

Independent Living

#09025

Grades 9-12*

- ❖ To prepare students for responsibilities involved in becoming self-sufficient young adults preparing for life away from the parental home during or immediately following high school. Course content may include: living independently; supporting oneself; making financial decisions**; making choices about housing, nutrition and food, clothing, transportation, health and wellness; using time to achieve personal goals; finding balance in life; current issues that affect personal decisions; societal and environmental impacts of personal decisions; sources of support and assistance in the community; leadership development.

*It is recommended that enrollment of students below grade 10 be limited to students with special needs who must develop basic living skills, and that the instructional topics be adjusted accordingly.

**This course may include concepts of personal finance such as checkbook mechanics, saving for larger purchases, credit, earning power, taxation and paycheck withholdings, college costs, making and living within a budget, mortgages, retirement savings, and investments.

Credit:

$\frac{1}{4}$, $\frac{1}{2}$, or 1

Max credit = 1

MIS03 #09025		0.25, 0.5 or 1.0 Credit		INDEPENDENT LIVING	
Career, Community, and Family Connections					
Content Standards		Competencies			
1.1 Analyze strategies to manage multiple roles and responsibilities (individual, family, career, community, and global).	1.1.1 Summarize local and global policies, issues, and trends in the workplace and community that affect individuals and families.				
	1.1.2 Analyze the effects of social, economic, and technological change on work and family dynamics.				
	1.1.3 Analyze ways that individual career goals can affect the family's capacity to meet goals for all family members.				
	1.1.4 Analyze potential effects of career path decisions on balancing work and family.				
	1.1.5 Define goals for life-long learning and leisure opportunities for all family members.				
	1.1.6 Develop a life plan, including pathways to acquiring the knowledge and skills needed to achieve individual, family, and career goals.				
1.2 Demonstrate transferable and employability skills in school, community and workplace settings.	1.2.1 Analyze potential career choices to determine the knowledge, skills, and attitudes associated with each career.				
	1.2.2 Demonstrate job seeking and job keeping skills.				
	1.2.3 Apply communication skills in school, community and workplace settings.				
	1.2.4 Demonstrate teamwork skills in school, community and workplace settings.				
	1.2.5 Analyze strategies to manage the effects of changing technologies in workplace settings.				
	1.2.6 Demonstrate leadership skills and abilities in school, workplace and community settings.				
	1.2.7 Analyze factors that contribute to maintaining safe and healthy school, work and community environments.				
	1.2.8 Demonstrate work ethics and professionalism.				
1.3 Evaluate the reciprocal effects of individual and family participation in community activities.	1.3.1 Analyze goals that support individuals and family members in carrying out community and civic responsibilities.				
	1.3.2 Demonstrate skills that individuals and families can utilize to support civic engagement in community activities.				
	1.3.3 Analyze personal and family assets and skills that provide service to the community.				
	1.3.4 Analyze community resources and systems of formal and informal support available to individuals and families.				
	1.3.5 Analyze the effects of public policies, agencies, and institutions on the family.				
	1.3.6 Identify ways individuals and families can influence change in policies, agencies, and institutions that affect individuals and families.				



Consumer and Family Resources		
Content Standards	Competencies	
2.1 Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.	2.1.1 Apply management and planning skills and processes to organize tasks and responsibilities.	
	2.1.2 Analyze how individuals and families make choices to satisfy needs and wants.	
	2.1.3 Analyze decisions about providing safe and nutritious food for individuals and families.	
	2.1.4 Apply consumer skills to providing and maintaining clothing.	
	2.1.5 Apply consumer skills to decisions about housing, safety, security, utilities, and furnishings.	
	2.1.6 Summarize information about procuring and maintaining health care to meet the needs of individuals and family members.	
	2.1.7 Apply consumer skills to decisions about recreation.	
	2.1.8 Apply consumer skills to acquire and maintain transportation that meets the needs of individuals and family members.	
2.2 Analyze the relationships of the environment to family and consumer resources.	2.2.3 Demonstrate behaviors that conserve, reuse, and recycle resources to maintain the environment.	
2.3 Analyze policies that support consumer rights and responsibilities.	2.3.1 Analyze state and federal policies and laws providing consumer protection.	
	2.3.3 Analyze skills used in seeking information to consumer rights.	
2.4 Evaluate the effects of technology on individual and family resources.	2.4.1 Summarize types of technology that affect family and consumer decision-making.	
	2.4.2 Analyze how media and technological advances affect family and consumer decisions.	
	2.4.3 Assess the use of technology and its effect on quality of life.	
2.5 Analyze relationships between the economic system and consumer actions.	2.5.1 Analyze the use of resources in making choices that satisfy needs and wants of individuals and families.	
	2.5.2 Analyze individual and family roles in the economic system.	
	2.5.3 Analyze economic effects of laws and regulations that pertain to consumers and providers of services.	
	2.5.4 Analyze practices that allow families to maintain economic self-sufficiency.	
2.6 Demonstrate management of financial resources to meet the goals of individuals and families across the life span.	2.6.1 Evaluate the need for personal and family financial planning.	
	2.6.2 Apply management principles to individual and family financial practices.	
	2.6.3 Apply management principles to decisions about insurance for individuals and families.	
	2.6.4 Evaluate personal and legal documents related to managing individual and family finances.	

Consumer Services		
Content Standards	Competencies	
3.1 Analyze career paths within consumer service industries.	3.1.4 Analyze the effects of the consumer service industry on local, state, national, and global economies.	
3.3 Analyze factors in developing a long-term financial management plan	3.3.1 Explain the effects of the economy on personal income, individual and family security, and consumer decisions.	
	3.3.2 Demonstrate components of a financial planning process that reflect the distinction between needs, wants, values, goals, and economic resources.	
	3.3.3 Analyze the effect of consumer credit in long-term financial planning.	
	3.3.4 Compare investment and savings alternatives.	
	3.3.5 Analyze the effects of risk management strategies on long-term financial planning.	
	3.3.6 Analyze the effect of key life transitions on financial planning.	
3.5 Demonstrate skills needed for product development, testing, and presentation.	3.3.8 Analyze factors that influence establishing and maintaining a good credit rating and the effect of credit ratings on rates and terms for credit and insurance.	
	3.5.3 Analyze features, prices, product information, styles, and performance of consumer goods for potential trade-offs among the components.	
	3.5.4 Evaluate a product utilizing valid and reliable testing procedures.	
	3.5.6 Evaluate the labeling, packaging, and support materials of consumer goods.	
	3.5.8 Utilize appropriate marketing and sales techniques to aid consumers in the selection of goods and services that meet consumer needs.	
Family		
Content Standards	Competencies	
6.2 Evaluate the effects of diverse perspectives, needs, and characteristics of individual and families.	6.2.4 Demonstrate respect for diversity with sensitivity to anti-bias, gender, equity, age, culture, and ethnicity.	
Family and Community Services		
Content Standards	Competencies	
7.3 Demonstrate professional behaviors, skills, and knowledge in providing family and community services.	7.3.2 Demonstrate professional and ethical collaborative relationships with colleagues, support teams, participants, and families.	
7.4 Evaluate conditions affecting individuals and families.	7.4.4 Discriminate between situations that require personal prevention or intervention and those situations that require professional assistance.	
	7.4.6 Summarize the appropriate support needed to address selected human services issues.	

7.5 Evaluate services for individuals and families.	7.5.3 Illustrate coping or adjustment strategies and stress management practices.	
	7.5.4 Summarize the importance of friends, family, and community relationships.	
	7.5.6 Demonstrate strategies that help participants make informed choices, access resources and support, follow through on responsibilities, and take appropriate risks.	
	7.5.7 Demonstrate verbal and nonverbal communication skills.	
Food Production and Services		
Content Standards	Competencies	
8.2 Demonstrate food safety and sanitation procedures.	8.2.2 Employ food safety/sanitation program procedures, including CPR, Epi-pens, and first aid.	
8.4 Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.	8.4.7 Apply principles of Measurement, Portion Control, Conversions, Food Cost Analysis and Control, Menu Terminology, and Menu Pricing to menu planning.	
Housing and Interior Design		
Content Standards	Competencies	
11.6 Evaluate needs, goals, and resources in creating design plans for housing and residential and commercial interiors.	11.6.1 Assess financial resources needed to improve interior space.	
	11.6.2 Assess community, family, and financial resources needed to achieve housing and interior design goals.	
Interpersonal Relationships		
Content Standards	Competencies	
13.1 Analyze functions and expectations of various types of relationships.	13.1.1 Analyze processes for building and maintaining interpersonal relationships.	
	13.1.4 Analyze factors that contribute to healthy and unhealthy relationships.	
	13.1.5 Analyze processes for handling unhealthy relationships.	
13.3 Demonstrate communication skills that contribute to positive relationships.	13.3.1 Analyze communication styles and their effects on relationships.	
	13.3.2 Demonstrate verbal and nonverbal behaviors and attitudes that contribute to effective communication.	
	13.3.3 Demonstrate effective listening and feedback techniques.	
	13.3.4 Analyze strategies to overcome communication barriers in family, community and work settings.	
	13.3.5 Apply ethical principles of communication in family, community and work settings.	
	13.3.6 Analyze the effects of communication technology in family, work, and community settings.	
	13.3.7 Analyze the roles and functions of communication in family, work, and community settings.	

13.4 Evaluate effective conflict prevention and management techniques.	13.4.1 Analyze the origin and development of attitudes and behaviors regarding conflict.	
	13.4.2 Explain how similarities and differences among people affect conflict prevention and management.	
	13.4.3 Apply the roles of decision making and problem solving in reducing and managing conflict.	
	13.4.4 Demonstrate nonviolent strategies that address conflict.	
	13.4.5 Demonstrate effective responses to harassment.	
	13.4.6 Assess community resources that support conflict prevention and management.	
13.5 Demonstrate teamwork and leadership skills in the family, workplace, and community.	13.5.1 Create an environment that encourages and respects the ideas, perspectives, and contributions of all group members.	
	13.5.2 Demonstrate strategies to motivate, encourage, and build trust in group members.	
	13.5.3 Demonstrate strategies that utilize the strengths and minimize the limitations of team members.	
	13.5.4 Demonstrate techniques that develop team and community spirit.	
	13.5.5 Demonstrate ways to organize and delegate responsibilities.	
	13.5.6 Create strategies to integrate new members into the team.	
	13.5.7 Demonstrate processes for cooperating, compromising, and collaborating.	
13.6 Demonstrate standards that guide behavior in interpersonal relationships.	13.6.1 Apply critical thinking and ethical criteria to evaluate interpersonal relationships.	
	13.6.2 Apply guidelines for assessing the nature of issues and situations.	
	13.6.3 Apply critical thinking and ethical standards when making judgments and taking action.	
	13.6.4 Demonstrate ethical behavior in family, workplace, and community settings.	
	13.6.5 Compare the relative merits of opposing points of view regarding current ethical issues.	
Nutrition and Wellness		
Content Standards	Competencies	
14.1 Analyze factors that influence nutrition and wellness practices across the life span.	14.1.1 Explain physical, emotional, social, psychological, and spiritual components of individual and family wellness.	
	14.1.2 Analyze the effects of psychological, cultural, and social influences on food choices and other nutrition practices.	
	14.1.3 Analyze the governmental, economic, and technological influences on food choices and practices.	
	14.1.4 Analyze the effects of global and local events and conditions on food choices and practices.	
14.2 Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span.	14.2.1 Analyze the effect of nutrients on health, appearance, and peak performance.	
	14.2.2 Analyze the relationship of nutrition and wellness to individual and family health throughout the life span.	
	14.2.3 Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness.	
	14.2.4 Analyze sources of food and nutrition information, including food labels, related to health and wellness.	

14.3 Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.	14.3.1 Apply various dietary guidelines in planning to meet nutrition and wellness needs.	
	14.3.2 Design strategies that meet the health and nutrition requirements of individuals and families with special needs.	
	14.3.3 Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.	
Textiles, Fashion, and Apparel		
Content Standards	Competencies	
16.2 Evaluate fiber and textile products and materials.	16.2.5 Apply appropriate procedures for care of textile products.	
16.4 Demonstrate skills needed to produce, alter, or repair fashion, apparel, and textile products.	16.4.1 Demonstrate skills in using a variety of equipment, tools, and supplies for fashion, apparel, and textile construction, alteration, and repair.	
	16.4.3 Use appropriate industry products and materials for cleaning, pressing, and finishing textile, apparel, and fashion products.	

Overview

The Committee felt at this time that an Overview is unnecessary for Independent Living, as it is a stand-alone course and does not reach into the more general classes taught in lower levels.