

FAMILY AND CONSUMER SCIENCES DEPARTMENT

Students today, both college and non-college bound, will greatly benefit from Family and Consumer Sciences courses. Theory and hands-on practice are used to teach a wide variety of skills that are important in many careers and everyday life. The Family and Consumer Sciences curriculum deals with the improvement of the quality of life, helps students learn how to manage all aspects of daily living, and prepares them for future employment. Adult Living and Parenting are recommended for all students regardless of the career path taken. Both courses will benefit future adults and parents.

Other courses are offered in the areas of Human Development, Foods and Nutrition, Housing and Interior Design and Fashion Merchandising. The following page discusses the career outlook for these fields of study. **Child Development and Early Childhood Care are accepted at Heartland Community College for credit in the Early Childhood Care and Education Department. Foods and Nutrition and Advanced Foods are accepted at Lincolnland Community College in the Hospitality Program.** Fashion I & II, Housing & Interior Design I & II, Child Development & ECC I, Food & Nutrition I & II may be accepted at Illinois State University for credit for a major in Family and Consumer Sciences.

I'm going to college. What are the career opportunities in Family and Consumer Sciences?

The employment outlook for the Family and Consumer Sciences field is strong. Employment in health care and social assistance are expected to grow by over 32% The employment of chefs, cooks and food preparation workers; childcare workers and designers is expected to grow about as fast as the average for all occupations through the year 2012. Currently the demand for Family and Consumer Sciences teachers will be over three times the supply. More detailed information can be found in the Occupational Outlook Handbook, <http://www.bls.gov/oco/home.htm>. Course sequences for specific careers are on the College Tech Prep web page at: http://www.unit5.org/ncwhs/techprep/career_pathways.htm.

A few of the other career opportunities related to Family and Consumer Sciences are as follows:

Foods/Nutrition

Executive Chef
Caterer
Dietician
Food Science/Research
Sports Nutritionist
Food Service Manager

Human Development

Preschool and Elementary School Teachers
Family and Consumer Sciences Teachers
Child Psychologists
Child Care Workers/Directors
Marriage and Family Counselors

Housing and Interior Design

Interior Designer
Architect
Independent Living Specialist
Energy Analyst
Kitchen Planner

Fashion Merchandising

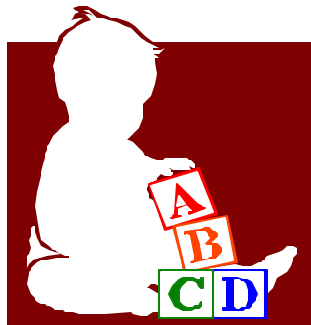
Fashion Designer
Apparel Buyer
Fashion Art Director
Textile Chemist
Alterations

I'm going to college. Will I have room in my schedule for Family and Consumer Sciences classes?

Yes! A sample schedule for a person wishing to enter a field related to early childhood education or elementary education is as follows:

Freshmen		Sophomore	
Lit. & Composition	Written & Oral Comm.	Amer. Lit. and Comp. I	Amer. Lit. and Comp. II
Algebra/Geometry	Algebra/Geometry	Geometry/Algebra 2	Geometry/Algebra 2
Biology I	Biology I	Science	Science
Regional World Studies	Regional World Studies	US Social & Geog. Hist.	US Political & Econ.
Wellness	Wellness	*Child Development	Contemporary Crafts
Introduction to Computer Applications	Foods & Nutrition	Physical Education	Soph. PE/Driver Ed. Classroom
Junior		Senior	
Gems of Literature I	Gems of Literature II	English	English
Algebra 2/ College Algebra I	Algebra 2/ College Algebra II	Social Studies	Social Studies
Science	Science	*Early Childhood Care II	*Early Childhood Care II
Word Processing	Elective	Adult Living	Consumer Education
*Early Childhood Care I	*Early Childhood Care I	Elective	Elective
Physical Education	Physical Education	Physical Education	Physical Education

*These courses count for credit at Heartland Community College in the Early Childhood Care and Education Department and Illinois State University when majoring in Family and Consumer Sciences.



FAMILY AND CONSUMER SCIENCES

FCS 051/052 FOODS & NUTRITION I

(Semester 1/2 Credit) (9, 10, 11, 12)

Do you live to eat or eat to live? This class will answer that question while you investigate nutrition/wellness, meal planning, selection and preparation of food, responsible lab skills and time management, and consumer buying practices. A variety of lab experiences will be included. You may gain ISU credit for Foods & Nutrition I & II.

FCS 102 FOODS & NUTRITION II

(Semester 1/2 Credit) (9, 10, 11, 12) 2nd Semester

Prerequisite: Grade of C or Above in Foods and Nutrition I or Consent of Associate Principal

Expand on skills and knowledge from Foods & Nutrition I. The variety of lab experiences will relate to preparing quantity foods and food presentation. Students will investigate recent innovations in the area of foods and nutrition. When time and opportunities permit, the student may participate in job shadowing. You may gain ISU credit for Foods & Nutrition I & II.



FCS 151/152 CHILDEVELOPMENT

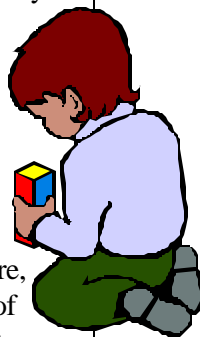
(Semester 1/2 Credit) (10, 11, 12)

Are you interested in understanding children? This course offers a thorough study of the child from conception through pre-school age including physical, emotional, intellectual, and social development. The student gains knowledge for careers related to children and child care occupations which includes the opportunity to become certified in infant/child CPR. You may gain Heartland College or ISU credit if you take Child Development and Early Childhood Care.

FCS 251/252 PARENTING

(Semester 1/2 Credit) (10, 11, 12)

Children don't come with instruction manuals. This course is designed to help you explore the responsibilities and roles of parenthood. Topics include: determining parenting readiness, prenatal care, labor and delivery and infant care. The development of children, guidance, education (including special needs children), health and safety of children will also be covered. Students have the opportunity to be a "parent" through the Baby Think it Over Program. This course is recommended for any student who is interested in caring for children.



FCS 293 EARLY CHILDHOOD CARE I

(Yearly 1 Credit) (11, 12)

Prerequisite: Grade of C or Above in Child Development

This class continues the exploration of child care and guidance. Emphasis is on the actual planning, set-up, operation, and evaluation of an in-school preschool program. The preschool is offered to preschool children in the community approximately eight weeks each semester. Activities focus on developing skills to become effective teachers. A job shadowing experience in child care or the educational field is included. Many child-related occupations are explored. If you like children, this will be a great experience for you! You may gain Heartland College or Illinois State University credit if you take Child Development and Early Childhood Care.

FCS 303 EARLY CHILDHOOD CARE II

(Yearly 1 Credit) (12)

Prerequisite: A or B in ECCI or Consent of Associate Principal

Early Childhood Care II builds on the knowledge and skills developed in Early Childhood Care I. ECC II students will assume a leadership role in the lab school and in their own learning. Emphasis will be placed on the planning and organization of a preschool program. When appropriate, job shadowing and intern experiences will be included.



FAMILY AND CONSUMER SCIENCES

FCS 311 HOUSING & INTERIOR DESIGN I (Formerly FCS 301)

(Semester 1/2 Credit) (10, 11, 12) 1st Semester
Leave your “trademark.” Create your own space using the elements of design (line, form, space, texture, color) and the principles of design (balance, rhythm, emphasis, scale, proportion, unity and variety). Learn to apply paint and wallpaper. Practice the fundamentals of creating floor plans, furniture arrangements and your own accessories. This “hands-on” course is for you if you enjoy creating your own space or are interested in a career related to Housing & Interior Design.

FCS 332 HOUSING & INTERIOR DESIGN II (Semester 1/2 Credit) (10, 11, 12) 2nd Semester *Prerequisite: Grade of C or above in Housing & Interior Design I or Consent of Associate Principal*

Continue to learn how to leave your “trademark” by creating your own space. Explore the history of architecture and discover how it relates to today’s housing styles. Expand your floor plan drafting skills to include kitchens and bathrooms. Expand your ability to use window, wall and floor coverings and accessories to design a variety of rooms. Explore the career opportunities available by “job shadowing” someone in the field of housing and interior design.

FCS 351 FASHION I (Semester 1/2 Credit) (10, 11, 12) 1st Semester

If you like to shop for clothing or are interested in a career related to fashion, this class is for you! Apply the elements of design to determine which clothing styles look best on you. By learning how to read a pattern and select suitable fabric, you will construct a clothing item of your choosing, based on your level of ability.

FCS 352 FASHION II (Semester 1/2 Credit) (10, 11, 12) 2nd Semester *Prerequisite: Grade of C or above in Fashion I or Consent of Associate Principal*

Explore the world of 20th Century Fashion Designers. Expand on the skills learned in Fashion I to select a pattern and fabric to construct a clothing item of your choosing based on your ability level. Create a wardrobe plan around the garment you constructed. When time and opportunities permit, participate in job shadowing to investigate the career opportunities available in the world of fashion.

FCS 501/502 ADULT LIVING (Semester 1/2 Credit) (11, 12)

You’re legally an adult at 18...are you really ready? This course is designed to help you explore many of the decisions and responsibilities of adulthood. Topics include: relationships, marriage, sexuality, dealing with stress and crisis situations, and career exploration.

