in a sequence.** 37

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### Understanding Positive Interpersonal Relationships

**38 Demonstrate positive communication techniques to express individual feelings, needs, and ideas.** 38

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**39 Demonstrate ways of getting along with others.** 39

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**40 Demonstrate positive ways to resolve disagreements.** 40

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**41 Identify the contributions of different cultures to society.** 41

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**Examining the Individual's Role in the Family**

**42 Describe the student's roles and responsibilities within the family. 42**

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**43 Identify strategies to strengthen families. 43**

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**44 Use a problem-solving/decision-making model to address individual issues within the family. 44**

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**Developing Responsibility for Living Environments (Personal Environments)**

**45 Demonstrate ways to maintain a clean environment. 45**

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**46 Identify ways to conserve natural resources. 46**

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**47 Apply sustainability practices to the individual's personal living environment. 47**

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**Understanding Nutrition and Wellness**

**48 Identify nutrients, their functions, and food sources. 48**

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**49 Interpret information found on food labels. 49**

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**50 Describe common food allergies and dietary needs. 50**

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**51 Demonstrate food safety and sanitation practices. 51**

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**52 Demonstrate measuring techniques. 52**

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**53 Follow a standardized recipe to prepare a simple, nutritious snack. 53**

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**54 Demonstrate basic kitchen safety practices. 54**

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**55 Practice standard dining etiquette. 55**

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**56 Develop a plan for personal wellness. 56**

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**Examining Consumer and Family Resources**

**57 Identify personal resources. 57**

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**58 Identify strategies for earning and saving money. 58**

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**59 Explain the relationship between education/training and income. 59**

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**60 Demonstrate comparison shopping techniques useful in lifelong decision-making. 60**

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**61 Explain the importance of consumer safety. 61**

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**Exploring Textiles, Fashion, and Apparel Concepts**

**62 Describe how to care for your clothes. 62**

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**63 Identify basic textile tools and their functions. 63**

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**64 Demonstrate simple clothing repair. 64**

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**65 Construct a simple textile project. 65**

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**66 Identify parts of the sewing machine and their functions. 66**

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**Exploring Education and  
Early Childhood  
Concepts**

**67 Reflect on lessons learned during the WBL experience. 67**

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**68 Prepare a snack appropriate for young children. 68**

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**Identifying Career  
Connections**

**69 Assess personal interests and skills as related to career choices. 69**

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**70 Identify career clusters. 70**

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**Developing Leadership  
Skills**

**71 Use the FCCLA planning process in course activities. 71**

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**72 Complete a national FCCLA program project and/or competitive event. 72**

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