

## Personal and Family Living

This semester-long high school elective takes students on an interactive exploration of the challenges they may face as they transition into adulthood, including constructive conflict resolution, nutrition and health, building healthy families, financial responsibility, and long-term employment.

### Objectives

- Examine specific principles that will help develop their personal lives.
- Learn about proper nutrition, and demonstrate skill in preparing various food items.
- Prepare weekly and monthly budgets.
- Develop strategies for an employment search.
- Explore work and careers and how different interests, abilities and personalities influence employment decisions.
- Develop an understanding of relational dynamics with family members, friends, classmates, co-workers, and those encountered in the marketplace.

Unit 1: Personal Development		
Assignments		
Personal and Family Living	1. Course Overview	15. Motivation and Goals
	2. Developing Your Best Self	16. Essay: Your Motivations
	3. Maturity and Responsibility	17. Transitioning into Adulthood
	4. Project: Identifying Maturity	18. Project: Interview
	5. Project: Exploring Identity	19. Quiz 2: Self-Management and Beliefs
	6. Developing Friendships	20. Alternate Quiz 2 - Form A: Self-Management and Beliefs*
	7. Peer Pressure	21. Alternate Quiz 2 - Form B: Self-Management and Beliefs*
	8. Quiz 1: Personal Development and Relationships	22. Special Project*
	9. Alternate Quiz 1 - Form A: Personal Development and Relationship*	23. Review
	10. Alternate Quiz 1 - Form B: Personal Development and Relationship*	24. Test
	11. Decisions and Consequences	25. Alternate Test - Form A*
	12. Essay: The Effects of My Decisions	26. Alternate Test - Form B*
	13. Stress Management	27. Glossary and Credits
	14. Essay: How Do You Deal?	

Unit 2: Home and Family Life		
Assignments		
Personal and Family Living	1. Family Structures	13. Quiz 2: Inside and Outside the Family
	2. Family Roles	14. Alternate Quiz 2 - Form A: Inside and Outside the Family*
	3. Family Functions	15. Alternate Quiz 2 - Form B: Inside and Outside the Family*
	4. Family Life Cycle	16. Special Project*
	5. Project: Family Life Cycle	17. Review
	6. Quiz 1: The Family	18. Test
	7. Alternate Quiz - Form A: The Family*	19. Alternate Test - Form A*
	8. Alternate Quiz - Form B: The Family*	20. Alternate Test - Form B*
	9. Strengthening the Family	21. Glossary and Credits
	10. Family Stressors	
	11. Project: Timeline	
	12. Essay: Family and Technology	

Unit 3: Interpersonal Relationships			
Personal and Family Living	<b>Assignments</b>		
	1. Forming Relationships	12. Handling Conflict	
	2. Project: Relationship Diagram	13. Essay: Fixing a Fight	
	3. Maintaining Relationships	14. Quiz 2: Interpersonal Skills	
	4. Project: Circle of Friends	15. Alternate Quiz 2 - Form A: Interpersonal Skills*	
	5. Group Work	16. Alternate Quiz 2 - Form B: Interpersonal Skills*	
	6. Quiz 1: Relationships	17. Special Project*	
	7. Alternate Quiz 1 - Form A: Relationships*	18. Review	
	8. Alternate Quiz 1 - Form B: Relationships*	19. Test	
	9. Communication	20. Alternate Test - Form A*	
	10. Project: Speech and Body Language	21. Alternate Test - Form B*	
	11. Showing Empathy	22. Glossary and Credits	
	Unit 4: Health, Finances, and Safety		
	Personal and Family Living	<b>Assignments</b>	
		1. Basic Nutritional Needs	12. Project: Treating Injuries
		2. Choose My Plate	13. Essay: Accidents
		3. Project: My Daily Food Plan	14. Quiz 2: Finances, Consumerism, and Safety
		4. Meal Management	15. Alternate Quiz 2 - Form A: Finances, Consumerism, and Safety*
		5. Research: Nutritional Deficiency Disorders	16. Alternate Quiz 2 - Form B: Finances, Consumerism, and Safety*
		6. Quiz 1: Nutrition and Personal Health	17. Special Project*
		7. Alternate Quiz -Form A: Nutrition and Personal Health*	18. Review
		8. Alternate Quiz -Form B: Nutrition and Personal Health*	19. Test
9. Financial Responsibility and Consumerism		20. Alternate Test - Form A*	
10. Project: Personal Budget		21. Alternate Test - Form B*	
11. Driving Safety		22. Glossary and Credits	
Unit 5: Career and Employment Preparation			
Personal and Family Living		<b>Assignments</b>	
		1. Working: Careers and Interests	11. Resumes
		2. Helping Professions	12. Effective Cover Letters
		3. Project: Your Interests and Abilities	13. Project: Desirable Employee Traits
		4. Project: Career Qualifications	14. Quiz 2: Employment
		5. Career and Personal Life	15. Alternate Quiz 2 - Form A: Employment*
		6. Project: Interview	16. Alternate Quiz 2 - Form B: Employment*
		7. Quiz 1: Work, Career, and Personal Life	17. Special Project*
		8. Alternate Quiz 1 - Form A: Work, Career, and Personal Life*	18. Review
	9. Alternate Quiz 1 - Form B: Work, Career, and Personal Life*	19. Test	
	10. Finding Employment	20. Alternate Test - Form A*	
		21. Alternate Test - Form B*	
		22. Glossary and Credits	
	Unit 6: Course Review and Exam		
	PFL	<b>Assignments</b>	
		1. Review	3. Alternate Exam: Form A*
		2. Exam	4. Alternate Exam: Form B*