



## CURRICULUM CATALOG

# Personal and Family Living

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## Personal and Family Living Course Overview

This semester-long high school elective takes students on an interactive exploration of the challenges they may face as they transition into adulthood, including constructive conflict resolution, nutrition and health, building healthy families, financial responsibility, and long-term employment.

### Objectives

- Examine specific principles that will help develop their personal lives.
- Learn about proper nutrition and demonstrate skill in preparing various food items.
- Prepare weekly and monthly budgets.
- Develop strategies for an employment search.
- Explore work and careers and how different interests, abilities and personalities influence employment decisions.
- Develop an understanding of relational dynamics with family members, friends, classmates, co-workers, and those encountered in the marketplace.

Unit 1: Personal Development	
Assignments	
Personal and Family Living	1. Course Overview
	2. Developing Your Best Self
	3. Maturity and Responsibility
	4. Project: Identifying Maturity
	5. Project: Exploring Identity
	6. Developing Friendships
	7. Peer Pressure
	8. Quiz 1: Personal Development and Relationships
	9. Alternate Quiz 1 - Form A: Personal Development and Relationship*
	10. Alternate Quiz 1 - Form B: Personal Development and Relationship*
	11. Decisions and Consequences
	12. Essay: The Effects of My Decisions
	13. Stress Management
	14. Essay: How Do You Deal?
15. Motivation and Goals	
16. Essay: Your Motivations	
17. Transitioning into Adulthood	
18. Project: Interview	
19. Quiz 2: Self-Management and Beliefs	
20. Alternate Quiz 2 - Form A: Self-Management and Beliefs*	
21. Alternate Quiz 2 - Form B: Self-Management and Beliefs*	
22. Special Project*	
23. Review	
24. Test	
25. Alternate Test - Form A*	
26. Alternate Test - Form B*	
27. Glossary and Credits	

Unit 2: Home and Family Life	
Assignments	
Personal and Family Living	1. Family Structures
	2. Family Roles
	3. Family Functions
	4. Family Life Cycle
	5. Project: Family Life Cycle
	6. Quiz 1: The Family
	7. Alternate Quiz - Form A: The Family*
	8. Alternate Quiz - Form B: The Family*
	9. Strengthening the Family
	10. Family Stressors
	11. Project: Timeline
	12. Essay: Family and Technology
13. Quiz 2: Inside and Outside the Family	
14. Alternate Quiz 2 - Form A: Inside and Outside the Family*	
15. Alternate Quiz 2 - Form B: Inside and Outside the Family*	
16. Special Project*	
17. Review	
18. Test	
19. Alternate Test - Form A*	
20. Alternate Test - Form B*	
21. Glossary and Credits	

Unit 3: Interpersonal Relationships		
Assignments		
Personal and Family Living	1. Forming Relationships	12. Handling Conflict
	2. Project: Relationship Diagram	13. Essay: Fixing a Fight
	3. Maintaining Relationships	14. Quiz 2: Interpersonal Skills
	4. Project: Circle of Friends	15. Alternate Quiz 2 - Form A: Interpersonal Skills*
	5. Group Work	16. Alternate Quiz 2 - Form B: Interpersonal Skills*
	6. Quiz 1: Relationships	17. Special Project*
	7. Alternate Quiz 1 - Form A: Relationships*	18. Review
	8. Alternate Quiz 1 - Form B: Relationships*	19. Test
	9. Communication	20. Alternate Test - Form A*
	10. Project: Speech and Body Language	21. Alternate Test - Form B*
	11. Showing Empathy	22. Glossary and Credits

Unit 4: Health, Finances, and Safety		
Assignments		
Personal and Family Living	1. Basic Nutritional Needs	12. Project: Treating Injuries
	2. Choose My Plate	13. Essay: Accidents
	3. Project: My Daily Food Plan	14. Quiz 2: Finances, Consumerism, and Safety
	4. Meal Management	15. Alternate Quiz 2 - Form A: Finances, Consumerism, and Safety*
	5. Research: Nutritional Deficiency Disorders	16. Alternate Quiz 2 - Form B: Finances, Consumerism, and Safety*
	6. Quiz 1: Nutrition and Personal Health	17. Special Project*
	7. Alternate Quiz -Form A: Nutrition and Personal Health*	18. Review
	8. Alternate Quiz -Form B: Nutrition and Personal Health*	19. Test
	9. Financial Responsibility and Consumerism	20. Alternate Test - Form A*
	10. Project: Personal Budget	21. Alternate Test - Form B*
	11. Driving Safety	22. Glossary and Credits

Unit 5: Career and Employment Preparation		
Assignments		
Personal and Family Living	1. Working: Careers and Interests	11. Resumes
	2. Helping Professions	12. Effective Cover Letters
	3. Project: Your Interests and Abilities	13. Project: Desirable Employee Traits
	4. Project: Career Qualifications	14. Quiz 2: Employment
	5. Career and Personal Life	15. Alternate Quiz 2 - Form A: Employment*
	6. Project: Interview	16. Alternate Quiz 2 - Form B: Employment*
	7. Quiz 1: Work, Career, and Personal Life	17. Special Project*
	8. Alternate Quiz 1 - Form A: Work, Career, and Personal Life*	18. Review
	9. Alternate Quiz 1 - Form B: Work, Career, and Personal Life*	19. Test
	10. Finding Employment	20. Alternate Test - Form A*
		21. Alternate Test - Form B*
		22. Glossary and Credits

Unit 6: Course Review and Exam	
Assignments	
1. Review	3. Alternate Exam: Form A*
2. Exam	4. Alternate Exam: Form B*

(\*) Indicates alternative assignment