Nebraska CTE

Introduction to Family and Consumer Sciences (090101)

Apply career-readiness skills and identify potential career opportunities. HSE.HS.27.1	**a** Summarize the history of Family and Consumer Sciences and the impact of the field on individuals, families, and communities to make connections to current career-ready skills. HSE.HS.27.1.A
	b Identify personal traits and compare them with potential career opportunities. HSE.HS.27.1.B
	c Investigate career opportunities, including but not limited to careers within Family and Consumer Sciences. HSE.HS.27.1.C
Apply leadership in family, workplace, and community. HSE.HS.27.2	**a** Investigate goal setting and resource management. HSE.HS.27.2.A
	b Explain leadership styles and the impact of each style on others. HSE.HS.27.2.B
	c Demonstrate strategies that utilize the strengths and minimize the limitations of team members. HSE.HS.27.2.C
	d Describe the decision-making process. HSE.HS.27.2.D
	e Demonstrate leadership skills within the family, workplace, or community. HSE.HS.27.2.E
	f Investigate opportunities available for a member of FCCLA and/or Educators Rising. HSE.HS.27.2.F
Evaluate personal and work relationships. HSE.HS.27.3	**a** Compare and contrast healthy and unhealthy personal and work relationships. HSE.HS.27.3.A
	b Evaluate personal traits and how they can be used to improve relationships. HSE.HS.27.3.B
	c Demonstrate effective communication using a variety of delivery methods that can improve personal and work relationships. HSE.HS.27.3.C
	d Demonstrate critical thinking and conflict resolution in personal and career settings. HSE.HS.27.3.D

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	e Demonstrate inclusive teamwork in the family, workplace, or community. HSE.HS.27.3.E
Assess the family unit during each stage of the lifespan. HSE.HS.27.4	a Identify the stages of development across the lifespan. HSE.HS.27.4.A
	b Categorize milestones of development in the areas of physical, intellectual, emotional, and social across the lifespan. HSE.HS.27.4.B
	c Analyze family as the basic unit of society. HSE.HS.27.4.C
	d Describe the impact of conditions that could influence the well-being of individuals and families. HSE.HS.27.4.D
Identify careers in counseling, mental health, and human behavior. HSE.HS.27.5	a Identify the importance of self-care and self-awareness. HSE.HS.27.5.A
	b Summarize empathy. HSE.HS.27.5.B
	c Examine the influence of cultural and societal issues on mental and emotional health. HSE.HS.27.5.C
	d Connect the role of mental health and counseling to today's society HSE.HS.27.5.D
Differentiate skills for food preparation and maintaining nutrition and wellness. HSE.HS.27.6	a Identify basic food safety and sanitation practices. HSE.HS.27.6.A
	b Demonstrate basic food preparation practices. HSE.HS.27.6.B
	c Create meal plans that utilize food availability and cost effectiveness. HSE.HS.27.6.C
	d Identify basic kitchen equipment and terminology. HSE.HS.27.6.D
	e Analyze effects of personal choices on nutrition and wellness. HSE.HS.27.6.E
	f Identify basic nutrients required for healthy living. HSE.HS.27.6.F
Apply skills required for fashion construction, housing, and interior design. HSE.HS.27.7	a Classify the elements and principles of design. HSE.HS.27.7.A
	b Describe the basic care of different textiles. HSE.HS.27.7.B
	c Compare and contrast design features in fashion and/or interior design. HSE.HS.27.7.C
	d Produce, alter, or repair fashion and apparel items. HSE.HS.27.7.D
	e Apply the principles and elements of design to design a room reflecting personal, family, or community style and needs. HSE.HS.27.7.E

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Explain consumerism and personal finance. HSE.HS.27.8

- **a** **Identify factors that influence consumer choices.** HSE.HS.27.8.A
- **b** **Summarize the rights and responsibilities of consumers.** HSE.HS.27.8.B
- **c** **Outline the steps for creating a budget.** HSE.HS.27.8.C
- **d** **Describe procedures for using savings and checking accounts.** HSE.HS.27.8.D
- **e** **Compare the benefits and costs of credit.** HSE.HS.27.8.E