

# Family Dynamics

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**Arkansas Department of Career Education  
Model Framework**

**Course Title:**       **Family Dynamics**

**Career Cluster:**    **Human Services**

Course Number	493100
Credit	.5
CIP Number	<b><i>19.0701 – Human Development and Family Studies, General</i></b>
Grade Level	9-12
Prerequisite	None
Course Type	Elective
Teacher Certification	090, 091, 215
CTSO	FCCLA
Facility Requirements	<a href="http://arkansasfacilities.arkansas.gov/SchoolFacManual.aspx">http://arkansasfacilities.arkansas.gov/SchoolFacManual.aspx</a>
Industry Certifications	Not applicable

**Course Description**

Family Dynamics prepares students to understand the nature, function and significance of human relationships involving individuals and families. Topics include values and goals, citizenship, food and fitness for wellness, career development and responsibility of life relationships. Students will revolve through the national programs of FCCLA. Upon completion of this course students will have an understanding of the impact of the family on an individual's ability to function successfully in an increasingly complex society.

**Arkansas Department of Career Education  
Student Performance Standards**

**Course Title:** Family Dynamics                      **Course Number:** 4931080                      **Course Credit:** .5

**Course Description:** At the completion of the course the student will be able to:

- 1.0 Apply strategies to improve self-awareness through the assessment of personal characteristics, personal appearance, and personal values and goals**
  - 1.1 Analyze personal characteristics that communicate a positive impression
  - 1.2 Assess the importance of having a positive self-concept, examining ways to improve self-concept
  - 1.3 Evaluate influences on one's values and goals, predicting the impact of each
  
- 2.0 Exercise the rights and responsibilities of citizenship**
  - 2.1 Examine the rights and responsibilities of citizenship
  - 2.2 Demonstrate ways to influence government
  
- 3.0 Demonstrate respectful and caring relationships in the family, workplace, and community**
  - 3.1 Analyze communication styles and their influence on relationships
  - 3.2 Analyze the function and expectations of various types of relationships
  - 3.3 Assess the impact of marital breakup or divorce on family relationships
  
- 4.0 Make personal decisions that have a positive effect on health and well-being**
  - 4.1 Develop a plan for personal wellness
  - 4.2 Assess the effects of stress on overall health and well-being
  
- 5.0 Evaluate the positive impact and benefits of being an informed consumer**
  - 5.1 Investigate multiple techniques for managing resources
  - 5.2 Investigate consumer banking services
  - 5.3 Assess the personal benefits of maintaining a good credit rating
  - 5.4 Investigate housing options available to consumers
  - 5.5 Evaluate the need for insurance

- 6.0 Develop an education plan that includes career goals**
- 6.1 Assess the long-term impact of choosing a career
- 6.2 Develop a personal career plan

<b>Standard 1.0</b>		
<b>Apply strategies to improve self-awareness through the assessment of personal characteristics, personal appearance, and personal values and goals</b>		
<b>Performance Indicator 1.1</b> <b>Analyze personal characteristics that communicate a positive impression</b>	<b>CCTC Standards</b>	<b>National FACS Standards</b>
1.1.1 Identify personal characteristics that communicate a positive impression	HU3, CRP3, CRP4, CRP7	F6.2, IR13.6
1.1.2 Evaluate personal characteristics and the impressions those convey to others	HU3, CRP3, CRP4, CRP7, CRP9	F6.2, IR13.2
<b>Performance Indicator 1.2</b> <b>Assess the importance of having a positive self-concept, examining ways to improve self-concept</b>	<b>CCTC Standards</b>	<b>National FACS Standards</b>
1.2.1 Discuss ways personal appearance influences <b>self-concept</b>	CRP3, CRP6, CRP4	IR13.2
1.2.2 Evaluate the personal impact of positive and negative <b>character</b> traits	CRP4, CRP5, CRP9	IR13.2, 13.6
<b>Performance Indicator 1.3</b> <b>Evaluate influences on one's values and goals, predicting the impact of each</b>	<b>CCTC Standards</b>	<b>National FACS Standards</b>
1.3.1 Develop personal <b>short-</b> and <b>long-term goals</b>	HU1, ED1, ED10, CRP2, CRP4, CRP10	F6.2
1.3.2 Differentiate between <b>needs</b> and <b>wants</b> , analyzing how personal <b>values</b> influence goals	HU1, ED1, ED10, CRP2, CRP4, CRP10, HU1, ED1, ED10, CRP2, CRP4, CRP10	F6.2
1.3.3 Predict how one's values and goals will change with time and circumstance	HU1, ED1, ED10, CRP2, CRP4, CRP10	F6.2

<b>Standard 2.0</b> <i>Exercise the rights and responsibilities of citizenship</i>		
<b>Performance Indicator 2.1</b> <b>Examine rights and responsibilities of citizenship</b>	<b>CCTC Standards</b>	<b>National FACS Standards</b>
2.1.1 Investigate individual <b>rights</b> and <b>responsibilities</b> as a <b>citizen</b>	HU2, CRP2, CRP4, CRP7, CRP9, CRP11, CRP12 HU2, CRP1, CRP2, CRP4, CRP6, CRP8, CRP11	CFR2.3 CFR2.3
2.1.2 Assess the need for citizens to be concerned with <b>ecology</b>	HU2, CRP1, CRP2, CRP4, CRP6, CRP8, CRP11	CFR2.2
2.1.3 Analyzes ways <b>taxes</b> are used to fund public services	HU2, HU4, HUFAM2, CRP2, CRP4, CRP11, CRP10	CFR2.5
2.1.4 Demonstrate accepted etiquette for symbols of organizations, community, or national designation, exploring the concept of <b>patriotism</b>	HU4, CRP2, CRP4, CRP7, CRP11	CFR2.3
<b>Performance Indicator 2.2</b> <b>Demonstrate ways to influence government</b>	<b>CCTC Standards</b>	<b>National FACS Standards</b>
2.2.1. Research Arkansas voting requirements and procedures, including the requirement for <b>selective service</b> registration	HU4, CRP1	CFR2.3, IR13.5
2.2.2 Investigate local and state public officials to determine their stand on issues of interest		

<b>Standard 3.0</b> <i>Demonstrate respectful and caring relationships in the family, workplace, and community</i>		
<b>Performance Indicator 3.1</b> <b>Analyze communication styles and their influence on relationships</b>	<b>CCTC Standards</b>	<b>National FACS Standards</b>
3.1.1 Differentiate between <b>verbal</b> and <b>non-verbal</b> communication techniques	HU3, CRP2, CRP4, CRP11	IR13.3
3.1.2 Demonstrate communication skills that contribute to positive relationships	HU3, CPR4, CPR2, CPR8	IR13.3

3.1.3 Evaluate effective conflict resolution techniques	HUFAM5, CPR4, CPR 6,	IR13.4
<b>Performance Indicator 3.2 Analyze functions and expectations of various types of relationships</b>	<b>CCTC Standards</b>	<b>National FACS Standards</b>
3.2.1 Investigate different types of relationships, noting the function of each	CRP2, CRP7, CRP11	IR13.1
3.2.2 Evaluate the need for an engagement period prior to marriage, examining issues that should be addressed during the engagement	HUFAM2, CRP6, CRP2, CRP4, CRP11,	IR13.3, 13.4, 13.5, 13.6
3.2.3 Assess the characteristics of a successful marital relationship	HU2, HUFAM4, HUFAM5, CRP2, CRP5, CRP4, CRP4, CRP11	F6.1, IR13.3, 13.4, 13.5, 13.6, 13.5
<b>Performance Indicator 3.3 Assess the impact of a marital breakup or divorce on family members</b>	<b>CCTC Standards</b>	<b>National FACS Standards</b>
3.3.1 Examine factors that constitute grounds to obtain a <b>divorce, legal separation,</b> and/or <b>annulment</b>	HUFAM5	IR13.1, 13.2
3.3.2 Investigate the responsibility of divorced couples to children and to each other	HUFAM5	IR13.1, 13.2

<b>Standard 4.0</b> <i>Make personal decisions that have a positive effect on health and well-being</i>		
<b>Performance Indicator 4.1 Develop a plan for personal wellness</b>	<b>CCTC Standards</b>	<b>National FACS Standards</b>
4.1.1 Assess the need for <b>Dietary Guidelines for Americans</b>	CRP2, CRP6, CRP10	FSDN9.3, FSDN9.4, NW14.2, NW14.3
4.1.2 List factors that influence meal planning decisions	CRP2, CRP6, CRP10	FSDN9.3, FSDN9.4, NW14.2, NW14.3
4.1.3 Determine the nutrient content of foods by analyzing <b>nutrition facts panels</b>	HUCSM3, HUFAM2, CRP2, CRP6, CRP10	FSDN9.3, FSDN9.4, NW14.2, NW14.3

4.1.4 Develop guidelines for making healthy choices when dining out	CRP2, CRP6, CRP10	FSDN9.3, FSDN9.4, NW14.2, NW14.3
<b>Performance Indicator 4.2</b> <b>Assess the effects of stress on overall health and well-being</b>	<b>CCTC Standards</b>	<b>National FACS Standards</b>
4.2.1 Investigate the symptoms of stress	HUFAM2, CRP2, CRP6, CRP10	FSDN9.3, FSDN9.4, NW14.2, NW14.3
4.2.2 Evaluate the effectiveness of positive stress management techniques	HUFAM2, CRP2, CRP6, CRP10	FSDN9.3, FSDN9.4, NW14.2, NW14.3
4.2.3 Analyze consequences of negative behavior techniques for dealing with stress. Identify negative techniques for stress management	HUFAM2, CRP2, CRP6, CRP10	FSDN9.3, FSDN9.4, NW14.2, NW14.3

<b>Standard 5.0</b> <i>Demonstrate, through personal choices and actions, the positive impact of an informed consumer on society</i>		
<b>Performance Indicator 5.1</b> <b>Investigate multiple techniques for managing resources</b>	<b>CCTC Standards</b>	<b>National FACS Standards</b>
5.1.1 Compare multiple sample <b>budgets</b>	HUCSM4, HUCSM6, CRP2, CRP6, CRP10, CRP11	CFR2
5.1.2 Differentiate between <b>fixed</b> and <b>flexible expenses</b>	HUCSM4, HUCSM6, CRP2, CRP6, CRP10, CRP11	CFR2
5.1.3 Assess the personal benefits of utilizing time management techniques	HUCSM4, HUCSM6, CRP2, CRP6, CRP10, CRP11	CFR2
<b>Performance Indicator 5.2</b> <b>Investigate consumer banking services</b>	<b>CCTC Standards</b>	<b>National FACS Standards</b>
5.2.1 Assess the need for a checking account, investigating the tools available for account management	HUCSM4, HUCSM6, CRP2 CRP6, CRP11	CFR2.1, CFR2.6, CS3.3

5.2.2 Explore types of savings accounts offered at financial institutions	HUCSM4, HUCSM6, CRP2 CRP6, CRP11	CFR2.1, CFR2.6, CS3.3
5.2.3 Investigate how computer technology has influenced the banking industry	HUCSM4, HUCSM6, CRP2, CRP8, CRP11	CFR2.4, CFR2.5
<b>Performance Indicator 5.3</b> <b>Assess the personal benefits of maintaining a good credit rating</b>	<b>CCTC Standards</b>	<b>National FACS Standards</b>
5.3.1 Evaluate the role of credit reports and credit reporting agencies in maintaining a good credit rating	HUCSM3, HUCSM4, CRP2, CRP11	CFR2
5.3.2 Compare the advantages and disadvantages of using <b>credit</b> for purchases	HUCSM4, HUCSM6, CRP2, CRP8	CFR2.1, CFR2.5, CS3.3
5.3.3 Research ways to establish and maintain a good <b>credit</b> rating	HUCSM3, HUCSM4, CRP2, CRP6	CFR2
<b>Performance Indicator 5.4</b> <b>Investigate housing options available to consumers</b>	<b>CCTC Standards</b>	<b>National FACS Standards</b>
5.4.1 Evaluate the considerations of choosing housing to meet the needs of all family members	HUFAM2, HUCSM3, HUCSM4, CRP2, CRP6, CRP11	CFR2
5.4.2 Determine the amount of money a family can afford to spend on housing	HUCSM4, CRP2, CRP6, CRP11	CFR2
<b>Performance Indicator 5.5</b> <b>Evaluate the need for insurance</b>	<b>CCTC Standards</b>	<b>National FACS Standards</b>
5.5.1 Differentiate between the common types of insurance used by consumers	HUCSM3, HUCSM4, CRP2, CRP6, CRP11	CFR2.6, F6
5.5.2 Evaluate the type of life insurance needed at each stage of the life cycle	HUCSM3, HUCSM4, CRP2, CRP6, CRP11	CFR2.6, F6

<b>Standard 6.0</b> <i>Develop an educational plan which includes career goals</i>		
<b>Performance Indicator 6.1</b> <b>Compare and contrast opportunities available in a variety of careers</b>	<b>CCTC Standards</b>	<b>National FACS Standards</b>
6.1.1 Investigate the considerations of choosing a job or career	HU5, CRP4, CRP8, CRP10, CRP11	CCFC1, FCS7.1
6.1.2 Assess how individual career choices affect the family	HU2, CRP4, CRP8, CRP10, CRP11	CCFC1.1, FCS7.1
6.1.3 Investigate the reasons an individual may make job and/or career changes	HU2, CRP4, CRP8, CRP10, CRP11	FCS7.1
<b>Performance Indicator 6.2</b> <b>Develop a personal career plan</b>	<b>CCTC Standards</b>	<b>National FACS Standards</b>
6.2.1 Evaluate personal goals, values, interests, skills and abilities to develop a personal career plan	HU5, CRP4, CRP8, CRP10, CRP11	FCS7.1
6.2.2 Research possible sources and opportunities for education and training related to career goals	HU5, CRP4, CRP8, CRP10, CRP11	FCS7.1