

7th Grade Exploratory Family and Consumer Sciences Course
DIAL Virtual School
SD Assignment Code – 19000
Wessington Springs School District, PO Box 449, Wessington Springs, SD 57382
Charlotte Mohling, Instructor
charlotte.mohling@k12.sd.us
Phone: (605) 539-9391 (school) (605) 539-1658 (home) 605 770-5490 (cell)

Course Description

Middle school students are exploring many areas of life. This course covers the family and consumer content areas of human development, healthy lifestyles, relationships, and careers. In the area of human development, students will explore the stages of human development and how family contributes to a healthy human development. In the area of healthy lifestyles, students will explore how food choice decisions affect personal and family wellness. They will explore dietary guidelines. In the area of relationships, students will explore friendship, self-esteem and self-image. And in the area of careers, students will investigate careers in the family and consumer sciences career clusters – Education and Training and Human Services.

The 7th Grade Exploratory Family and Consumer Sciences course is a foundational course.

Prerequisite: None

Length: 9-Week Course

Grade Level: Grade 7

Instructional Philosophy

Students will be expected to meet all the standards listed in this syllabus and be able to demonstrate their understanding of the underlying concepts. The learning styles, interests, and areas of expertise of each student will help direct the design of the instruction. In order to pass the course, students will need the minimum percentage set by their school district.

Course Standards

- HD 1 Investigate careers in the Education and Training and Human Services clusters
 - HD 1.1 Explore knowledge and skills needed for careers in Education and Training and Human Services clusters
- HD 2 Apply human growth and development
 - HD 2.1 Investigate the stages of human development, birth through death
 - HD 2.2 Analyze how the family contributes to healthy human development
 - HD 2.3 Analyze the impact of social issues and technology on human development
- NW 2 Explain the components of individual and family wellness
 - NW 2.1 Describe how food choice decisions affect personal and family wellness
 - NW 2.2 Investigate the relationships between physical activity and a healthy lifestyle
- R 2 Analyze how personal growth influences relationships
 - R 2.1 Explain how personal needs affect relationships
 - R 2.2 Summarize the effects of self-esteem and self-image within relationships
- R 3 Analyze skills needed to build and maintain positive relationships
 - R 3.1 Explain the role of positive communication skills in relationships

Instructional Delivery Plan:

Instruction will consist of individual hands-on activities and projects, group work, lecture, discussion, reading, writing, self-assessment, and the use of technology. The course requires student research and peer and community interaction to solve problems and complete projects.

Students will interview community and family members to obtain information for some course assignments. Professionals from the world of work will share their expertise throughout the course. Students will also use Internet resources to confer with professionals and obtain additional information. Students will also use community resources to complete individual and group projects.

Assessment Plan and Grading Scale:

Students will be graded on their journal writings/reflections (5%); assignments (25%); assessments (25%); projects (45%).

Journal Writings/Reflections (5%) – During the course, students will write reflections on learning. Specific directions for each journal writing/reflection will be given with lesson information. Journal writings/reflections will be posted in students' individual Journal under Tools in the course shell. Each journal writing/reflection is worth 10 points.

Assignments (25%) – Throughout the semester students will complete assignments related to course content. Students will complete both individual and group projects. These assignments comprise the assignment work portion of the quarter grade.

Assessments (25%) – To test student knowledge of course content, periodic assessments will be used.

Performance Tasks/Projects (45%) – To demonstrate an understanding of the course content, students will complete performance tasks/projects throughout the semester.

Since this course is taught through the DIAL Virtual School, the grading policy of the Virtual School will apply. The instructor will use each school's individual grading scale when determining grades.