

Child, Family, and Consumer Studies

FAMILY LIFE OPTION

Help people create healthy families and communities.

THIS MAJOR IS A GOOD FIT IF YOU CAN SEE YOURSELF:

HELPING FAMILIES of all types, with members of all ages

EXPLORING the nuances of human relationships

TAKING A HANDS-ON approach to improving quality of life for others

This option prepares you to work directly with families to help them make positive choices in their everyday lives. Help them to create satisfying experiences for members of all ages and needs. Give families tools to develop enriching relationships and to manage time, money, and work. Help them to be wise consumers of products and media. Equip them with the skills to address the needs of others in the community and the world. Teach principles of sustainable living to empower people to make "greener" choices.

INSIDE THE CLASSROOM

In class, study how to provide environments that support each family member's unique intellectual, social, and developmental needs. Learn how to guide families as they make choices about basic needs such as housing, money, and food and nutrition. Learn about managing money, obtaining credit, and creating household budgets. Explore how to balance work responsibilities with family life. Understand how to evaluate consumer products for quality, safety, and value.

OUTSIDE THE CLASSROOM

INTERN. Get practical experiences like these: **HOSPITAL** Write a resource booklet for families with elderly members facing memory loss . . . **CONSUMER CREDIT AGENCY** Meet with families to develop household budgets . . . **YOUTH CENTER** Write a grant proposal for a program to address anger in youth.

STUDY ABROAD. Deepen your understanding of your major—and the world—in countries like these: **MEXICO** Visit a youth center . . . **INDIA** Tour a nursing home . . . **TAIWAN** Observe a middle school classroom.

DO RESEARCH. Gather, organize, and analyze data with a faculty member. Administer surveys for a study on how single parents balance work and family. Help determine the results of an abstinence-only program for teens. Study the feasibility of delivering family and consumer sciences education via podcast.

VOLUNTEER. Make a difference. Answer the hotline for a domestic violence center. Mentor an at-risk teen. Plan memory-stimulating activities at an assisted-living facility.

GET INVOLVED. Network and have fun. **FAMILY AND CONSUMER SCIENCES CLUB** Join the student branch. Attend an annual state conference and meet professionals in the field . . . **FOOD AND NUTRITION CLUB** Travel to local and national conferences . . . **PHI UPSILON OMICRON** Join the national honor society in family and consumer sciences.

FASTFACT

We teach the most up-to-date financial software to organize budgets for households or small businesses.

CAREER OPPORTUNITIES

Graduates work for child care centers, community development organizations, government agencies, and private companies with starting salaries of up to \$50,000.

Here are a few possibilities:

FAMILY COUNSELOR. Help families identify and address their needs. Help support families experiencing domestic violence, substance abuse, or illness and grief.

WORK-LIFE SPECIALIST. Provide company employees with resources and referrals for child care, elder care, and other work-life needs.

FAMILY ADVOCATE. Promote laws and programs that improve life for families.

Certification from the National Council on Family Relations or accreditation as a financial counselor qualifies you for these jobs, respectively:

FAMILY LIFE EDUCATOR. Provide families with educational materials, programs, and guidance that enable healthy choices in relationships, marriage, nutrition, finances, housing, and care for members with special needs.

FINANCIAL COUNSELOR. Help families manage household and personal finances.

COMBINE YOUR EDUCATION. A second language can broaden your career options. Take courses in psychology, communication, sociology, business, criminal justice, or pre-med.

CONTINUE YOUR EDUCATION. Earn an advanced degree in nursing, social work, counseling, psychology, or speech and language pathology.

FIND OUT MORE ABOUT THE UNIVERSITY OF IDAHO CHILD, FAMILY, AND CONSUMER STUDIES MAJOR

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	FRESHMAN	SOPHOMORE	JUNIOR	SENIOR
FALL	Engl 101 Intro. to College Writing (if required) 3	FCS 205 Concepts in Human Nutrition 3	FCS 334 Middle Childhood-Adolescence 3	FCS 448 Consumer Economic Issues 3
	FCS 105 Individual & Family Development 3	FCS 223 Evaluation of Apparel & Textiles 3	FCS 340 Parent-Child Relationships in Family & Community (or FCS 440 spring senior year) 3	FCS 451 Professional Development 3
	FCS 123 Textiles 3	FCS 251 Survey of FCS Professions (web course) 1	FCS Elective—Family & Consumer Sciences 3	FCS Elective—Upper-division Family & Consumer Sciences 3
	Elective Elective—Humanities 3	FCS Elective—Family & Consumer Sciences 3	Electives Electives 7	Elective Elective—Humanities or Social Science 3
	TOTAL 12	TOTAL 14	TOTAL 16	TOTAL 12
SPRING	Engl 102 College Writing & Rhetoric 3	FCS 234 Infancy & Early Childhood 3	FCS 346 Personal & Family Finance & Management 4	FCS 440 Contemporary Family Relationships (or FCS 340 fall junior year) 3
	FCS Electives—Family & Consumer Sciences 9	FCS 240 Intimate Relationships 3	FCS 428 Housing America's Families (odd years) 3	FCS 434 Adulthood & Aging Within the Context of Family (odd years) 3
	Elective Elective—Natural Science 4	FCS Elective—Family & Consumer Sciences 3	FCS 445 Issues in Work & Family Life (even years) 3	FCS Elective—Family & Consumer Sciences 3
		Elective Elective—Humanities 3		
	Elective Elective—Social Science 3			
	TOTAL 16	TOTAL 15	TOTAL 10	TOTAL 9

Total for degree = 132 credits. Course offerings may change from year to year. Always check the current course catalog.

TO LEARN MORE
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"I chose the family life option because it allows me to explore the relationships and personal development that occur within a family. I don't know exactly what I want to do yet, but this major exposes me to lots of possibilities."

JENNIFER HYER, *family life option*