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
	19	Apply mathematical skills to job-specific tasks. 19

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

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
	65	Construct a simple textile project. 65

	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