Virginia CTE

Independent Living (8219)

Balancing Work and Family IL.1	1 **Identify the meaning of work and the meaning of family.** IL.1.1
	2 **Identify strategies for balancing work and family roles.** IL.1.2
	3 **Describe the interplay between work life and family life.** IL.1.3
	4 **Explain how social, economic, and technological changes and trends affect work and family dynamics.** IL.1.4
	5 **Apply problem-solving processes to identify solutions to work or family situations.** IL.1.5
	6 **Evaluate how one's values influence his/her decision making.** IL.1.6
Creating and Maintaining Healthy Relationships IL.2	1 **Explain the benefits of establishing and maintaining healthy relationships.** IL.2.1
	2 **Identify the situational guidelines that influence behavior in interpersonal relationships.** IL.2.2
	3 **Identify conflict-resolution methods.** IL.2.3
	4 **Evaluate conflict-prevention and management techniques.** IL.2.4
	5 **Identify aspects of mental illness that can affect healthy relationships.** IL.2.5
Managing Resources to Achieve Goals IL.3	1 **Distinguish between wants and needs.** IL.3.1
	2 **Develop short- and long-term personal goals.** IL.3.2
	3 **Use the FCCLA planning process to achieve individual and group goals.** IL.3.3
Making Responsible Consumer Choices IL.4	1 **Evaluate sources of consumer information.** IL.4.1
	2 **Identify strategies for a planned buying process.** IL.4.2
	3 **Describe consumer rights and responsibilities.** IL.4.3
Managing Personal and Family Finances IL.5	1 **Describe the importance of the fundamental principles of economics on personal finances.** IL.5.1

	2 Evaluate personal banking services. IL.5.2
	3 Identify savings and investment options. IL.5.3
	4 Identify the influence of a credit report. IL.5.4
	5 Describe identity theft. IL.5.5
	6 Identify strategies for making decisions about debt. IL.5.6
	7 Identify strategies for managing risk. IL.5.7
	8 List legal documents related to home, personal, and family management. IL.5.8
	9 Develop a spending plan. IL.5.9
Creating and Maintaining a Living Environment IL.6	1 Examine rights and responsibilities of homeowners, landlords, and tenants. IL.6.1
	2 Compare housing options. IL.6.2
	3 Explain the home-seeking process. IL.6.3
	4 Outline necessary home-maintenance tasks with regard to resources and abilities. IL.6.4
	5 Design a living environment to meet personal, family, and financial needs. IL.6.5
Obtaining and Maintaining Clothing for Self and Family IL.7	1 Identify factors to consider when selecting clothing. IL.7.1
	2 Demonstrate clothing maintenance. IL.7.2
Planning, Preparing, and Serving Nutritious Foods IL.8	1 Identify grocery shopping strategies. IL.8.1
	2 Evaluate the nutritional information of various foods. IL.8.2
	3 Demonstrate food safety and sanitation procedures. IL.8.3
	4 Identify food-preservation methods. IL.8.4
	5 Identify preparation techniques for preserving nutritional value in food. IL.8.5
	6 Describe strategies for healthy eating. IL.8.6
	7 Demonstrate the ability to prepare nutritious meals. IL.8.7
	8 Demonstrate the ability to serve nutritious meals. IL.8.8

Exploring Human Development IL.9

1. **Identify principles of human growth and development.** IL.9.1
2. **Describe conditions that influence human growth and development.** IL.9.2
3. **Identify roles and responsibilities of caregiving.** IL.9.3
4. **Identify caregiving practices that maximize human growth and development.** IL.9.4