College & Career Awareness
Identity Cycle
Pathway: Family & Consumer Science (FACS)

Overview: Family and Consumer Science (FACS) helps prepare you for family life, work life, and careers in family and consumer sciences. Soft skills are character traits and behaviors that help you get along with others. The soft skills we are going to explore today include;

- ■communication
- ■enthusiasm & attitude
- ■teamwork
- ■networking
- ■problem solving & critical thinking
- ■professionalism

These are the skills that pay the bills.

Essential questions: What does it mean to have a solid foundation? Why is laying a solid foundation important? How can developing soft skills help you establish a solid foundation?

Checklist:

____Record input

____Watch video clips on FACS, taking notes of careers featured & any questions you have

https://youtu.be/2qickt-9nl4

https://youtu.be/76uWEIWR2-c

____Create a flip book & record notes as you visit the 6 stations

____Station #1: Communication – Practice what would be different when talking to friends, family, or in a professional setting

Situation 1: Saying hello or goodbye.

Situation 2: Asking for help.

Situation 3: Emailing or texting.

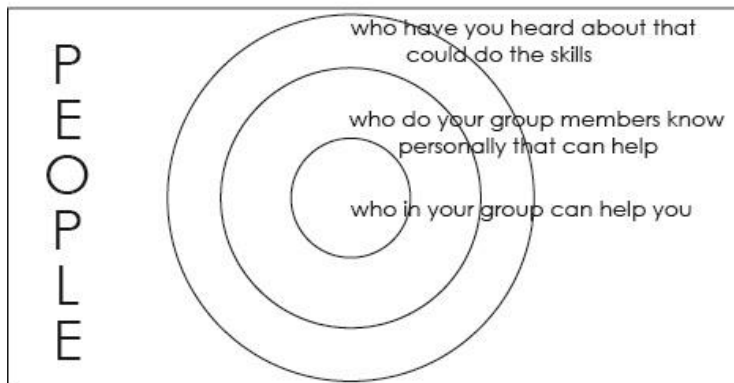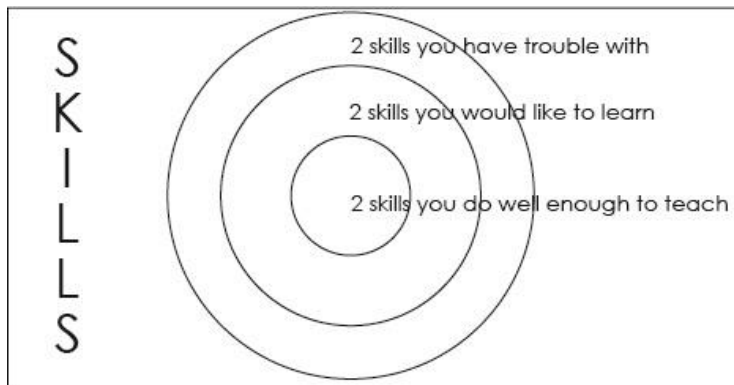Situation 4: Showing excitement for a gift.

Situation 5: Bringing up a concern.

____Station #2: Enthusiasm & Attitude –Play a dice game

If you roll…	Respond…
1	"I am thankful for…"
2	"Other people compliment me on my ability to…"
3	"Something I would like other people to know about me is…"
4	"I feel really good about myself when…"
5	"I am proud of my ability to…"
6	"Something nice I recently did for someone else was…"

____Station #3 Teamwork –Build the tallest freestanding structure you can

____Station #4 Networking – Make a networking card

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2 skills you have trouble with

2 skills you would like to learn

2 skills you do well enough to teach

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who have you heard about that could do the skills

who do your group members know personally that can help

who in your group can help you

____Skill #5 Problem Solving & Critical Thinking –Practice problem solving in your group

____Skill #6 Professionalism- Give Justin some tips on being more professional on the job

____Make sure that each page has a reflection in your flip book and then glue it into your journal in the output