Arkansas CTE

Family Dynamics: Grades 9, 10, 11, 12

Adopted 2015

Apply strategies to improve self-awareness through the assessment of personal characteristics, personal appearance, and personal values and goals

1. **Analyze personal characteristics that communicate a positive impression** 1.1
    1. Identify personal characteristics that communicate a positive impression 1.1.1
    2. Evaluate personal characteristics and the impressions those convey to others 1.1.2
2. **Assess the importance of having a positive self-concept, examining ways to improve self-concept** 1.2
    1. Discuss ways personal appearance influences self-concept 1.2.1
    2. Evaluate the personal impact of positive and negative character traits 1.2.2
3. **Evaluate influences on one's values and goals, predicting the impact of each** 1.3
    1. Develop personal short- and long-term goals 1.3.1
    2. Differentiate between needs and wants, analyzing how personal values influence goals 1.3.2
    3. Predict how one's values and goals will change with time and circumstance 1.3.3

Exercise the rights and responsibilities of citizenship

1. **Examine rights and responsibilities of citizenship** 2.1
    1. Investigate individual rights and responsibilities as a citizen 2.1.1
    2. Assess the need for citizens to be concerned with ecology 2.1.2
    3. Analyzes ways taxes are used to fund public services 2.1.3
    4. Demonstrate accepted etiquette for symbols of organizations, community, or national designation, exploring the concept of patriotism 2.1.4
2. **Demonstrate ways to influence government** 2.2
    1. Research Arkansas voting requirements and procedures, including the requirement for selective service registration 2.2.1
    2. Investigate local and state public officials to determine their stand on issues of interest 2.2.2

De Skip to main content **Analyze communication styles and their influence on relationships** 3.1

and caring relationships

in the family, workplace, and community

1. Differentiate between verbal and non-verbal communication techniques 3.1.1
2. Demonstrate communication skills that contribute to positive relationships 3.1.2
3. Evaluate effective conflict resolution techniques 3.1.3

2. Analyze functions and expectations of various types of relationships 3.2

1. Investigate different types of relationships, noting the function of each 3.2.1
2. Evaluate the need for an engagement period prior to marriage, examining issues that should be addressed during the engagement 3.2.2
3. Assess the characteristics of a successful marital relationship 3.2.3

3. Assess the impact of a marital breakup or divorce on family members 3.3

1. Examine factors that constitute grounds to obtain a divorce, legal separation, and/or annulment 3.3.1
2. Investigate the responsibility of divorced couples to children and to each other 3.3.2

Make personal decisions that have a positive effect on health and well-being

1. Develop a plan for personal wellness 4.1

1. Assess the need for Dietary Guidelines for Americans 4.1.1
2. List factors that influence meal planning decisions 4.1.2
3. Determine the nutrient content of foods by analyzing nutrition facts panels 4.1.3
4. Develop guidelines for making healthy choices when dining out 4.1.4

2. Assess the effects of stress on overall health and well-being 4.2

1. Investigate the symptoms of stress 4.2.1
2. Evaluate the effectiveness of positive stress management techniques 4.2.2
3. Analyze consequences of negative behavior techniques for dealing with stress. Identify negative techniques for stress management 4.2.3

Demonstrate, through personal choices and actions, the positive impact of an informed consumer on society

1. Investigate multiple techniques for managing resources 5.1

1. Compare multiple sample budgets 5.1.1
2. Differentiate between fixed and flexible expenses 5.1.2
3. Assess the personal benefits of utilizing time management techniques 5.1.3

2. Investigate consumer banking services 5.2

1. Assess the need for a checking account, investigating the tools available for account management 5.2.1
2. Explore types of savings accounts offered at financial institutions 5.2.2
3. Investigate how computer technology has influenced the banking industry 5.2.3

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Assess the personal benefits of maintaining a good credit rating 5.3

1. Evaluate the role of credit reports and credit reporting agencies in maintaining a good credit rating 5.3.1
2. Compare the advantages and disadvantages of using credit for purchases 5.3.2
3. Research ways to establish and maintain a good credit rating 5.3.3

4. **Investigate housing options available to consumers** 5.4
    1. Evaluate the considerations of choosing housing to meet the needs of all family members 5.4.1
    2. Determine the amount of money a family can afford to spend on housing 5.4.2

5. **Evaluate the need for insurance** 5.5
    1. Differentiate between the common types of insurance used by consumers 5.5.1
    2. Evaluate the type of life insurance needed at each stage of the life cycle 5.5.2

Develop an educational plan which includes career goals

1. **Compare and contrast opportunities available in a variety of careers** 6.1
    1. Investigate the considerations of choosing a job or career 6.1.1
    2. Assess how individual career choices affect the family 6.1.2
    3. Investigate the reasons an individual may make job and/or career changes 6.1.3

2. **Develop a personal career plan** 6.2
    1. Evaluate personal goals, values, interests, skills and abilities to develop a personal career plan 6.2.1
    2. Research possible sources and opportunities for education and training related to career goals 6.2.2