**FAMILY STUDIES ‐ FS40S**

*Family studies courses offer a preventative, proactive, and practical approach that is intended to strengthen individuals and families. Students acquire knowledge, skills, and attitudes to make informed choices with respect to caring for themselves and others within the context of a global community. Students acquire strategies to manage the challenges of life in an effective and responsible way that enhances their life journey.*

*Family Studies 40S focuses on the individual, the family, society, and the factors that affect quality of life for all. Emphasis is placed on many issues that concern young people today including relationships, personality development, communication, and building strong family units and a healthy society.*

**Course Work**

This course is designed to develop technical, communicative, and critical thinking skills that foster a productive work and family life.

**This Course Contains Six Units:**

**Fundamentals of Human Development**

The learning experiences in this goal will assist students in developing the knowledge and understanding of how individuals’ and family members’ responsibilities for promoting health, well-being, and resiliency continue to change throughout their lives.

**Relationships and Influences**

The learning experiences in this goal will assist students in developing the knowledge and skills they need to build and maintain positive relationships and to understand the issues and challenges that have an impact on individuals, families, and communities.

**Health and Wellness**

The learning experiences in this goal will assist students in developing the knowledge and skills to understand the factors that affect our mental health and wellness. While building individual strategies, students will strengthen their abilities to use skills, resources, and processes that enhance the daily living of individuals, families, and communities.

**Parenting and Families**

The learning experiences in this goal will assist students in developing the knowledge and skills to prepare for the responsibilities of parenting and caregiving, including the challenges facing individuals, families, and communities.

**Aging and Financial Well-being**

This unit explores the aging adult needs for well-being, focusing on the interconnection between personal choices, societal influences, and resource access. Students will examine financial capability and vulnerability, understand opportunity costs, and students will develop a personal philosophy for financial independence.

**Values and Decision Making**

This module focuses on the exploration and understanding of personal values, goal setting, and decision making. Key topics include defining and discussing values and goals, identifying the factors influencing these values and goals, and understanding the impact of personal values on goal setting and decision-making.

**Evaluation** – Based on submitted course work.