

Human Growth and Development III is a course in Family and Consumer Sciences that may be used to partially satisfy the Career Pathways requirement or as an elective course. The Independent Living Course in Human Growth and Development sequence is designed to bridge the gap between living at home and moving out on your own, either on a college campus or into your own apartment.

OBJECTIVES

Upon completing this class, the students will be able to:

- **Determine personal interest and aptitude for a career**
- **Describe Professional behaviors related to employability**
- **Develop, analyze, and revise a personal budget or spending plan that reflects financial goals, sources or income, and fixed, and flexible expenses.**
- **Identify how sources and uses of income . . . saving and used of credit may impact the family's management.**
- **Analyze the meaning of creditworthiness and identify ways to establish and maintain**
- **Examine a credit report and how creditors use the information to determine creditworthiness**
- **Analyze the benefits, costs and sources of consumer credit.**
- **Identify strategies for managing and reducing debt.**
- **Explore common financial services available for managing money . . .**
- **Write checks and maintain a check register and balance monthly checking account statements.**
- **Identify costs, benefits, and protection through various insurance programs.**
- **Analyze rights and responsibilities of the consumer.**
- **Identify and demonstrate the responsibilities of consumers: seek and use information, make wise decisions, follow instructions, use products safely, voice dissatisfaction.**
- **Identify community resources used to meet the needs of individuals and families across the life span. . . .**
- **Identify factors that influence individual and family decisions about shelter.**
- **Analyze Benefits and costs of various options for meeting ind. and fam. needs for the shelter.**
- **Develop personal skills and talents to maximize resources to meet individual and family needs and goals for shelter.**
- **Analyze benefits and costs of various options for meeting transportation needs.**
- **Develop personal skills and talents to maximize resources to meet transportation needs and goals.**
- **Select an appropriate option based on the resources to meet transportation needs.**
- **Use reliable resources to guide food choices: The Food Guide Pyramid, Dietary Guidelines**
- **Apply standard food and nutrition information to create a healthy diet plan**
- **Utilize established dietary guidelines in planning to meet nutritional and wellness needs**
- **Determine the information and resources needed to make responsible consumer decisions in the acquisition of food.**
- **Determine conditions and practices that promote safe food handling, prevent food-borne illness, and preserve food quality.**
- **List factors that influence people's satisfaction with food products and services.**
- **Identify factors that influence decisions about clothing.**
- **Use the principle of wardrobe planning to identify clothing needs.**
- **Analyze benefits and costs of various options for meeting clothing needs.**
- **Identify maintenance costs and skills needed to care for a personal wardrobe**
- **Develop personal skills and talents to maximize resources to meet needs and goals for clothing.**
- **Analyze benefits and costs of various options for meet health care needs.**

The following chapters and topics will be covered:

Unit: Unit the World of Work

Chapter 5-1 Career Planning:

Topics: Interests, Aptitudes, and Abilities; Resources for Career Planning.

Chapter 5-2 Finding a Job:

Topics: Sources for Job Openings, Job Applications, Resumes, and Interviewing.

Chapter 5-3 Succeeding on the Job:

Topics: Qualities for Job Success, Deductions from Employee's Paycheck, Gross and Net Income.

Unit: Learning to Manage

Chapter 10-1 The Management Process

Topics: The Management Process, Identify Resources, Recognize Limits.

Chapter 10-2 Managing Your Money

Topics: Personal Budget, Goals, Income, Expenses.

Chapter 10-3 Using Financial Services

Topics: Services of Financial Institutions, Check Writing and Endorsing, Balancing the Checkbook.

Chapter 10-4 Saving for the Future

Topics: Importance of Saving, Factors to Consider, Types of Savings.

Chapter 10-5 Meeting Insurance Needs

Topics: Different Types of Insurance Protection, Points to Follow for Filing a Claim.

Unit: Consumer Decisions

Chapter 11-1 Making Shopping Decisions

Topics: Evaluate Shopping Options, Factors Affecting Consumer Decisions, Comparison Shopping Guidelines.

Chapter 11-2 The Role of Advertising

Topics: The Influence of Advertising.

Chapter 11-3 Using Consumer Credit

Topics: The Pros and Cons of Credit, The Importance of a Credit Rating, Types of Credit.

Chapter 11-4 Consumers and the Law

Topics: Consumer Protection Laws, Consumer Rights and Responsibilities.

Unit: Choosing a Place to Live

Chapter 23-1 Meeting Your Housing Needs

Topics: Housings impact: Physical, Emotional and Social.

Chapter 23-3 Renting or Buying Housing

Topics: Renting or Buying, The Lease, Rights and Responsibilities.

Topics: Transportation (Text does not cover it)

Unit: Applying Design in Your Home

Chapter 24-1 The Elements and Principles of Design

Topics: The Goals of Design, Principals and Elements of Design.

Chapter 24-2 Furnishing Your Home

Topics: Lighting (24-3), Choosing Furniture and Accessories.

Unit: Healthy Eating

Chapter 14-2 Making Daily Food Choices

Topics: Dietary Guidelines, Food Guide Pyramid

Chapter 14-4 Balancing Calories and Energy Needs

Topics: Energy Needs, Healthy Weight Loss and Weight Gain.

Unit: Meal Management**Chapter 15-1 Planning Meals**

Topics: Using Food Guide Pyramid and Meal Patterns, A Food Budget.

Chapter 15-2 Shopping for Food

Topics: The Shopping List, Types of Food Stores, How to Recognize Food Quality.

Chapter 15-3 Buying Information

Topics: Unit Pricing for Food Product Comparison, Open Dating to Indicate Freshness, Food Product Labels, Sources of Consumer Information.

Chapter 16-2 Safety and Sanitation

Topics: Safety Practices in the Kitchen, Proper Food Sanitation.

Chapter 18-2 Making Dining Enjoyable

Topics: Hosting Responsibly, Table Manners, Healthy Food Choices from a Restaurant Menu, Restaurant Etiquette.

Unit: Choosing and Caring for Clothes**Chapter 19-1 Choosing Clothes That Look Good on You**

Topics: Color as a Design Element; The Role of Line, Texture, and Form; and The Elements and Principals of Design.

Chapter 19-2 Planning Your Wardrobe

Topics: Fashion Terms, Building a Wardrobe.

Chapter 19-3 Shopping for Clothes

Topics: Guidelines for Shopping, Evaluating for Quality, Utilizing Information on Labels and Hangtags.

Chapter 19-4 Caring for Clothes

Topics: Laundry Steps, Spot and Stain Removal, Proper Drying, Dry Cleaning

MATERIALS PROVIDED BY THE STUDENT

1. Notebook and notebook paper
2. Pencil or pen
3. A folder or 1 ½" three ring notebook.
4. Current event articles

MATERIALS PROVIDED BY THE TEACHER OR THE SCHOOL

Textbooks: ***Skills for Living*** by Cecilia Anita Decker

Teacher prepared materials, magazine and newspaper articles, videos, transparencies, and guest speakers will be included whenever it is possible and appropriate to do so.

EXTRA CREDIT

All extra credit is enrichment, and it is not available for the student who does not complete regular assignments. Extra credit will not replace a zero for assigned work that was not completed.

STUDENT EXPECTATIONS

The student is responsible for completing all tests, quizzes, homework assignments, projects, labs, reading assignments, and site visits by specified deadline dates. Work missed due to excused absences must be made up in compliance with the school policy and is the responsibility of the student. The student is expected to participate in class discussions, to complete all reading assignments and worksheets. **Also the student is to bring his or her textbook to class, as well as, writing supplies.**

The student is required to keep a course folder in chronological order. This will be added to the family section of the portfolio developed for the previous courses. The folder will be a collection of the following items and will be collected and graded periodically.

1. Homework and class assignments
2. Printed materials prepared by the teacher
3. Chapter notes from the textbook
4. Notes from other materials presented in class.

REMINDER

Each day of class starts with an **A in participation, a positive attitude insures you success in the class.**

PARENT or GUARDIAN EXPECTATIONS

The parent is encouraged to review the student's progress with the student and teacher. The parent is expected to encourage the student's completing of special projects and all homework assignments. My school e-mail is Jeanette.Johnston@redclay.k12.de.us , please contact me with any questions or concerns.

Sincerely,
Mrs. Johnston

Parent Signature: _____

Student Signature: _____

Date: _____