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## APPENDIX

### LIFE MANAGEMENT AND FHA/HERO

#### Unit:

1. Values and Goals  
FHA/HERO purposes: 1,2,3,6,7  
Power of One: A Better You, Family Ties, Working on Working  
STAR Events: Illustrated Talks
2. Relationships  
FHA/HERO purposes: 1,2,3,4,5  
Power of One: A Better You, Family Ties, Working on Working  
STAR Events: Illustrated Talks, Family Communications
3. Life Roles  
FHA/HERO purposes 1,2,3,4,5,6,7  
Power of One: A Better You, Family Ties, Take the Lead  
STAR Events: Illustrated Talks, Family Communications, Design a Business,  
Little Friends  
Peer Ed: Student body
4. Resources  
FHA/HERO purposes: 5,6,7,8  
Power of One: Working on Working, Speak Out for FHA  
STAR Event: All Star Chapter, All Star Project, Volunteer Action, Design a  
Business, Job Interview
5. Practical Reasoning  
FHA/HERO purposes: 4,6,7,8  
Power of One: All Modules  
STAR Events: Spread the Word, Volunteer Action, All Star Chapter, All Star  
Project, Design a Business
6. Choosing a Place to Live  
  
FHA/HERO purposes: 1,4,5,7  
Power of One: A Better You, Family Ties, Working on Working  
STAR Event: Illustrated Talk
7. Meeting Transportation Needs  
FHA/HERO purposes: 5,6,7  
Power of One: Family Ties, Working on Working  
STAR Event: Illustrated Talk

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8. **Managing Finances**

FHA/HERO purposes: 1,2,3,4,5,6,7,8

Power of One: A Better You, Family Ties, Working on Working

STAR Event: Job Interview, Illustrated Talk

Peer Ed: Financial Fitness

9. **Planning Food for Optimal Health**

FHA/HERO purposes: 1,2,3,4,5,6,7

Power of One: A Better You, Family Ties

STAR Event: Illustrated Talk, Family Communications

Peer Ed: Student body

10. **Clothing**

FHA/HERO purposes: 1,2,3,6,7,8

Power of One: A Better You, Family Ties, Working on Working

STAR Event: Illustrated Talk, Design a Business, Family Communications

11. **Preparing for Marriage**

FHA/HERO purposes: 1,2,3,4,5,6,7,8

Power of One: A Better You, Family Ties

STAR Event: Illustrated Talk, Family Communication

12. **Thinking About Parenthood**

FHA/HERO purposes: 1,2,3,4,5,6,7,8

Power of One: A Better You, Family Communication

STAR Event: Illustrated Talk, Family Communication

Video: Are You Ready To Be A Parent?

## Incorporating STAR Events, Power of One, Nutra-Sweet and Peer Education

### STAR EVENTS

All Star Chapter -	Class activities and projects relevant to FHA-HERO could be a part of the All Star Chapter scrapbook or display.
All Star Project -	Any area with an indepth project that make worthwhile contributions to families, schools or communities and are carried out by members of FHA-HERO. See rules in STAR Event Manual.
Design a Business -	Unit 3 Roles (Career section). Assignment sheet included.
Family Communication -	Unit 2 Relationships, Unit 11 Marriage, Unit 12 Parenthood. Assignment sheet included.
Food Service -	Not applicable to Life Management. Students must be enrolled in Occupational Foods.
Illustrated Talk -	Any Unit. Assignment sheet included.
Job Interview -	Unit 3 Roles (Career section). Assignment sheet included.
Little Friends -	Refer students to Child Development and Occupational Child Development. See rules in STAR Event Manual.
Parliamentary Procedure-	Refer to FHA-HERO chapter unless class is conducted using Parliamentary Procedure in which case a team of FHA-HERO members could compete. See STAR Event Manual for rules.
Spread the Word -	Unit 2 Relationships, Unit 4 Resources. See STAR Event Manual for rules.
Volunteer Action -	Unit 4 Resources or any other unit for which a community need is met by FHA-HERO members. See STAR Event Manual for rules.
Child Care -	Refer to Child Development and Occupational Child Development. See STAR Event Manual for rules.
Demonstrations -	Unit 6 Housing, Unit 7 Transportation, Unit 9 Foods, Unit 10 Clothing. Assignment sheet included.
Food Prep -	If space and time permits this could be coordinated with Unit 9 Foods. See the STAR Event Manual of rules.
Interior Design -	Unit 6 Housing. Assignment sheet included.

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Personal Sewing -

Unit 10 Clothing or refer to Clothing Classes. See STAR Event Manual for rules.

## **POWER OF ONE**

A Better You -  
Family Ties -  
Working on Working -  
Take the Lead -  
Speaking Out for FHA -

Unit 1 Values and Goals  
Unit 2 Relationships, Unit 11 Marriage, Unit 12 Parenthood  
Unit 3 Roles (Career section)  
Leadership Unit  
Unit 2 Relationships, Unit 4 Resources, Leadership Unit or refer to FHA-HERO chapter

## **NUTRA-SWEET**

Any unit where a project can be organized to fulfill a community need.

## **PEER EDUCATION**

Studentbody -  
Financial Fitness -

Unit 4 Resources (Stress) Unit 9 Foods, Unit 11 Parenting  
Unit 8 Finances (Financial Fitness Quiz included)

## **PLANNING PROCESS -**

Unit 5 Practical Reasoning

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## DESIGN A BUSINESS ASSIGNMENT

This assignment may be done by an individual or a group of 2-3 students. You should use entrepreneurial skills and knowledge in developing a plan for a small home economics related business. All work must be your own.

1. In planning a small business students will—
  - develop and document a written plan for establishing a small home economics related business.
  - complete the business plan guide
  - show evidence of skill mastery in— facility management, budget and credit management, personnel management (staffing), understanding of government regulations
  
2. The business must relate to an area in Consumer or Home Economics Occupations such as—
  - food and nutrition
  - clothing and textiles
  - home furnishing and housing
  - consumer education and home management
  - interpersonal and family relations
  
3. The student will submit to the teacher—
  - \*a cover sheet with the name of the participant(s) and business
  - two-page summary of the business plan
  - Business Plan Guide (see following sheets)
  - one typed copy of the business plan
  
4. The presentation of the business should be 15-20 minutes in length

Note: To compete in the region, state and national Design a Business STAR Event obtain an official set of rules. A rating Sheet is also included with the official rules and could be used for grading.

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## FAMILY COMMUNICATION ASSIGNMENT

1. Develop an individual project designed to strengthen communication within the family.
2. Become familiar with methods of strengthening communication in the following areas:
  - one on one communication
  - resolving conflict
  - communication styles
3. Attempt to strengthen communication in your family with one of the following:
  - siblings
  - parents
  - other relatives
4. Include a 2-3 page summary report including:
  - rationale for project
  - description of goals and activities
  - step by step use of the planning process
  - communication techniques tested
  - accomplishments
  - evaluation
  - how the project affected family communication
5. Be prepared to respond to a case study using communication knowledge and skills as part of the solution.
6. The project, summary and response to the case study will be worth 100 points.

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## ILLUSTRATED TALK ASSIGNMENT

Each student will present an illustrated talk about an issue related to Life Management course.

1. An illustrated talk is a 5 to 10 minute speech presentation supported by visual aids about issues affecting the quality of individual and family life or occupational preparation. The issue chosen should be one that:
  - represents a concern of youths and of the participant
  - reflects current social or economic issues
2. The area chosen must be an issue related to one of the areas of study in the Life Management class:
  - self esteem
  - family relations
  - communication
  - financial planning
  - goal setting
  - decision making
  - stress
  - clothing, fashion apparel
  - home furnishings and
  - home management
  - parenting
  - resources
  - careers
  - food and nutrition
3. Presentations should
  - discuss the issue
  - state how issue relates to individual, family life or occupational preparation
4. Student may use any combination of activities or visual aids with the necessary portable equipment. Suggested aids might include puppets, posters, slides, cassettes, charts and other media.
5. Notes may be used during the presentation.
6. Student will submit to the teacher an information packet prior to the presentation containing:
  - a cover sheet with the students name and topic.
  - an outline of the presentation
  - references used (publications, books)
7. Presentation and information packet must be the work of the student
8. All visuals should be easily visible by the class. The presentation area must be neat and tidy.
9. The Illustrated talk will be worth 100 points.

Note: To compete in the region, state and national Design a Business STAR Event obtain an official set of rules. A Rating Sheet is also included with the official rules and could be used for grading.

## JOB INTERVIEW ASSIGNMENT

Select a job with a home economics background such as selling fabric, teacher's aide, store clerk, food service worker, child care aide etc. The job should be one for which you are presently qualified. All information should be factual. All materials, other than letters of recommendation, must be the work of the participant.

### Assignment:

- Job specification sheet: name of firm, firm size, job title, short job description, hours, wages typically offered for this job (typed on 8 1/2" X 11" paper)
- Resume (typed on 8 1/2" X 11" paper)
- Letter of application: address to firm indicated in job specification sheet (typed on 8 1/2" X 11" paper)
- Two letters of recommendation: one from a school official, counselor or teacher; one from an employer or other source (additional letters will not be considered in the evaluation process.)

Complete an application in the presence of your teacher using your resume, a dictionary and reference cards. The application form will ask for:

- personal information—name, address, social security number
- education—name and address of schools attended, dates of attendance, extracurricular activities;
- former employment—dates of employment, names and addresses of employers, salary, reason for leaving;
- information about the job desired, including salary expected.

Application forms must be completed in black or blue ink, approximately 15-30 minutes will be allowed.

Participate in an interview. Sample questions may include—

- How does this job relate to home economics?
- Do you enjoy working with other people or would you rather work alone?
- What preparation have you had for this job?
- What skills do you possess that will make you successful in this job?
- Good problem solving includes a careful review of facts and weighing of options before making a decision. How have you reached a practical decision by reviewing facts and weighing options?
- Describe a time when you were successful in dealing with an unstructured work environment.
- Describe an experience that illustrates your ability to be watchful and alert when supervising individuals or monitoring instruments/displays.
- What do you want to be doing five years from now?
- What do you consider to be your greatest strengths?

After the interview, you will have 15 minutes to compose an interview follow-up letter in the presence of your teacher. You may not use notes. The letter must be written in black or blue ink. Paper will be provided but you must provide your own pen. The letter should include—

- appreciation for the interview;
- further information not stated during the interview, if any; and
- whether or not the participant is still interested in the job.

**Note:** To compete in the region, state and national Job Interview STAR Event obtain an official set of rules. A Rating Sheet is also included with the official rules and could be used for grading.



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## DEMONSTRATION ASSIGNMENT

Individual students will display their knowledge and ability to give a demonstration about issues concerning home economics. A demonstration is showing and telling an audience "how to" do something.

1. Students will select a topic related to any area or home management
2. The demonstration will be a minimum of 5 minutes, but not to exceed 10 minutes.
3. Students must include references, quote authorities, or give sources of information. This gives more prestige to the presentation and will also help eliminate giving erroneous information.
4. Students will submit to the teacher the enclosed Information Sheet, prior to completing the demonstration.
5. The demonstration is worth 100 points.

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## INFORMATION SHEET

### Demonstration Assignment

Name \_\_\_\_\_

Period \_\_\_\_\_

#### OUTLINE OF DEMONSTRATION:

What you plan to teach  
(list concepts and references)

How you plan to teach it  
(List activities and equipment)

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## INTERIOR DESIGN ASSIGNMENT

An interior design presentation shows the students knowledge of interior design by presenting an oral presentation about one aspect of interior design and how it improves the aesthetics of space in a home or office.

1. Student will present orally 5-10 minutes using models, tapes, charts, slides, demonstrations or any other visuals.
2. The presentation and information packet must be the work of the student.
3. Appropriate topics include—
  - rearranging furniture to get more livable space
  - creative storage
  - color coordination in decorating
  - using purchased accessories
  - using multipurpose furniture
4. Example resources—
  - Books, magazines, and journals
  - Resource person/s
  - Home improvement centers
  - Tours, open houses, model homes, etc