Work and Family II

Course Outline

1. Advocate a healthy lifestyle- 2 weeks

* Identify social and cultural factors that influence healthy lifestyle choices
* Demonstrate use of problem solving to make healthy food choices for a healthy body
* Examine restaurants and their menus related to a healthy lifestyle.
* Understand factors associated with body weight.
* Recognize how physical activity and sleep affect a healthy lifestyle.

1. Personal Financial Literacy/ Consumer Savvy- 11 weeks

* Describe various financial institutions and services.
* Recognize the impact of advertising on individual purchasing decisions.
* Recognize strategies, products and service decisions that meet individual needs and valued ends.
* Advocate consumer rights and responsibilities.
* Recognize environmental impact of consumer practices.
* Analyze the interrelationship between the economy and consumer decisions.
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1. Design a Career Blueprint/ Manage a Life Plan- 5 weeks

* Identify Job Search Skills
* Understand Career and Workplace Issues
* Identify time management strategies related to personal, educational, and family goals.
* Recognize methods to reduce and manage stress.
* Identify daily life practices, routines and procedures that sustain the environment.
* Define multicultural awareness in interpersonal, educational and workplace relationships.