**Family and Consumer Resource Management**

**1.1 Looking Toward Your Future**

1. What does your future hold?

A. the challenge of choosing – what’s best for you?

B. Which opportunity is best? - not always an easy choice

1. opportunities may be disguised – some opportunities are disguised as challenges or problems

2. Have a good attitude about challenges – this may open the door to wonderful opportunities

C. Work toward the best opportunities – it may take time to get the opportunity you wanted, be patient

II. Independence vs Interdependence

A. Independence – doing things on your own, begins when born

B. Interdependence – relying on others to help you out just as you help them out, many of your choices will affect the lives of other people

III. Values – principles or qualities that you find desirable and that guide the way you live

A. taught by family

B. learned through friends and life experiences

C. based on ideas of what is right and good

D. common values – values found in most societies and cultures

1. relate to respecting others and treating people fairly

2. respect, honesty, integrity, trustworthiness, courage, fairness, caring, responsibility, self-discipline

IV. Lifelong Learning

A. taking opportunities to keep your skills and knowledge up to date throughout life – don’t be afraid to do or learn something new no matter how old you are!

B. Face problems with resilience – ability to recover from, or adjust to change

1. things that help with resilience

a. problem-solving and communication skills

b. independence

D. spirituality

e. flexibility – being able to change

f. openness – be willing to discuss problems with others

g. hope – be optimistic

h. family and social support

i. having routines

j. good health

C. Fulfilling your self-worth –

1. set goals to achieve success – goals should be realistic and well thought out

2. unrealistic goals will leave you frustrated and disappointed and you will quit!

**1.1 Looking Toward Your Future, Day 2**

1. Goal Setting

A. make goals specific

B. establish a time frame for reaching goals

1. short-term goals – affect immediate future (day or two)

2. long-term goals – affect you later in life (months or years)

C. show accountability – have somebody check on your progress

D. write goals down

II. Changing Your Goals

A. goals may change so be flexible

B. changing a goals is not a sign of failure it is simply redirection of the original plan

III. Making Effective Decisions About Your Goals

A. allow time to consider the alternatives – possibilities or choices

B. don’t procrastinate – put off doing something that should be done right away

C. avoid being impulsive – a decision made without thinking about the alternatives

D. think creatively

E. reconsider your decision if you get new information

F. accept responsibility for your decision

G. Seek help when you need it

**1.1 Looking Toward Your Future, Day 3**

1. Management – taking control over who you are and what you have

A. managing includes knowing who you are (values), having strong personal integrity, having best interest of yourself and others in mind, and acting on these things

B. The Management Process – use to help you accomplish your goals

1. set a goals

2. make a plan to achieve your goal

3. carry out your plan to achieve your goal

4. evaluate what happened in steps 1,2, and 3 to learn from your experience

C. Resources to Manage

1. Human Resources – people and all of their talents, abilities, and qualities

a. time, skills, knowledge, energy

2. Material Resources – items that can help you achieve a goal

a. money, possessions, things you can physically touch

3. Community Resources – things found in community such as schools, hospitals, libraries, parks, museums, Head Start, police protection

II. Using Skills to Solve Problems

A. solving problems is a way to turn them into opportunities

B. being a good problem solver lets you turn negatives into positives

C. To see “challenges” and “problems” as “opportunities” is based on your attitude toward life.

**1.2 Using Problem Solving**

1. Problem Solving is important because:

A. it helps you prepare for the challenges you’ll face throughout life

B. helps you gain confidence in your problem-solving ability

C. you develop a skill that helps strengthen relationships

D. you learn from your actions

II. Practical Problems – complicated situations that often include ethical choices or moral outcomes

A. Ethical choices involve making decisions about what is fair, right, just, caring, and best for all people involved

1. ethics – principles or values that guide your life

B. characteristics of practical problems

1. complicated

2. have unique circumstances

3. solutions to practical problems impact others

4. require taking action

C. Solving Practical Problems

1. REASON – allows you to use your values and beliefs in solving problems

R – Recognize the primary problem

E – Evaluate Information

A – Analyze alternatives and consequences

S – Select the best choice

O – Outline and take action

N – Note the results of action taken

2. Decision making tips

a. learn to recognize important decisions

b. base decisions on your values

c. avoid impulsive reactions

d. make your own decisions

e. make decisions when you are clearheaded

f. base your decisions on research and facts

3. Working with problem solving

1. think effectively – use more than one or two choices, check reliability of information, avoid oversimplification of the problem

2. be persistent – be committed to a solution no matter how difficult it is

3. work with others – respect others, use effective communication, practice conflict resolution, use your support systems

**1.3 Building Character**

1. Character – being morally strong and having the ability to think, judge, and act with maturity

A. 3 components of character

1. knowing what is right

2. believing what is right

3. doing what is right

B. character develops over time – through experiences you have, choices you make, and ideas about how your actions affect yourself and others

C. building character requires becoming aware of your values and the reasons they are important to you

II. Ethics – principles or values that guide the way you and others lives

A. help define the character of individuals or groups

B. ethical standards – rule principle, or measure for testing the quality of something

1. example – using common values

C. Decision Tests – asking yourself certain questions to determine whether or not a particular choice is ethical

1. Universal Test – “What would happen if everyone made this choice?”

2. Role Reversal Test – “What would happen if I were the person being affected by my choice?” – The Golden Rule

3. New Context Test – “What would happen if I were in a slightly different set of circumstances?”

4. Test of Best Consequences – “Which choice will have the most positive consequences for the most people involved?”

**1.4 Balancing Your Life**

1. Balance – internal sense of steadiness that results when all parts of a person’s life are in unity with what he or she values

A. when your values and actions work together in harmony as you manage the various roles of responsibilities of your life

B. Benefits of Balance

1. balance brings personal fulfillment

2. supports a healthy lifestyle

3. empowers you to handle what life throws your way

C. characteristics of balance

1. balance is more than management skills

2. easy to lose

3. impacts others

D. Is your life in balance?

1. do you have time for relationship you value?

2. can you complete the daily tasks of living without rushing or skimping on your standard of quality?

3. Are you healthy?

4. Do you feel as if you have some control?

5. Does your life reflect your values and goals?

E. Factors that affect balance in life

1. your personal needs – physical, mental, emotional, spiritual, social

2. great expectations – make your expectations for yourself realistic

3. your personal resources – time, money, and energy level

F. Juggling 101

1. establish goals – help you maintain balance by focusing your time, energy, and other resources on what is important for you to accomplish

2. set priorities – those things most important for you to finish first

a. prioritize your time, energy, resources to meet daily and long term goals

3. help yourself

a. keep a healthy perspective – looking at things from a certain point of view

i. find the bright side to every situation

b. establish boundaries and live within them – limits you have set for yourself based upon your values, goals, and priorities

c. reflect on your life – what is great and what needs changing

d. tap into your internal resources – traits such as determination, confidence, hope and skills such as management and problem solving

e. get help form external resources – don’t be afraid to ask for help

**1.5 Personality and Self-Concept, Day 1**

1. Personality – sum total of all the special characteristics that make a person a unique individual
   1. How a person thinks, feels, and acts
   2. Appearance, interests, values, abilities
   3. Expression of who you are and how you feel about yourself
   4. We are all different from each other
   5. Personality traits – qualities of character that all people possess, but the dree of each quality will vary
2. Introverts vs Extroverts
   1. Introverts – focused inward or on oneself
      1. Prefer activities that allow them to concentrate on time spent alone
      2. Examples: reading, listening to music, drawing
      3. Overwhelmed when around too many people or for too long
   2. Extroverts – focused outward or on others
      1. Prefer the company of others
      2. Examples: team sports, talking, open with feelings
      3. Energized by being around others

**1.5 Personality and Self-Concept, Day 2**

1. Personality Influenced by two things:
   1. Heredity – process by which characteristics are passed on from one generation to the next
      1. Hair, eye color, etc.
   2. Environment – the surroundings in which you live
      1. Home, family, friends, school, etc.
2. Developing Your Personality
   1. Try new things
   2. Get to know people different from you
   3. Develop communication skills
   4. Accept responsibility for your actions
   5. Discover strengths/weaknesses
   6. Learn to accept criticism
   7. Do things for others/respect others opinions
3. Self-Concept – mental image you have of yourself
   1. Based on your sense of personal identity – personal sense of who you are
   2. Self-concept is the result of early experiences and child’s interpretation of those experiences that combine to give an impression of self
   3. Children are constantly monitoring the information about self that is coming to him or her from the outside
   4. Self-concept is in place around the age of seven or eight
   5. Developing a positive self-concept
      1. Develop a sense of identity
      2. Believe in your intrinsic worth – value as a human being
      3. Have self-confidence – faith in your abilities
   6. Understanding and accepting yourself
      1. Four part to yourself:
         1. Public self: known to yourself and others
         2. Private self: known to your but nobody else
         3. Blind self: part that you reveal to others but are not aware of yourself
         4. Potential self: unknown to you and other people
   7. Improving self-concept
      1. Develop talents/abilities
      2. Remind self of what you do well
      3. Learn from mistakes
      4. Know your limitations – characteristic that prevents you from achieving in certain areas
      5. Set realistic goals
      6. Have positive attitude
      7. Be yourself
   8. Self-Worth – belief that you deserve love and respect
      1. You fell worthwhile and that what you do matters
      2. Leads to self-confidence

**1.5 Personality and Self- Concept, Day 3**

1. Maslow’s Hierarchy of Needs
   1. Must achieve one level of needs before you can achieve the next one!
      1. Level 1: Physical Needs
         1. Food, water, clothing
      2. Level 2: Safety Needs
         1. Need for stability for self and environment
         2. To feel safe and secure
      3. Level 3: Social, Love, and Belonging Needs
         1. Being accepted as a member of a group; being wanted and loved
      4. Level 4: Esteem Needs
         1. Being recognized as a unique individual with special and valuable abilities
         2. Accepted as yourself
      5. Level 5: Self-Actualization
         1. Becoming the self that one truly is
         2. Being the best you can be
         3. Some people never achieve this level
2. Improving your self-worth
   1. In order to do this you must meet four emotional needs:
      1. Identity – accept yourself (it’s ok to be different)
      2. Belonging – find one way each day to strengthen you relationship to family and friends
      3. Security – associate with people who accept your for you
      4. Purpose – know what you want in life

**1.6 Becoming a Leader**

1. Benefits for you becoming involved
   1. Fun
   2. Increase your self-worth – feeling that you are important
   3. Learn new skills
   4. Network with others – make contacts
   5. A sense of community – feeling of belonging to a place accompanied by a sense of responsibility and obligation to all the people who live there
2. Style of Leadership
   1. Participatory leader (democratic) – leader and group members need time so they can set goals and make plans and decisions
   2. Directive leader (authoritative) – leader tells group members what to do
3. Characteristics of effective leaders
   1. Persistence – don’t give up until the job is done
   2. Thoughtfulness
   3. Vision and imagination
   4. Sincerity and integrity (use morals)
   5. Accepting
4. Becoming a volunteer
   1. Look at your values, talents, and interests
   2. Match your heart with community needs
   3. Start with realistic expectations
   4. Get prepared
   5. Just do it!!!