

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