



Life Planning

8226

Luray and Page County High School Family and Consumer Sciences
Pacing Guide 2011

Time Frame	SOL Objective/ Competency	Essential Understandings/Questions	Essential Knowledge/Skills
1st Quarter (First 4½ Weeks)	030 031 032 033	Addressing Elements of Student Life	<p>Identify the purposes and goals of the student organization</p> <p>Explain the benefits and responsibilities of membership in the student organization as a student and in professional/civic organizations as an adult</p> <p>Demonstrate leadership skills through participation in student organization activities, such as meetings, programs, and projects.</p> <p>Identify internet safety issues and procedures for complying with acceptable use standards.</p>
	062 063 064	Developing a Life Management Plan	<p>Analyze personal factors (e.g., values, personality traits, economic situations, life changes) that can alter a life-management plan.</p> <p>Develop a draft life-management plan that includes short- and long-term personal goals.</p> <p>Evaluate use of time, money, and other resources needed to achieve personal goals</p>
	065 066 067 068 069	Developing Strategies for Lifelong Career Planning	<p>Analyze the significance of work.</p> <p>Analyze the importance of a strong work ethic.</p> <p>Evaluate career choices in relation to a personal life-management plan</p> <p>Devise strategies for dealing with career changes.</p> <p>Identify job search skills.</p>

Time Frame	SOL Objective/ Competency	Essential Understandings/Questions	Essential Knowledge/Skills
2nd Quarter (Second 4½ Weeks)	034 035 036 037 038 039 040 041 042 043	Developing Career, Community, and Life Connections	<p>Analyze the meaning of <i>work</i> and the meaning of <i>family</i>.</p> <p>Compare how families affect work life and how work life affects families.</p> <p>Analyze ways in which social, economic, and technological changes impact work and family dynamics.</p> <p>Identify management strategies for balancing work and family roles.</p> <p>Analyze the effects of power and authority in work or family settings.</p> <p>Analyze the interrelationship of individuals and family goals and principles to work goals and principles</p> <p>Analyze potential effects of career path decisions on balancing work and family throughout the family life cycle.</p> <p>Summarize some key local, national, and global policies, issues, and trends in the workplace and community that affect individuals and families</p> <p>Analyze community resources and systems of formal and informal support available to individuals and families.</p> <p>Apply management and planning skills and processes to organize tasks and responsibilities.</p>

**Applying Problem -Solving
Processes to Life Situations**

044

Identify the various types of problems (e.g., practical, scientific, interpersonal).

045

Identify adequate, reliable information and resources for practical problem solving

046

Identify steps in practical problem solving.

047

Implement practical problem-solving steps in life situations.

**Examining Components of
Individual and Family Wellness**

085

Identify strategies to manage stress.

Time Frame	SOL Objective/ Competency	Essential Understandings/Questions	Essential Knowledge/Skills
4th Quarter (Fourth 4½ Weeks)	070 071 072 073 074 075 076 077 078 079 080 081	Developing a Financial Plan	<p>Explain the effects of the economy on personal income and individual and family security.</p> <p>Analyze consumer rights and responsibilities.</p> <p>Evaluate sources of consumer information.</p> <p>Identify components of a financial plan.</p> <p>Identify factors that contribute to establishing and maintaining a good credit rating.</p> <p>Evaluate financial institutions and services (e.g., savings, investments, credit).</p> <p>Compare investment and savings alternatives.</p> <p>Identify the benefits of insurance in a personal financial plan.</p> <p>Identify the benefits of risk-management strategies in a personal financial plan.</p> <p>Identify financial needs throughout the life cycle.</p> <p>Explain the benefits of estate planning.</p> <p>Identify ways to conserve resources and reduce waste.</p>
	082 083 084 086 087	<i>Examining Component of Individual and Family Wellness</i>	<p>Identify components (e.g., physical, emotional, social, intellectual, vocational, spiritual) that contribute to wellness practices across the life span.</p> <p>Describe the characteristics of a healthy lifestyle.</p> <p>Identify strategies to achieve and maintain wellness.</p> <p>Evaluate sources of wellness information.</p> <p>Identify wellness goals as part of a personal life-management plan</p>

	088 089 090 091 092 093	<i>Demonstrating Leadership Within the Community</i>	<p>Identify ways to be a responsible citizen.</p> <p>Identify ethical, legal, and practical issues associated with individual actions.</p> <p>Evaluate social and economic conditions affecting individual, family, and community well-being.</p> <p>Describe the process of creating a vision statement and goals for an organization.</p> <p>Use planning processes to establish and achieve group goals.</p> <p>Cooperate with others in a group setting to achieve goals.</p>
ALL Year	01-029	<i>Workplace Readiness Skills</i>	<p>Demonstrate VA Workplace Readiness Skills in course activities</p> <p>Apply VA's All Aspects of Industry elements in course activities</p> <p>Identify Internet safety issues and procedures for complying with acceptable use standards</p>
		<i>Test Prep and End Of Course Test</i>	

