# Family Studies Course No. 19255 Credit: 0.5

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| **Student name:** |  | **Graduation Date:** |  |

Pathways and CIP Codes:Family, Community & Consumer Services (19.0799); Early Childhood Development & Services (19.0709); Teaching and Training (13.0101)

Course Description: **Technical Level:** The Family Studies course explores the roles and responsibilities of parents such as how society, media, technology, and diversity impact their ability to balance work and family. It also includes the development of children and parents as their earliest teacher. Parenting styles and family stages are explored as is the changing demographics which will change the face of the US family. Parenting and behavior guidance skills are strengthened through a study of positive family relationships, child abuse and neglect, safety, and health practices. Occupations related to meeting the needs of families will be analyzed. This course will promote the creation of healthy and sustainable families be they their own or those they work with.

Directions:The following competencies are required for full approval of this course. Check the appropriate number to indicate the level of competency reached for learner evaluation.

**RATING SCALE:**

4. Exemplary Achievement: Student possesses outstanding knowledge, skills or professional attitude.

3. Proficient Achievement:Student demonstrates good knowledge, skills or professional attitude. Requires limited supervision.

2. Limited Achievement:Student demonstrates fragmented knowledge, skills or professional attitude. Requires close supervision.

1. Inadequate Achievement:Student lacks knowledge, skills or professional attitude.

0. No Instruction/Training:Student has not received instruction or training in this area.

## Benchmark 1: Analyze the effects of family as a system on individuals and society.

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 1.1 | Analyze family as the basic unit of society (e.g. societal conditions). |  |
| 1.2 | Analyze parenting roles across the life span. |  |
| 1.3 | Analyze expectations and responsibilities of parenting. |  |
| 1.4 | Explain cultural differences in roles and responsibilities of the family. |  |
| 1.5 | Compare and contrast consequences of parenting styles on individual development and family systems. |  |
| 1.6 | Analyze the role of family in developing independence, interdependence, and commitment of family members. |  |

## Benchmark 2: Analyze physical and emotional factors related to beginning the parenting process.

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 2.1 | Contrast family financial planning across the family life cycle. |  |
| 2.2 | Examine biological impact of the health of the mother and father on conception, prenatal development and raising of children. |  |
| 2.3 | Explain the aspects of pregnancy on the family (PIES: Physical, Intellectual, Emotional, Social). |  |
| 2.4 | Analyze biological processes & functions related to prenatal development, birth, and health of child and mother on family relationships. |  |
| 2.5 | Analyze social, emotional, and environmental factors of prenatal development and birth in relation to the health of parents and child. |  |
| 2.6 | Analyze parenthood options. (e.g. biological, fostering, adoption, surrogacy, etc.). |  |
| 2.7 | Analyze legal and ethical impacts of current and emerging technology on fertility and parenthood. |  |

## Benchmark 3: Evaluate parenting/caregiver practices that maximize human growth and development.

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 3.1 | Describe the family’s role as primary educator of children. |  |
| 3.2 | Investigate and analyze the role of guidance and discipline on child development (e.g. ABC - Antecedent, Behavior-functions of, Consequence). |  |
| 3.3 | Distinguish between punishment and discipline/guidance techniques. |  |
| 3.4 | Evaluate challenging situations and the skills needed to cope. (e.g. family stress, grief, divorce, illness, fear, disabilities etc.). |  |
| 3.5 | Recognize abuse and neglect and promote research-based prevention strategies to address child abuse, elder abuse and domestic abuse. |  |
| 3.6 | Examine global and environmental influences on family culture and traditions. |  |
| 3.7 | Analyze community resources and services available to families. |  |
| 3.8 | Analyze the ways family and consumer sciences careers assist the work of the family. |  |

## **NOTE: If Human Growth & Development-the Early Years is NOT taught, include Benchmark 4.0 in this course**

## Benchmark 4: Analyze the determinants involved in meeting the needs of children.

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 4.1 | Identify the physical, emotional, social and intellectual needs of children and how to meet them. |  |
| 4.2 | Investigate the impact of not providing for the needs of children appropriately. |  |
| 4.3 | Identify safety and health and wellness considerations for children. |  |
| 4.4 | Determine the role of the parent vs role of the childcare provider in meeting the needs of children. |  |
| 4.5 | Examine the effects of life events and conditions on child and parent/caregiver relationships. |  |
| 4.6 | Compare and contrast the different options when identifying appropriate care for children outside of the home. |  |
| 4.7 | Identify age-appropriate activities and toys for all children (including those with special needs). |  |
| 4.8 | Examine the milestones of children in relationship to parental and care giver expectations. |  |

## **NOTE: If Relationships & Self-Awareness is taught, Benchmark 5.0 can be eliminated.**

## Benchmark 5: Evaluate the roles and responsibilities of family across the life cycle.

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 5.1 | Explain physical, emotional, social, and intellectual functioning in stable and unstable relationships. |  |
| 5.2 | Identify the process for building and maintaining interpersonal relationships in families. |  |
| 5.3 | Evaluate processes and strategies for handling unhealthy relationships. |  |
| 5.4 | Analyze the effects of the family on the self-esteem and self-image of its members. |  |
| 5.5 | Assess the similarities and differences of family members that influence conflict prevention and/or recovery. |  |
| 5.6 | Apply the roles of decision making and problem solving in managing and/or preventing conflict. |  |

## Benchmark 6: Determine role of external support systems to provide assistance to families.

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 6.1 | Analyze family situations in which support systems would be beneficial (i.e. military families, single parent, socio-economic needs). |  |
| 6.2 | Evaluate community resources and services (not-for-profit and for profit) available to promote family strength (mental, physical, social, emotional. |  |
| 6.3 | Review current laws and policies related to parenting, family responsibilities and meeting children’s needs. |  |

## Benchmark 7: Enhance career readiness through practicing appropriate skills in family, community and work applications.

### Competencies

| **#** | **Description** | **RATING** |
| --- | --- | --- |
| 7.1 | Demonstrate communication and healthy relationship strategies that promote positive self-esteem in others. |  |
| 7.2 | Enhance development of 21st century process skills (i.e. critical thinking, creativity, goal setting, problem solving, decision making, leadership, management, cooperation) in family settings. |  |
| 7.3 | Examine financial responsibilities in meeting the needs of the family. |  |
| 7.4 | Demonstrate ethical decision making when making judgements and taking actions in family settings. |  |
| 7.5 | Examine the impact of technology on family relationships (e.g. social media, cell phones, public posting of family information, online communication with family). |  |
| 7.6 | Critique the physical and social environment to promote safety in family, community, human service and early child related work settings. |  |
| 7.7 | Summarize education, training, certifications and responsibilities of individuals engaged in human development careers (e.g. social work, teacher, family therapy, childcare provider, social services director, foster care, juvenile officers, early childcare center directors, home care directors). |  |

I certify that the student has received training in the areas indicated.

Instructor Signature:

For more information, contact:

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