Virginia CTE

Family and Consumer Sciences Exploratory I (8206)

Demonstrating Personal Qualities and Abilities	1	Demonstrate creativity and innovation. 1
	2	Demonstrate critical thinking and problem solving. 2
	3	Demonstrate initiative and self-direction. 3
	4	Demonstrate integrity. 4
	5	Demonstrate work ethic. 5
Demonstrating Interpersonal Skills	6	Demonstrate conflict-resolution skills. 6
	7	Demonstrate listening and speaking skills. 7
	8	Demonstrate respect for diversity. 8
	9	Demonstrate customer service skills. 9
	10	Collaborate with team members. 10
Demonstrating Professional Competencies	11	Demonstrate big-picture thinking. 11
	12	Demonstrate career- and life-management skills. 12
	13	Demonstrate continuous learning and adaptability. 13
	14	Manage time and resources. 14
	15	Demonstrate information-literacy skills. 15
	16	Demonstrate an understanding of information security. 16
	17	Maintain working knowledge of current information-technology (IT) systems. 17
	18	Demonstrate proficiency with technologies, tools, and machines common to a specific occupation. 18
		Apply mathematical skills to job-specific tasks. 19

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	20	**Demonstrate professionalism.** 20
	21	**Demonstrate reading and writing skills.** 21
	22	**Demonstrate workplace safety.** 22
Addressing Elements of Student Life	23	**Identify the purposes and goals of the student organization.** 23
	24	**Explain the benefits and responsibilities of membership in the student organization as a student and in professional/civic organizations as an adult.** 24
	25	**Demonstrate leadership skills through participation in student organization activities, such as meetings, programs, and projects.** 25
	26	**Identify Internet safety issues and procedures for complying with acceptable use standards.** 26
Exploring Work-Based Learning	27	**Identify the types of work-based learning (WBL) opportunities.** 27
	28	**Reflect on lessons learned during the WBL experience.** 28
	29	**Explore career opportunities related to the WBL experience.** 29
	30	**Participate in a WBL experience, when appropriate.** 30
Exploring Human Development	31	**Identify influences on individual development.** 31
	32	**Explain the major traits of character development.** 32
	33	**Explain Maslow's hierarchy of needs.** 33
	34	**Set a personal goal.** 34
	35	**Describe responsibilities for personal safety.** 35
	36	**Manage transition in the school environment.** 36
	37	**Perform a task by completing the steps in a sequence.** 37
Understanding Positive Interpersonal Relationships	38	**Demonstrate positive communication techniques to express individual feelings, needs, and ideas.** 38
	39	**Demonstrate ways of getting along with others.** 39
	40	**Demonstrate positive ways to resolve disagreements.** 40
		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
	43	**Identify strategies to strengthen families.** 43
	44	**Use a problem-solving/decision-making model to address individual issues within the family.** 44
Developing Responsibility for Living Environments (Personal Environments)	**45**	**Demonstrate ways to maintain a clean environment.** 45
	46	**Identify ways to conserve natural resources.** 46
	47	**Apply sustainability practices to the individual's personal living environment.** 47
Understanding Nutrition and Wellness	**48**	**Identify nutrients, their functions, and food sources.** 48
	49	**Interpret information found on food labels.** 49
	50	**Describe common food allergies and dietary needs.** 50
	51	**Demonstrate food safety and sanitation practices.** 51
	52	**Demonstrate measuring techniques.** 52
	53	**Follow a standardized recipe to prepare a simple, nutritious snack.** 53
	54	**Demonstrate basic kitchen safety practices.** 54
	55	**Practice standard dining etiquette.** 55
	56	**Develop a plan for personal wellness.** 56
Examining Consumer and Family Resources	**57**	**Identify personal resources.** 57
	58	**Identify strategies for earning and saving money.** 58
	59	**Explain the relationship between education/training and income.** 59
	60	**Demonstrate comparison shopping techniques useful in lifelong decision-making.** 60
	61	**Explain the importance of consumer safety.** 61
Exploring Textiles, Fashion, and Apparel Concepts	**62**	**Describe how to care for your clothes.** 62
	63	**Identify basic textile tools and their functions.** 63
	64	**Demonstrate simple clothing repair.** 64
		Construct a simple textile project. 65

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	66 Identify parts of the sewing machine and their functions. 66
Exploring Education and Early Childhood Concepts	**67** Reflect on lessons learned during the WBL experience. 67
	68 Prepare a snack appropriate for young children. 68
Identifying Career Connections	**69** Assess personal interests and skills as related to career choices. 69
	70 Identify career clusters. 70
Developing Leadership Skills	**71** Use the FCCLA planning process in course activities. 71
	72 Complete a national FCCLA program project and/or competitive event. 72