

FAMILY AND CONSUMER SCIENCE

PHFS102 Career & Life Planning

Level: 9-10
Credit: ½ unit

Career and Life Planning is a one semester class with career planning as the focus. Students will identify their skills, aptitudes, goals, values, interests, and family considerations in order to select a satisfying career. Students will develop a four-year sequence of courses that supports their career interests. Employment seeking skills, business communication, stress management, decision making and coping strategies, and workplace ethics will be included in the curriculum. Each student will create a portfolio they can update yearly that will assist with future college or career and technical school scholarship applications.

PHFS203 Family Studies (formerly Parenting)

Level: 10-12
Credit: ½ unit

Family Studies focuses on readiness, decision making, and parenting practices. It helps the learner discover how parents respond to the various stages of childhood and adolescence, and the aging process. Content includes responsibilities and difficulties of parenthood across the life span; fundamentals of various ages and stages of child, adolescent, and adult emotional, cognitive and physical development; and the appropriate care of infants, children, young adults, and aging parents is designed to strengthen parenting skills.

PHFS205 Nutrition & Wellness

Level: 10-12
Credit: ½ unit

Nutrition and Wellness focuses on the inter-relationship of nutrition, fitness, and positive self-image. Areas of study include nutrition, stress management, drug/alcohol abuse prevention. Also included are food preparation for optimal health, safety and sanitation, selection of reliable nutritional information, nutrition for athletic performance, developing a physical activity plan, eating disorders, and guidelines to good nutrition.

PHFS206 Consumer Decisions (formerly Resource Management)

Level: 11-12
Credit: ½ unit

Consumer Decisions focuses on enabling individuals to develop and maintain a satisfying living unit beyond their family of origin. The course will provide students with an understanding of the concepts and principles involved in economic financial literacy as it relates to career choices. Concepts include family management, managing resources, personal finances, preparing for the future, credit, consumer skills, decision making, problem solving, communication, and practical reasoning. These are all designed to help the learner assume adult roles and function effectively in society.

PHFS305 Mentorship**Prerequisite: Completed application. Preference given to those who meet the criteria plus 3 semesters (1.5 credits) in Human Services.****Level: 11-12****Credit: 1 unit**

In this application course, the learner will apply technical skills in a professional learning experience within the school environment. Learners will have an opportunity to focus on career related topics while participating in a service-learning class to include team building and effectiveness in the world of work and job seeking/keeping skills needed to advance in the workplace. Learners will be paired with an elementary teacher as a Youth Friend mentor and perform a variety of duties while working directly with children. Learners will also be given opportunities to learn about community services that children and families can directly access, as well as related careers. Students must meet the following criteria: 90% or better attendance, minimum GPA of 2.75 and be a student in "good standing" at PHS.