
ILLINOIS CERTIFICATION TESTING SYSTEM

FIELD 172: FAMILY AND CONSUMER SCIENCES

TEST FRAMEWORK

November 2003

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Integrative Nature of Family and Consumer Sciences
Human Development
Parenting, Family, and Interpersonal Relationships
Consumer and Resource Management
Career and Educational Skills

SUBAREA I—INTEGRATIVE NATURE OF FAMILY AND CONSUMER SCIENCES

0001 Understand recurring situations encountered by families.

For example:

- Recognize the nutritional needs of individuals and families across the life span and the influence of various factors on nutritional requirements.
- Recognize the apparel and textile needs of individuals and families across the life span and the influence of various factors on those needs.
- Identify appropriate living environments for families in different circumstances.
- Recognize the significance of family relationships.
- Recognize the interrelationship of family and work.
- Recognize the importance of managing resources to meet needs.
- Identify alternative family strategies to resolve recurring situations.

0002 Understand creative and critical thinking skills as they relate to the family.

For example:

- Identify strategies to meet the basic needs of individuals and families.
- Identify principles, factors, and conditions related to the textile and apparel needs of individuals and families across the life span.
- Identify needs, goals, and resources for creating living environments.
- Recognize how foods meet nutrition and wellness needs of individuals and families across the life span.

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0003 Understand the combination of factors contributing to personal and family wellness.

For example:

- Recognize the relationship among nutrition, health, and wellness.
- Identify the role of living environments in promoting physical and emotional well-being.
- Identify the role of apparel and textiles in promoting physical and emotional well-being.
- Identify the impact of relationships on personal and family wellness.
- Identify the contribution of resource management to personal and family wellness.

0004 Understand management processes as they relate to the individual and family.

For example:

- Identify management processes for individual and family resource utilization related to food, clothing, shelter, utilities, health care, recreation, and transportation.
- Identify housing alternatives in relation to individual and family needs and preferences and available resources.
- Identify nutritional, social, cultural, economic, sensory, and technological factors that affect food choices.
- Identify management processes used to meet the apparel and textile needs of the family.

0005 Understand the impact of external forces on the family.

For example:

- Identify the public policies that impact the structure and functions of the family.
- Identify processes and strategies that can be used to influence public policies.
- Identify public policies that affect consumers.
- Identify food label and packaging information and recognize the role of government agencies in regulating label information and additives in the food industry.

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SUBAREA II—HUMAN DEVELOPMENT

0006 Understand principles and characteristics of physical, emotional, social, and cognitive growth and development in children.

For example:

- Recognize principles, stages, and characteristics of physical, emotional, social, and cognitive development during infancy and childhood, and the interrelationships of the developmental areas.
- Identify major child development theories and methods of studying children (e.g., case study, descriptive studies).
- Identify techniques for fostering physical, emotional, social, and cognitive development in children.
- Recognize the effects of biological, cultural, economic, and technological factors (e.g., heredity, environment) on physical, emotional, social, and cognitive development.
- Recognize physical and safety needs of children.

0007 Understand child care guidelines and services for infants, toddlers, preschool and school-age children.

For example:

- Recognize developmentally appropriate strategies for influencing children's development.
- Identify child care and safety guidelines for caregivers of children.
- Identify various child care options, criteria for evaluating child care programs, and characteristics of high-quality individual and institutional caregivers.
- Identify federal and state regulations relating to the provision of services to infants, toddlers, and school-age children (e.g., licensing requirements for childcare providers, rights of children with special needs).
- Recognize strategies for evaluating, selecting, creating, and modifying resources, services, and activities to address individual needs.

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0008 Understand principles and characteristics of physical, emotional, social and cognitive growth and development throughout adolescence and adulthood.

For example:

- Recognize principles, stages, and characteristics of physical, emotional, social, and cognitive development during adolescence and adulthood, and the interrelationships of the developmental areas.
- Identify major life span theories (e.g., Maslow, Erikson).
- Recognize the effects of biological, cultural, economic, and technological factors (e.g., gender, ethnicity, relationships, life events, and work and employment) on adolescent and adult development.
- Recognize health issues and strategies for maintaining personal health and wellness.
- Identify resources to support adolescents and adults through life's developmental stages.

SUBAREA III—PARENTING, FAMILY, AND INTERPERSONAL RELATIONSHIPS

0009 Understand the characteristics and significance of families.

For example:

- Identify the significance of family and its effect on the well-being of individuals and society.
- Identify types of families and family structures (e.g., extended, single parent, dual career), roles and perspectives of family members, and the needs and functions of families.
- Identify societal, cultural, and economic conditions that affect families.
- Identify support systems, community resources, federal and state services, and public policies that provide support for families.
- Recognize the effects of family conflicts, crises, recurring situations, change, and transitions on personal and family life.
- Identify factors that influence a family's ability to manage conflicts, crises, recurring situations, change, and transitions.

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0010 Understand the roles and responsibilities of parenting.

For example:

- Demonstrate an understanding of the responsibilities and consequences of sexual behavior.
- Identify life choices related to parenting (e.g., marriage, family planning) and factors that affect decisions about whether and when to have children.
- Recognize ways to prepare for the responsibilities of parenthood.
- Identify stages and physical changes that occur during pregnancy and childbirth and the effects of various factors (e.g., medical care, nutrition, environment) on prenatal, perinatal, and postnatal health.
- Identify parenting practices for maximizing the potential of children, guiding children's behavior, promoting responsible and independent behavior, and fostering positive self-concept.
- Recognize the effects of family and parenting roles and responsibilities on the well-being of individuals and society.
- Recognize societal and cultural factors that affect parenting.
- Identify factors and processes needed to build and maintain healthy families.
- Recognize skills and conditions needed to create an environment that encourages and respects the ideas, perspectives, and contributions of all group members in the family.

0011 Understand interpersonal relationships.

For example:

- Recognize the diverse perspectives, needs, and characteristics of individuals and their influence on interpersonal relationships.
- Recognize characteristics of positive and negative relationships and of dependent, independent, and interdependent relationships.
- Identify processes that promote the formation of respectful and caring interpersonal relationships in the family, workplace, and community.
- Recognize societal and cultural factors that affect interpersonal communication and relationships.
- Identify strategies for integrating the knowledge and interpersonal skills required for the effective performance of roles in the family, workplace, and community.

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SUBAREA IV—CONSUMER AND RESOURCE MANAGEMENT

0012 Understand the management of personal and family resources.

For example:

- Identify individual and family resources (e.g., human, economic, environmental).
- Identify resource management skills to meet the goals of individuals and families across the life span.
- Recognize decision-making processes.
- Recognize the relationship of the environment to family and consumer resources.

0013 Understand consumer rights and responsibilities.

For example:

- Identify the role of consumers in the U.S. economy and the interrelationships between the economic system and consumer actions.
- Identify basic principles and components of the U.S. economic system (e.g., circular flow of the economy, role of government, supply and demand, free enterprise system, the business cycle).
- Recognize relationships among consumer income, spending, saving, and taxation.
- Identify consumer rights and responsibilities in various purchasing situations (e.g., service warranties and guarantees).
- Recognize the role of federal and state agencies, commissions, legislation, and advocacy groups in protecting consumers.
- Identify types and characteristics of consumer fraud and procedures for seeking redress.
- Identify techniques used in advertising and the influence of various types of advertising on consumers.

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0014 Understand skills and procedures for managing personal and family finances.

For example:

- Identify factors involved in planning and maintaining a personal or family budget.
- Identify appropriate money management guidelines in various situations (e.g., comparison shopping, installment purchasing).
- Identify types of savings, investment, and retirement vehicles (e.g., IRAs, 401ks, certificates of deposit, money market funds), recognize risks and benefits associated with different savings and investment options, and identify appropriate strategies for achieving various financial goals.
- Recognize procedures and considerations involved in making major purchases (e.g., homes, automobiles) and in obtaining professional services (e.g., health care, legal services, repair services).
- Identify types of loans and credit, procedures for obtaining loans and credit, and factors that affect eligibility for loans and credit.
- Recognize types of risk management strategies and the appropriateness of choices made in various situations.

SUBAREA V—CAREER AND EDUCATIONAL SKILLS

0015 Understand the career development process and career options related to family and consumer sciences.

For example:

- Recognize how work relates to the needs and functions of the economy and society.
- Identify career development concepts, the relationship between work and learning, and the career planning process.
- Identify procedures for establishing achievable career goals (e.g., identifying personal strengths and weaknesses, matching interests and abilities).
- Recognize various types of career opportunities, factors to consider when evaluating career options, and resources and methods for exploring career opportunities (e.g., using current technologies, volunteering, shadowing, interning, networking).
- Recognize principles and techniques for writing resumes, completing applications, preparing for job interviews, applying for jobs, and following up after interviews.

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0016 Understand career paths, requirements, behaviors, and responsibilities.

For example:

- Identify career paths, educational and training requirements, experience, skills, traits, and aptitudes necessary for occupations related to family and consumer sciences (e.g., early childhood education and services; food science and nutrition; lodging and hospitality services; family and human services; housing, interiors, and furnishings industries; textile and apparel design).
- Identify characteristics of entrepreneurs and examine the advantages and disadvantages of business ownership.
- Identify strategies for working effectively in teams and for managing stress and conflict in the workplace.
- Recognize rights and responsibilities of employment (e.g., protection from discrimination, ethical behavior, fulfilling performance expectations).
- Identify state and federal agencies (e.g., EEOC), laws (e.g., Americans with Disabilities Act), regulations, and policies that affect employment.

0017 Understand how to plan, deliver, and evaluate instruction based upon knowledge of subject matter in the field; student, community, and work needs; curriculum goals; and educational research.

For example:

- Identify trends in the professional family and consumer sciences, changing labor and career opportunities, post-secondary admission standards, and relevant Illinois Occupational Skill Standards to design and evaluate curriculum and instruction.
- Identify ways to integrate Family, Career and Community Leaders of America (FCCLA) activities, materials, and projects into the curriculum to promote student learning, leadership skills, and community involvement.
- Identify ways to develop collaborative partnerships with students, colleagues, community organizations, business and industry leaders, and families to maximize resources.
- Identify educational research findings to create safe learning environments and classroom activities that develop life and workplace skills.
- Identify principles of instruction and educational measurement to design appropriate assessment plans for students.
- Recognize the benefits of participating in professional organizations and apply techniques for developing a plan for continued personal and professional growth.

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0018 Understand the process of reading and how to teach reading and study skills in the context of family and consumer sciences.

For example:

- Recognize the reading process as the construction of meaning through the interactions of the reader's background knowledge and experiences, the information in the text, and the purpose of the reading situation.
- Recognize literal and inferential comprehension of written materials related to family and consumer sciences and use critical reasoning skills to evaluate written material.
- Identify principles and techniques for planning instruction that integrate the language arts (reading, writing, listening, speaking) and encourage students to carry out research or inquiry using multiple resources, including electronic and technological resources.
- Recognize the role of subject-area vocabulary in developing reading comprehension and demonstrate how to provide opportunities for students to develop content-area vocabulary by recognizing connections and relationships among words, using context clues, and understanding the connotative and denotative meanings of words.
- Identify techniques for helping students develop study strategies that include previewing and preparing to read text effectively, recognizing organizational patterns unique to informational text, and using graphic organizers as an aid for recalling information.
- Identify types and characteristics of family and consumer sciences reference works and materials, and evaluate the appropriateness of materials in terms of readability, content, reliability, format, freedom from bias, and other pertinent factors.