

Life Connections

Life Connections may be taught as a one-credit or half-credit course. For a half-credit course, content standards 2, 4, 5, 6, 7, 8, 10, 13, 14, 16, and 18 must be included. The course focuses on practical problems related to nurturing human development throughout the life span and life cycle. Course content provides opportunities for students to explore basic needs of individuals regarding human growth and development; stages across the life span; career planning; dating and marriage; financial management; parenting decisions; relationship adjustments; middle-age, retirement issues, and intergenerational living; balancing work, family, and community responsibilities; improving the quality of life; community resources and services; technology; and careers related to families as they progress through the life cycle.

Career and technical student organizations are integral, cocurricular components of each career and technical education course. These organizations serve as a means to enhance classroom instruction while helping students develop leadership abilities, expand workplace-readiness skills, and broaden opportunities for personal and professional growth.

Life Span and Life Cycle

Students will:

1. Differentiate between life span and life cycle.
2. Explain major milestones of stages in the family life cycle, including conditions that influence human growth and development.
 - Comparing human developmental theories

Beginning Stage

3. Develop a career plan, portfolio, and résumé based on personal interests and abilities.
 - Evaluating career paths in relation to personal interests and abilities
4. Evaluate a couple's readiness for marriage by explaining the significance of dating, describing issues to discuss during the engagement period, and determining issues that may impact a couple's relationship.
5. Compare marriage laws, customs, and traditions and their impact on a couple.
6. Demonstrate management of individual and family resources, including the purchase of food, clothing, shelter, and transportation.
 - Evaluating benefits of budget preparation and accurate financial record maintenance

Parenting Stage

7. Determine factors influencing a couple's decision to become parents, including responsibilities, rewards, and challenges.

8. Explain ages and stages of child development, including prenatal development, infancy, toddler, preschooler, school-age child, and adolescent.

Launching Stage

9. Explain responsibilities of parents in preparing their children to leave home.
10. Describe common marital adjustments during the launching stage and ways to resolve each.

Middle-Age Stage

11. Describe the impact of “empty nest” on parents.
 - Identifying agencies or organizations for community involvement or volunteerism opportunities for adults
12. Explain the impact of intergenerational living situations on individuals and families throughout the life cycle.
Examples: challenges, rewards, coping skills
13. Describe effects of divorce on family members.

Retirement Stage

14. Recognize the impact of aging on the physical, emotional, and intellectual well-being of the individual.
Examples: stages of grief, dementia, physical limitations
15. Compare types of housing and care options available to older adults.

Balancing Work and Family

16. Determine personal qualities that contribute to healthy relationships with family, friends, and coworkers, including effective communication techniques, conflict resolution techniques, and the importance of good character.
17. Analyze the significance of work for self, family, and society.
 - Identifying strategies, community resources, and services available to balance work, family, and community responsibilities

Technology and Careers

18. Assess ways technology impacts individuals and families throughout the life cycle.
19. Determine careers related to families as they progress through the life cycle.