

Family Life Skills

I. Course Description:

This one-semester elective course focuses on the importance of the family unit in all aspects of the student's well being. The course will demonstrate God's plan for us through our relationships in our core family, our church family and as a member of society. God's plan includes equipping us with the tools through His Word to develop and hone our life skills for a satisfying and rewarding walk with Him.

II. Course Goals and Objectives:

Students will:

- A. Demonstrate an understanding of being devoted to your family.
- B. Demonstrate an understanding of being devoted to personal growth.
- C. Demonstrate an understanding of being devoted to a marriage.
- D. Demonstrate an understanding of being devoted to offspring.
- E. Demonstrate an understanding of being devoted to family excellence.

III. Course Outline:

- A. The Family Examined
 - 1) The Family Defined
 - 2) Changes Affecting Families
- B. Family Unity
 - 1) Elements of Family Unity
 - 2) Hindrances to Family Unity
 - 3) Development of Family Unity
- C. Spiritual Growth
 - 1) A Heavenly Adoption
 - 2) An Obedient Child of God
 - 3) A Godly Self-Concept
- D. Physical Growth
 - 1) The Essence of Good Appearance
 - 2) Proper Nutrition
 - 3) Consistent Exercise
 - 4) Sufficient Sleep
 - 5) Correct Posture
- E. Physical Enhancement
 - 1) Representative Reflections
 - 2) Skin Care
 - 3) Hair Care
 - 4) Oral Care
 - 5) Hand and Foot Care
 - 6) Clothing
- F. Intellectual Growth

- 1) Intelligence
 - 2) Values
 - 3) Standards
 - 4) Goals
 - 5) Decision Making
 - 6) Management
- G. Social Growth
- 1) Relationships
 - 2) Communication
- H. Social Protocol
- 1) Attitudes Shaping Etiquette
 - 2) Actions Reflecting Etiquette
 - 3) Advantages of Etiquette
- I. Before Marriage
- 1) Dating and Courtship
 - 2) Definitions of Dating
 - 3) Parental Involvement in Dating
 - 4) Opportunities in Dating
 - 5) Responsibilities of Dating
 - 6) Planning a Date
 - 7) Dangers in Dating
 - 8) Finding True Love
- J. During Engagement
- 1) Engaging Decisions
 - 2) Entering an Engagement
 - 3) Preparations for Marriage
 - 4) Planning the Wedding
 - 5) Planning the Honeymoon
- K. After the Wedding
- 1) Following God's Plan
 - 2) Facing Expectations
 - 3) Making Adjustments
 - 4) Remaining United
- L. Parenthood
- 1) Concepts of Parenthood
 - 2) Preparations for Parenting
 - 3) Pregnancy
 - 4) Childbirth
 - 5) Infertility
 - 6) Alternative Methods of Parenthood
- M. Infants
- 1) Parental Readjustment
 - 2) Infant Care
 - 3) Infant Growth and Development
- N. Toddlers
- 1) The One-Year-Old Explorer

- 2) The Two-Year-Old Independent
- 3) Child Safety
- 4) Guidance and Discipline
- 5) Health Habits

O. Preschoolers

- 1) Preschool Impressions
- 2) The Three-Year-Old Pretender
- 3) The Four-Year-Old Questioner
- 4) The Five-Year-Old Scholar
- 5) Childcare and Preschoolers
- 6) Preparing for School
- 7) Preparing for Eternity

P. Financial Management

- 1) Applying Biblical Principles
- 2) Setting Financial Goals
- 3) Preparing for the Future

Q. Jobs and Income

- 1) Deciding for Service
- 2) Preparing for Service
- 3) Finding a Job
- 4) Examining One- and Two-Income Families

R. The Aging Family

- 1) Aging Gracefully
- 2) Entering Middle Age
- 3) Facing New Roles
- 4) Becoming Elderly
- 5) Identifying Concerns of the Elderly
- 6) Helping the Aging

IV. Instructional Materials:

- A. Turner, Anna Sumabat. Family Life Skills for Christian Schools, Second Edition. Bob Jones University Press, Greenville, South Carolina, 2004.
- B. Turner, Anna Sumabat. Family Life Skills for Christian Schools, Student Applications Guide, Second Edition. Bob Jones University Press, Greenville, South Carolina, 2004.

V. Teaching Methods

- A. Student readings
- B. Student work with feedback from teacher
- C. Student activities

VI. Evaluation:

Components:

- A. Daily Assignments
- B. Quizzes and Tests

VII. Grading Scale:

100—90=A

89—80=B

79—70 = C

69 — and below = redo