



## Family & Consumer Sciences Life Management I

### PROGRAM SUMMARY



Life Management I is a year-long introductory course which helps students build confidence in dealing with "real life lessons." The areas of study include friends and family relationships, foods and nutrition, child development, fashion, interior design, consumer education and FCCLA. Students will participate in hands-on and group activities to help students develop self-worth and leadership.

### Course

**Some of the things we do in class are:**

- A. Personal Relationships**
- B. Child Development**
- C. Foods and Nutrition**
- D. Fashions**
- E. Interior Design**
- F. Consumer Education**
- G. Career Exploration**



### Other FACS Classes

- ✓ **Consumer foods I**
- ✓ **Fashion I**
- ✓ **Consumer Foods II**
- ✓ **Advanced Fashion II**
- ✓ **Life Management II**
- ✓ **Family Living**

### Potential Careers Pathways

- **Child Development and Education**
- **Consumer Services**
- **Education**
- **Family and Human Services**
- **Fashion Design and Merchandising**
- **Food Science, Dietetics and Nutrition**
- **Food Service and Hospitality**
- **Hospitality, Tourism, and Recreation**
- **Interior Design**
- **Health Education**



### Join FCCLA!

- **FCCLA is integrated into Family and Consumer Sciences education exposing students to work-based learning as well as business and industry experiences.**
- **FCCLA engages students in industry awareness and through Competitive Events and scholarship opportunities.**
- **FCCLA provides real world skills: productivity and accountability, flexibility and adaptability, initiative and self-direction, leadership and responsibility.**

### College Education

- **Delta College**
- **Cosumnes River College**
- **Sacramento City College**
- **Sacramento State University**
- **UC Davis**



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