THE CURRICULUM CENTER

FOR FAMILY & CONSUMER SCIENCES

Developing materials for FCS teachers and students for 50 years.

806.742.3029
www.ccfcs.org

2017-2018 CATALOG
TABLE OF CONTENTS

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M - F  8 a.m. - 5 p.m. CST
Fax orders are accepted 24 hours a day at (806) 742-3034

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Celebrating 50 years of excellence!
Online Curriculum
Middle and High School courses

Putting It All Together
Student resource book to use for teaching Education & Training

Today’s Life Skills and Implementation Tools
The fundamentals of family and consumer sciences in eight units

Student-Learning Packets
Self contained packets over four subjects

Certification Resources
Extra materials that will help with courses and certification tests

DVDs
DVDs that have been previewed and recommended for FCS courses by the Curriculum Center Staff

Ordering Information
Order forms and information on how to get curriculum to meet your needs
ONLINE CURRICULUM
ccfcs.tizrapublisher.com

Starting our 50th year of developing curriculum and our 8th year of online delivery of materials, we are continuing to meet the needs of FCS teachers across the nation. Our curriculum is written by former FCS teachers, and covers a wide variety of topics in each FCS pathway. Our online format provides smoother navigation so teachers have the ability to access the resources they need to meet the challenges of education today.

Our responsive design makes navigating through the sections of each course easier than ever. Each course addresses the FCS national standards and the Texas Essential Knowledge and Skills (TEKS) with appropriate teaching strategies and supporting materials. With one subscription, the teacher has access to instructional strategies, PowerPoints®, reproducible teaching aids, rubrics, and links to quality internet resources and videos. All of this empowers the teacher with the tools needed to engage students in active learning.

The teacher materials are
- Based on the objectives of both the FCS National Standards and TEKS.
- Organized so the teacher can follow the outline and be assured that all student essential skills are addressed.
- Labeled for FCS national and Texas standards; Pre-PAC correlation; FCCLA and TAFE correlation; type of activity; topic key word; correlation to language arts, math, science, and social studies objectives; student technology usage; and additional resources.
- Hyperlinked supporting materials for easy access.
- Formatted consistently for ease of use.
- Searchable so the teacher may locate materials by TEKS or key words.
- Printable for teacher convenience.
- Accessed easily with a computer, internet connection, and programs, such as Word, PowerPoint, and Adobe Reader.
- Updated to current Texas Essential Knowledge and Skills (TEKS).

The student materials are
- Designed to elicit student’s active involvement in learning.
- Formatted so that teaching aids may be manually or electronically completed.

COURSES

Architecture & Construction
- Interior Design - 1805

Arts, A/V Technology & Communications
- Fashion Design I & Lab - 1808
- Fashion Design II & Lab/Practicum & Extended Practicum in Fashion Design - 1809

Education and Training
- Principles of Education and Training - 1813
- Human Growth and Development - 1810
- Instructional Practices/Practicum & Extended Practicum in Education and Training - 1811

Career Development

Middle School
- Investigating Careers - 1801
- College and Career Readiness - 1802

High School
- Career Preparation I & II & Extended Career Preparation - 1803

Innovative Course
- Parenting for School-Age Parents I & II - 1842

Hospitality and Tourism
- Principles of Hospitality and Tourism - 1820
- Introduction to Culinary Arts - 1816
- Culinary Arts - 1814
- Food Science - 1815
- Hospitality and Tourism Management: Hotel Management; Restaurant Management; Travel and Tourism Management - 1817
- Practicum in Culinary Arts & Practicum in Hospitality Services - 1818

Human Services
- Principles of Human Services - 1834
- Child Development - 1823
- Child Guidance - 1824
- Counseling and Mental Health - 1827
- Dollars and Sense - 1828
- Family and Community Services - 1829
- Interpersonal Studies - 1830
- Lifetime Nutrition and Wellness - 1832
- Practicum & Extended Practicum in Human Services - 1833
Take it for a test drive! Each course has a **FREE** section. Look at it and use it. Then you’ll see why subscribers love it!  

**http://ccfcs.tizrapublisher.com**
ONLINE CURRICULUM PRICING

Subscriptions are for 12 months and may be started at any time. Have pricing questions? Call 806.742.3029 Monday - Friday 8-5 CST and let us help you build your custom curriculum package.

<table>
<thead>
<tr>
<th>Subscriptions</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>One teacher - one course</td>
<td>$200</td>
</tr>
<tr>
<td>Same teacher - additional course(s)</td>
<td>$150</td>
</tr>
<tr>
<td>One teacher - access to 8 courses of the teacher’s choice</td>
<td>$800</td>
</tr>
</tbody>
</table>

If ordering more than 20 courses, please call for custom pricing. (Excludes 8 course packages)

Here’s what teachers are saying...

“The online curriculum leads me to resources I didn’t even know existed. It’s great.”  
Linda Thaler, Brenham High School

“Can’t live without you.”  
Steve Wesley, Birdville ISD

“I have used this curriculum since it started. It is constantly updated. I love it!”  
Rhonda Martin, McKinney Boyd High School

Join us on social media.  
Share ideas, lessons, and information with teachers

Hospitality, Tourism, and Culinary Arts Blog  
www.ccfcs.org/hospitality

Education & Training Cluster Blog  
www.ccfcs.org/edutrain

FCS Teacher Blog  
www.ccfcs.org/mentor

Resources, updates, and more!  
www.ccfcs.org
The Putting It All Together: Education and Training, (2nd ed.), student reference book is a compilation of chapters from several education and training books that provides a wealth of information needed by students in introductory education and training courses. Chapters correlate to the essential knowledge and skills for Instructional Practices in Education and Training & Practicum in Education and Training. Particular consideration was given to the organization of chapters and the ability of students to utilize the information in the text.

This second edition of the student reference book features a Pearson created web portal to accompany the text. The MyEducationLab-Putting It All Together – Education and Training website will provide content support through in-class video footage, the eText, and a Video Analysis Tool which provides an easy way to help teacher candidates learn how to effectively observe and analyze teaching. MyEducationLab is easy to use and is a valuable supplement to the text.

Putting It All Together is referenced in the online curriculum for Instructional Practices/Practicum & Extended Practicum in Education and Training.

### No. 1706 - Option 1:
Print copy of the text; access to eText and MyLab Video Analysis Tool .......................... $100.00

### No. 1706A - Option 2:
Access code only; eText, and MyLab Video Analysis Tool ........................................... $75.00

### What is the Video Analysis Tool? Scan here:

### Chapter Titles
- History of Education in the U.S.
- Philosophical Foundations in Education in the U.S.
- The Societal Context of Schooling in the U.S.
- Ethical and Legal Issues in U.S. Schools
- Schools
- Student Similarities and Differences
- Teachers and the Teaching Profession
- Professionalism in Relationships, Reality, and Reform
- Creating and Maintaining a Positive and Productive Learning Environment
- Curriculum, Assessment, and Accountability
- The Fundamentals of Planning
- Planning Lessons and Units
- What You Need to Know about Portfolios
- Guidelines for Assembling Your Portfolio
- Artifact Possibilities
- Electronic Portfolios

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TODAY’S LIFE SKILLS and IMPLEMENTATION TOOLS

TODAY’S LIFE SKILLS

Some things do not change. There may be new courses, new standards, and new students, but the fundamentals of family and consumer sciences remain rock solid. The materials in Today’s Life Skills can be incorporated into a variety of courses, or they can be used for youth groups or any population needing basic life skills. Each of the eight modules includes background information for the teacher, teaching strategies organized by age of audience, learning activities and answers, and reproducible teaching aids. The accompanying CD includes PowerPoint slides and student materials. Color coded for ease of use, this substantial resource is hole punched and ready to fit into your 3-inch binder. (2007)

No. 1097 (Includes CD with PowerPoints and teaching aids) ........$35.00

PRACTICUM COORDINATION HANDBOOK FOR FAMILY AND CONSUMER SCIENCES

As part of the TEKS for Career and Technical Education courses, each program of study with family and consumer sciences content culminates in a practicum course. This guide provides training options covered under those practicum courses. Included in the guide is new information and guidelines with the correct terminology, management suggestions, and sample tools specifically targeted to coordination of instructional arrangements for paid and unpaid work experiences. (2010)

No. 1335 ...............................................................................$30.00

PRACTICUM COORDINATION TOOLS CD

Writable tools and training plans from the Practicum Coordination Handbook on CD in Adobe Format. Also includes Word versions of several forms for easy customization. (2016)

No. 1335CD ...........................................................................$25.00
IN-DEPTH, STUDENT-CENTERED LEARNING PACKETS

In-depth investigation leads to deeper understanding. The student centered packets help guide students to think critically about a variety of subjects. Lasting about two weeks, each packet contains several lessons, each building on the previous, to lead students through five phases of learning: engage, explore, explain, elaborate, and evaluate. Each packet provides topic background for the teacher; then each lesson takes the teacher step-by-step through activities. Additional information is provided for essential questions, skill focus, objectives and outcomes, assessments, resources, and related FCCLA programs. Includes a CD of the entire packet, with student handouts and PowerPoints®.

PURCHASE ALL FOUR PACKETS FOR ONLY $45.00

01 SUSTAINABILITY

While the goal of sustainability is to be good stewards of the environment and managers of resources, it is a complex goal because each action taken has multiple impacts. Lessons guide students toward an understanding of the benefits of moving from less to more sustainable. (2008)

- Myths and Misconceptions
- Reduce, Reuse, Recycle
- Sustainable Product Assessment
- Green Careers
- Water Wise - Public Policy Action
- School Goes Green

No. 1501 .............................................................$15.00

02 BUY NOW, PAY LATER: CREDIT 101

The concept of credit can be summed up in four simple words - buy now, pay later. Lessons guide students to an in-depth understanding of credit and what it involves. (2009)

- Credit - What Do You Know?
- Why Use Credit?
- Getting Credit - Are You Worthy?
- What’s the Score and Why Does It Matter?
- Credit - What Does It Cost?
- Minimum or Maximum
- Credit - More Than You Can Afford
- Drowning in Debt
- Identity Theft
- The Game of Credit

No. 1503 .............................................................$15.00

03 TEEN RELATIONSHIPS

Relationships play a major role in life, especially during the teenage years. These lessons guide students toward knowing how to create and maintain healthy relationships. (2008)

- A Relationship Is...
- Looks Like, Sounds Like
- Relationships - How Do You Feel?
- Teen Dating Violence and Abuse
- Technology and Relationships
- Is There a Way Out?
- Help Is Available

No. 1502 .............................................................$15.00

04 SCALING BACK ON OBESITY

Teen obesity is a major health problem. Lessons guide students toward recognizing the obesity epidemic and how to address and prevent the problem with various solutions. (2009)

- Perceptions and Body Image
- A Balancing Act
- What Tips the Scale?
- Eating for Good Health
- Cause and Effect
- Our Relationships with Food
- Professionals Target Obesity

No. 1504 .............................................................$15.00

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CERTIFICATION RESOURCES

The American Association of Family and Consumer Sciences (AAFCS) provides standards-based examinations that validate the content area knowledge and skills of preservice and current Family and Consumer Sciences (FCS) professionals. The Curriculum Center offers a variety of resources to help testing candidates prepare for the composite exams. Additional information about the exam and the resource materials is available at http://ccfcs.tizarpublisher.com/about_cert_res.

Six Week Subscription .........................................................$75.00

Composite Exam Resources
- Practicum Coordination Handbook
- Housing, Furnishings & Equipment Reference Book
- Services for Older Adults Reference Book
- Child Care & Guidance Reference Book
- Food Production Reference Book
- Hospitality Services Reference Book
- Institutional Maintenance Reference Book
- Textile & Apparel Reference Book

Specialized Certification Hospitality,
Nutrition & Food Science Exam Resources
- Practicum Coordination Handbook
- Food Production Reference Book
- Hospitality Services Reference Book
- Institutional Maintenance Reference Book

Specialized Certification Human
Development & Family Studies Exam
Resources
- Practicum Coordination Handbook
- Services for Older Adults Reference Book
- Child Care & Guidance Reference Book

Reference Book Chapter Summaries
Practice Test Questions and Answer Keys

RESOURCE MATERIALS

CURRICULUM GUIDE contains materials for the teacher: sample course outlines, instructional strategies, teaching aids, program tools, and suggestions for resources, blended activities, integration of FCCLA, and creative teaching ideas. Available in print format.

REFERENCE BOOK serves as a guide for students and a resource for teachers.

STUDENT ACTIVITY BOOK has paper-and-pencil activities that reinforce knowledge and skills covered in the reference book.

POWER TEACHING AIDS are PowerPoint slides available on CD. These correspond to the teaching aids in the curriculum guide.

TESTS are available on CD (used in conjunction with ExamView software) or in print. There are from 30 to 50 questions per reference book chapter. Tests are easily modifiable for individual students.

SOFTWARE required for reference book tests. This enables teachers to select from a wide choice of questions, modify tests for students with special needs, and add their own questions to the test bank.

Curriculum Guide
No. 1392 (2003)..............................$24.00
Reference Book
No. 1397 (2001)..............................$20.00
Reference Book Tests
(CD) No. 1397T (2007)....................$20.00
(Tests Printout) No. 1397TP.........$15.00
Student Activity Book
No. 1398 (2001).............................$10.00
(Answer Key*) No. 1398A..............$5.00
Power Teaching Aids
No. 1392PTA (2009)......................$25.00
ExamView Test Software
No. 1551........................................$139.00
Competency Profile Folder
No. 1394......................................$.60

*Answer key provided at no charge with a minimum order of five activity books.
All of the DVDs listed in this section have been previewed by The Curriculum Center staff and are recommended for use with your curriculum.

### Architecture and Construction

#### Interior Design

**Behind the Color Wheel: Using Color in Art & Design**
This program examines graphic and interior design, paintings, and other media to learn about the science behind color, color systems for different media, popular color schemes, and color wheel relationships. Viewers will also learn how to create tints, shades, and tones by altering hue value and intensity and how to create color combinations that evoke different responses. (2013 – 24 min.)*

No. 5289 DVD ........................................ $109.00

**Design: All About Textiles**
The human body is almost constantly in contact with some form of textile, whether it be the clothing that we wear or the interiors that we live and work in. Join interior designer Brandi Hagen as she showcases samples and explains different types of natural fibers including plant, animal, and synthetic fibers. Fabric construction and surface design are also discussed. (2010 – 24 min.)**

No. 9006 DVD ........................................ $79.95

**Interior Design Project: Furniture Styles**

No. 9510 DVD ........................................ $79.95

**The Space Within: People, Design & the Room**
This program demonstrates how sound design principles are the heart of interior design, but that its soul lies in the relationship of people to things and spaces. Viewers learn why “people” are the starting point for all design and style. (2012 – 25 min.)*

No. 5252 DVD ........................................ $109.00

### Arts, A/V Tech and Comms

#### Fashion Design

**Understanding Fabrics**
Watch this fast-paced introduction to fabric science. Your students will learn about fabrics that repair broken hearts, stop bullets, fight fire, stop water, protect against outer space, and enable people to fly. Viewers tour a modern textile mill and watch raw acrylic become fabric. They see yarn spun by a traditional spinning wheel and by modern technology. They see fabric created by both a traditional hand loom and by high-speed computerized machines. (2008 – 21 min.)*

No. 5166 DVD ........................................ $99.00

**Design: All About Textiles**
View a basic overview of the elements of design applied to interiors and fashion. Full of current, colorful examples of line, shape, texture, and color. (2010 – 21 min.)*

No. 9529 DVD ........................................ $79.95

**Design: The Elements**
View a basic overview of the elements of design applied to interiors and fashion. Full of current, colorful examples of line, shape, texture, and color. (2010 – 21 min.)*

No. 9529 DVD ........................................ $79.95

**Designing Fashion**
This program illustrates how fashion designers turn their concepts into end products. Over the course of the video, viewers will see how fashion designers visually develop their ideas, how they use CAD to enhance and support their work, and the steps involved in sampling, pattern-making, and production. Interviews with industry insiders are featured as well. (2011 – 19 min.)*

No. F282 DVD ........................................ $129.95

**Do You Have What it Takes? Fashion Design Careers**
Do you have what it takes to be a fashion designer? Join eight up-and-coming fashion designers as they discuss the characteristics, traits, and skills needed to make it in the fashion industry. Candid interviews with young designers tackle questions about careers in fashion design. (2012 – 22 min.)*

No. 9031 DVD ........................................ $79.95

### Education and Training

#### Succeeding as a Teacher: Communication and Professional Growth
Learn tips on how to communicate effectively with parents, students, and staff. See how to create a climate of mutual respect, how to set and convey expectations clearly, and how to use praise with students. Learn how to communicate with parents through newsletters, e-mails, phone calls, and conferences. In working with other staff members, see how good attitude, sharing in responsibilities, and attending meetings demonstrate professionalism. (2006 – 29 min.)*

No. 7163 DVD ........................................ $99.00

**Succeeding as a Teacher: Instruction for All Students**
View flexible grouping and learn how to determine when to use whole group, cooperative groups, or individual instruction. Shows how to structure and pace a lesson, including modeling, role-playing, teaching a new skill, providing feedback and practice, assigning homework, and using assessments. Knowing students’ needs and helping with special learning needs is also emphasized. Based on recent research and literature, these films show how to advance and deal with transitions. Based on recent research and literature, these films show how to advance student achievement. Appropriate for all teacher preparation courses. (2006 – 29 min.)*

No. 7161 DVD ........................................ $99.00

**Succeeding as a Teacher: Managing the Learning Environment**
Practical advice for managing classrooms in a positive way for diverse students is clearly conveyed. View how to set up a classroom depending on the age group and content, how to establish routines, maintain discipline, and deal with transitions. Based on recent research and literature, these films show how to advance student achievement. Appropriate for all teacher preparation courses. (2006 – 29 min.)*

No. 7162 DVD ........................................ $99.00

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*Learning Seed and Magna teaching guides available at www.learningseed.com

**Learning ZoneXpress teaching guide available at www.learningzonexpress.com

***Films Media Group teaching guide available at www.films.com*
Succeeding as a Teacher: Planning Instruction
Demonstrates in the classroom how to go from planning to creating engaging lessons, how to use assessments to design instruction, how to weave together many different sources in planning, and how to activate prior knowledge. See the importance of understanding the developmental ages of young learners, building on content knowledge, using technology as a resource, and crafting valid objectives and assessments. Based on recent research and literature, these films show how to advance student achievement. Appropriate for all teacher preparation courses. (2006 – 29 min.)*
No. 7160 DVD .............................................$99.00

Career Development

Before You Apply: Job and Skills Evaluation
This video helps new graduates and beginning job seekers clarify their professional goals and find jobs that fit their skills, passions, priorities, and long-term plans. Viewers learn how to use assessment tests to identify strengths and challenges; how to make the most of occupational classification systems; how to obtain references and letters of recommendation; and how to explore job training options. (2011 – 26 min.)
No. F283 DVD .............................................$99.95

Before You Apply: Resumés, Portfolios, and Your Online Persona
This video explores the best ways for applicants to showcase their talents, accomplishments, and potential value to employers. An in-depth discussion highlights objectives, structure, formatting (both hard copy and electronic), and proofreading of resumés, as well as, creating work sample presentations, from basic notebook and photo-album layouts to digital and online portfolios. Finally, viewers are reminded that social networks, like Facebook and LinkedIn, are powerful promotional tools if used wisely and professionally. (2011 – 28 min.)
No. F284 DVD .............................................$99.95

Building the Right Wardrobe
Every outfit sends a message. This video shows how to send the right one at the appropriate time—without breaking the budget. Topics include the functional and social characteristics of clothes; the concepts of style and fashion; planning a wardrobe that accommodates work, school, and leisure; and shopping for value and price. (2010 – 19 min.)***
No. F307 DVD .............................................$99.95

Business Etiquette: Professionalism 101
In this program, both business experts and a focus group of young professionals advise viewers on the proper way to conduct oneself in different types of work-related situations. Among the many topics covered are nonverbal communication and “personal space,” handling dissatisfied callers, when and how to interrupt a busy colleague, composing professional e-mails, asking for a raise, and managing time effectively. (2012 – 30 min.)***
No. F516 DVD .............................................$99.95

Clothes at Work: Decoding Office Dress Codes
Like it or not, on the job, appearance matters! Learn about the four levels of business dress, tips on accessories and grooming, and how to build an affordable wardrobe. (2013 – 17 min.)*
No. 5260 DVD .............................................$99.00

Common Job Interview Mistakes: What NOT to Say or Do
A job seeker needs to stand out from the crowd, but there are good and bad ways to do that! All the right credentials and experience don’t count for much if a candidate comes off as unprepared, unmotivated, and unprofessional in an interview. This video shows how to avoid that fate with concrete advice from experts, eye-catching graphics that reinforce core concepts and clear-cut dramatizations that illustrate interview dos and don’ts. (2012 – 25 min.)
No. F855 DVD .............................................$99.95

Customer Service Basics: Service With a Smile
Join the employees of the Lucky Star Coffee Company as they learn about customer service. Mark, the shop manager, thinks he’ll be leading a training seminar on good customer service. However, Mark and his crew quickly discover the reason for the seminar when they are shown security camera footage of misguided interaction with customers. Through the seminar, viewers learn three main steps to good customer service including listening to the customer, anticipating needs, and admitting mistakes. (2011 – 22 min.)**
No. 9013 DVD .............................................$79.95

Digital Communication Skills: Dos and Don’ts
Digital technology has transformed how we communicate with each other. Communication is not limited to sharing information; it is also about creating it. The way in which e-mails, texts, or voice messages are composed and conveyed may make the difference in impressing or disappointing an employer or coworker. This video has important points on what should and should not be done when it comes to e-mail, texting, video-conferencing, and using the phone for business calls or voice mail. (2015 - 29 min.)
No. F374 DVD .............................................$129.95

Engaging Resumés and Cover Letters: How to Hook the Job You Want
Hear job seekers and hiring managers discuss how they view and judge resumés and cover letters. Learn how to make a resumé stand out in a professional manner and how to present skills creatively. Discover how to edit a resumé and craft a cover letter for the specific job you’re seeking. (2011 – 26 min.)*
No. 5147 DVD .............................................$109.00

Mapping a Career Path: Your Aptitude, Interests, Values and Personality
Career self-assessments provide insight into aptitude, values, and personality. These, along with a person’s interests, can determine what types of work might suit and satisfy them. Explore popular assessment techniques and hear from other job seekers about their experiences navigating the four domains of self-assessment. Meet the people who can help interpret and gauge the validity of test results. And see how school projects and extracurricular activities can help guide career planning. (2011 – 22 min.)*
No. S154 DVD .............................................$109.00

Parliamentary Procedure Guidelines
Often students are taught the fundamentals of parliamentary procedure, but rarely are they taught the real-world application, relevance and importance of this process. This presentation not only provides students with the skills needed to conduct an orderly and efficient meeting, but also supplies them with a detailed look on how parliamentary procedure is used in a professional setting. (2011 – 75 min.)
No. 2222 DVD .............................................$115.00

Professional Image: Professionalism 101
This program guides viewers through a breakdown of just what constitutes career-appropriate demeanor. With an emphasis on having a good attitude, this video discusses handling mistakes, determining dress codes, staying abreast of industry trends, workspace appearance, and even kitchen etiquette. A list of specific—and learnable—leadership qualities is provided, while a group of young professionals recounts anecdotes of workplace successes and mistakes throughout. (2012 - 25 min.)***
No. F513 DVD .............................................$99.95

Social Media Manners: Polite Behavior in the Social Media World
Social interaction has been greatly affected by the widespread use of electronic devices. Following basic guidelines when using these devices may lead to healthier interpersonal relationships and prepare teens for success in the workplace. (2015 – 20 min.)
No. 9059 DVD .............................................$79.95

Which Fork Do I Use?
Make a good impression with proper etiquette for special occasions. Watch as four students seek the advice of an etiquette expert as they prepare for a formal event. Be prepared for a date, a job interview, or any special occasion with manners that will surely impress. (2009 – 15 min.)**
No. 9480 DVD .............................................$49.95

Working Together: Professionalism 101
Viewers learn how to handle conflict, gossip, and office politics; determine the types of information that should and should not be shared with their supervisors; and understand their organization’s chain of command. The video also covers in-office and virtual meetings (where to sit, what to say, conversation protocol), taking time off, ethics, bullying, and harassment. (2012 – 25 min.)***
No. F514 DVD .............................................$99.95
Happy 50th Birthday to Us!
Business Finance Essentials: Ratio Analysis  
Measuring tools, such as protractors, levels, and tape measures, are used to ensure sound building structures. In the business world, the measuring tools are known as financial ratios. These tools enable business administrators to evaluate financial statements. Learning how to calculate and analyze specific ratios enables managers to evaluate trends, determine the health of a business, and make financial comparisons between companies. This program may be a helpful resource for management courses. (2015 – 19 min.)  
No. F897 DVD ..........................$129.95

Social Media for Business Marketing  
The use of social media to promote business is one of the fastest-growing areas of marketing today. When used correctly, popular social media platforms offer the ability to easily, affordably, and directly connect with customers and prospects to build brand awareness and loyalty, improve customer service, and much more. How, then, should a company go about implementing social media as a part of its marketing mix? This program clearly and concisely explains how to get started with social media, make the most of Facebook, Twitter, LinkedIn, Pinterest, Instagram, and Yelp, and develop and manage a comprehensive social media marketing strategy. (2014 – 30 min.)  
No. F459 DVD ..........................$99.95

Travel and Tourism  
Rotorua: A Case Study in Sustainable Tourism  
The North Island city of Rotorua is widely considered to be the birthplace of New Zealand’s tourism industry. This program examines the many features that make Rotorua an attractive tourist destination, including the region’s spectacular lakes and forests; its geothermal features, which make it an ideal setting for health spas; and the strong presence of traditional Maori culture. Such attractions help to attract approximately four million visitors per year to Rotorua, prompting civic leaders to ensure that the tourist industry is economically, socially, and environmentally sustainable. (2013 – 24 min.)**  
No. F783 DVD ..........................$129.95

Human Services  
Child Development  
Attachment Relationships: Nurturing Healthy Bonds  
Attachment is the ability to form and maintain healthy relationships. Follow the journey of a baby’s phases of attachment from birth to age two. Study founding theorists John Bowlby and Mary Ainsworth, and see examples of how parents and caregivers can foster healthy attachment relationships. Attentive, responsive, and loving care given by a baby’s primary caregiver sets the foundation for a child’s capacity to form these relationships throughout life. (2010 – 28 min.)*  
No. 5011 DVD ..........................$99.00

Beginnings of Life: From Conception to Baby  
Viewers learn about fertilization and how chromosomes determine the gender and physical attributes of a baby. See how a single cell develops into an embryo and follow the rapidly changing stages of fetal development. Learn about the importance of prenatal care, nutrition, and a healthy prenatal environment. (2011 – 30 min.)*  
No. 5006 DVD ..........................$139.00

Beginnings of Life: Heredity and Environment  
Learn about the structures and chemistry of DNA molecules. Students see how genes are passed from parents to offspring and how they determine the traits of an individual. Discover how environmental factors, inside or outside of the womb, can affect a child’s health later in life. Learn about genetic disorders and how counseling and screening can provide health information before or during pregnancy. (2011 – 38 min.)*  
No. 5005 DVD ..........................$139.00

Beginnings of Life: Newborn Development  
Learn how professionals use the Apgar test to assess a newborn’s health and the significance of the first interaction between parent and newborn. Follow the many physical, cognitive, and social changes that new borns experience on their journey through early infancy. Learn how to provide the best possible care for a newborn. (2011 – 42 min.)*  
No. 5008 DVD ..........................$139.00

Beginnings of Life: Pregnancy in Progress  
Viewers will learn the early signs of pregnancy and the host of changes women will experience during their nine month adventure. Common prenatal tests and what they can reveal about a baby’s development, possible causes of infertility in women and men, as well as common treatment options are discussed. Become familiar with guidelines for healthy prenatal care and making important birth choices. (2011 – 33 min.)*  
No. 5350 DVD ..........................$139.00

Beginnings of Life: Understanding Childbirth  
This program explores approaches to childbirth, including different methods and environments, as well as what to consider when creating a birth plan. Learn about contractions, how to discern true labor from false labor, the three stages of labor, and the appropriate time to call a medical professional. See what to expect during a traditional delivery or a Cesarean section. (2011 – 32 min.)*  
No. 5351 DVD ..........................$139.00

Child Development Careers  
Catch a glimpse into a variety of careers that work directly with the growth and development of children. This program allows viewers to discover the benefits and challenges of working with children through personal interviews of people working in various child development careers. (2013 – 21 min.)*  
No. 9042 DVD ..........................$79.95

Child Development Theorists: Freud to Erikson to Spock...and Beyond  
Beginning with Sigmund Freud, modern child development theories have changed the way parents raise their children and the way teachers teach those children. This DVD is an entertaining and enlightening view of the major child development theorists, how the theories differ, and how more than one approach can be beneficial. Historical footage and photos are combined with candid documentary footage from childcare centers in this informative video. (2016 – 20 min.)** Updated  
No. 9063 DVD ..........................$79.95

Child’s Mind: How Kids Learn Right and Wrong  
Explore the topic of moral development and how it impacts children’s behavior. Examine the approaches of development theorists and learn about Theory of Mind. Hear children’s reactions to situations that challenge their morals. Expert interviews help explain how and why children develop as they do as well as stress why fostering moral development is crucial. (2011 – 34 min.)*  
No. 5346 DVD ..........................$109.00

Infants: Cognitive Development  
Examine how newborns fit into the sensorimotor stage – tracing cognitive development from simple reflexes to beginnings of thought. Explore infant intelligence, information processing, and memory. See the progression of infant communication from crying, to giggling, to euphoric babbling, and their first words! Understand how language is learned and how caregivers can use infant-directed speech to foster cognitive development. (2010 – 28 min.)*  
No. 5010 DVD ..........................$99.00

Infants: Physical Development  
Learn how a baby’s brain develops and what activities help stimulate healthy brain growth. Also learn the importance of proper nutrition and sleep during the first year. See how infants rely on their innate reflexes and how gross and fine motor skills emerge in typically developing children as well as those with challenging conditions. (2010 – 30 min.)*  
No. 5009 DVD ..........................$99.00

Celebrate our 50th year with us!
Infants: Social and Emotional Development
Examine the different stages of emotional development, and learn how children form attachments with people. Observe how personality and temperament affect an infant’s social and emotional growth and how caregivers handle various situations.
(2010 – 23 min.)*
No. 5012 DVD ............................................$99.00

Middle Childhood: Cognitive & Language Development
Learn how children’s minds expand in knowledge and understanding as their thinking becomes more logical and organized between the ages of 6 and 12. During this stage, they develop concrete operational thinking and make substantial advancements in language development. This DVD presents educator insights and observations, pertinent vocabulary, statistics, and classroom strategies relating to the many aspects of cognitive and language development that children experience in this stage.
(2008 – 30 min.)*
No. 5316 DVD .............................................$129.00

Middle Childhood: Physical Growth & Development
Between ages 6 and 12, children’s bodies grow and mature in significant ways. They gain body awareness and develop new fine and gross motor skills. This is also a pivotal stage where injury, illness, and the increase of childhood obesity are common. Watch as this DVD presents educator insights, pertinent vocabulary, statistics, and classroom strategies, and hear experienced classroom teachers offer insights and observations about children in this state of development. Summarizes content available in individual titles in this series.
(2008 – 22 min.)*
No. 7025 DVD .............................................$99.00

Middle Childhood: Social & Emotional Development
Between ages 6 and 12, children develop many of the social skills they will use through adulthood. They form self-concepts and self-esteem, build new kinds of relationships, and begin to regulate more of their own behavior. This DVD presents educator insights and observations, pertinent vocabulary, statistics, and classroom strategies relating to the many aspects of social and emotional development that children experience in this stage.
(2008 – 25 min.)*
No. 7027 DVD .............................................$99.00

The Milky Way: Every Mother Has a Story NEW
Throughout history, breastfeeding was a cultural norm and the act of breastfeeding is portrayed in countless historical works of art. However, current cultural ideas about breastfeeding have largely replaced the idea of breastfeeding as the normal and natural way to nourish an infant. This program takes viewers on a historical, cultural, and scientific journey surrounding the issues of infant nutrition. Experts explain the nutritional, physiological, immunological, and psychological benefits of breastfeeding for mother and child alike. Expert opinion includes Peter C. Whybrow, M.D., Director of the Semel Institute for Neuroscience and Human Behavior at UCLA, “The interaction that goes on in the very early period [of breastfeeding] is absolutely vital to developing the central nervous system.” (Note: Included in this program are scenes of bare breast feeding mothers. This content may not be appropriate for all audiences. Previewing of material before showing to students is advised.) (2014 – 94 min.)
No. F219 DVD ............................................$169.95

Preschooler Observation PLUS! Language & Literacy Development (Classroom Clips)
Observation is an important skill for teachers of young children. Knowing what to look for and how to interpret what we see requires practice and, often, the guidance and feedback of an experienced observer. These video clips were chosen from hours of footage filmed over several days at a preschool. The scenes were not planned, and the children and teachers were not told what to say or do. Having the children on film, gives you the opportunity to pause, replay, discuss, and ask questions. (2012 – 49 min.)*
No. 5379 DVD .............................................$129.00

Preschoolers: Cognitive Development
Using footage of preschoolers in the classroom, graphics, and interviews with teachers and caregivers, this program delivers a detailed overview of the cognitive development that takes place between the ages of three and five. See how the brain grows neural bridges and strengthens a child’s intellect, widely studied developmental theories of cognitive development and how to encourage it, and characteristics of preoperational thought. Also covered are areas of language development, how children use symbolic thought, and how “theory of the mind” helps preschoolers understand what the mind is and how it works. (2008 – 24 min.)*
No. 7207 DVD .............................................$99.00

Preschoolers: Social and Emotional Development
For classes that need an overview of the preschooler, this presentation explains how preschoolers develop physically, cognitively, emotionally, and socially. Concepts from developmental theorists as well as practical suggestions for caregivers are clearly presented in this study of the whole preschool-aged child. Summarized content available in individual titles in this series. (2008 – 28 min.)*
No. 5197 DVD .............................................$129.00

Preschoolers: Physical Development
From the ages of two to five, preschoolers reach developmental milestones with endless energy and increasing physical coordination. Learn the physical characteristics of preschoolers, how gross and fine motor skills are developed, and the physical milestones that most children reach during this stage. This DVD looks at the natural activities children are drawn to which help their physical development and at strategies to encourage these activities. Also covered are the physical challenges of some children, activity modifications to help children with physical challenges, and why good nutrition and the proper amount of sleep are crucial at this age.
(2008 – 21 min.)*
No. 7206 DVD .............................................$99.00

Preschoolers: Overview
For classes that need an overview of the preschooler, this program delivers a detailed overview of the cognitive development that takes place between the ages of three and five. See how the brain grows neural bridges and strengthens a child’s intellect, widely studied developmental theories of cognitive development and how to encourage it, and characteristics of preoperational thought. Also covered are areas of language development, how children use symbolic thought, and how “theory of the mind” helps preschoolers understand what the mind is and how it works. (2008 – 24 min.)*
No. 7207 DVD .............................................$99.00

Preschoolers: Physical Growth & Development
Discover how preschoolers learn to play cooperatively, make friends, and express emotions. This DVD presents concepts from developmental theorists, insight from current preschool educators, and strategies that can be used to foster social and emotional growth.
(2008 – 23 min.)*
No. 7208 DVD .............................................$99.00

Toddlers: Cognitive Development
Examine how brain cells are structured to connect and retain what a child learns. Explore theories of cognitive development and see the process toddlers go through as they learn language. Observe toddlers as they engage in activities that foster memory and the retrieval of information.
(2009 – 26 min.)*
No. 5327 DVD .............................................$99.00

Toddlers: Physical Development
Learn about the physical characteristics of toddlers, and how gross and fine motor skills are developed. Understand the milestones children achieve at this age by observing toddlers in learning centers and at home. Hear from the experts about nutrition, sleep, toilet training, and developmental differences among toddlers.
(2009 – 29 min.)*
No. 5326 DVD .............................................$99.00

Toddlers: Social and Emotional Development
Learn about the theory of the mind and how toddlers come to understand how their actions can affect others. Examine how gender and temperament play a role in development. Observe toddlers interacting with family and peers as they develop attachments and social bonds.
(2009 – 29 min.)*
No. 5328 DVD .............................................$99.00

Parenting and Family Life

Building Strong Families
Join parenting experts Michelle and David Neujahr and their grown children as they share experiences and strategies for building steadfast family ties that last a lifetime. Short video segments include topics such as establishing a family vision, spending time together, and establishing rules.
(2015 – 52 min.)*
No. 9062 DVD ............................................$79.95
Recognizing Child Abuse: Physical Abuse NEW
The purpose of this program is to enable viewers to identify specific symptoms of physical abuse, describe professional responsibility to identify and report abuse, and understand the context and prevalence of child abuse in society. In addition, the information presented will enable viewers to describe behaviors that abusers may exhibit when communicating with caregivers and other professionals, and discuss behaviors that physically abused children may exhibit. Evidence of physical abuse – soft-tissue injuries, skeletal injuries, head injuries, abdominal injuries, and inflicted traumatic brain injuries – are also illustrated in detail. (2015 – 14 min.)
No. F463 DVD ............................................$129.95

Recognizing Child Abuse: Physical, Emotional, and Sexual
(Note: The first video in this series on child abuse includes all three areas and is available in one 40-minute presentation. The information is also available in individual segments.)

In America, several million reports of suspected abuse and neglect are made to child protective services every year – and of these, approximately one million cases are substantiated. This scenario-based three-part series will assist medical and mental health professionals, social workers, teachers, and caregivers to recognize the signs of child abuse and ascertain appropriate actions to take when abuse is suspected. Addressed in this program are procedures for both mandatory and anonymous reporting. (2015 – 40 min.)
No. F462 DVD .............................................$389.85

Recognizing Child Abuse: Sexual Abuse NEW
The purpose of this program is to enable viewers to understand the context and prevalence of child sexual abuse in society, and identify sexually abusive acts and behaviors. In addition, the information presented will enable viewers to describe the professional responsibility to identify and report sexual abuse, describe behaviors that sexual abusers may exhibit when communicating with caregivers and other professionals, and discuss behaviors that sexually abused children may exhibit. Incest, molestation, exhibitionism, child pornography, and child prostitution are also presented with specific emphasis on methods used by abusers to pressure children into sexual activity. (2015 – 13 min.)
No. F465 DVD .............................................$129.95

See if you have won 1 of 50 prizes! Turn to page 17 to see if you have a winning catalog!
Closer Look at Nutrition: Metabolism & Energy
Students will learn what roles metabolism and energy play in maintaining good health. The presentation explores the components of metabolism, including catabolism and anabolism, and examines latent heat in phase changes. The relationship between energy and carbohydrates is also discussed, as is basal metabolic rate and the factors which influence it. (2012 – 19 min.)
No. 2182 DVD ......................................$115.00

Closer Look at Nutrition: Proteins & Amino Acids
In this video, students will explore proteins and amino acids, the components which build them. Students will examine the role proteins play in the body and how they help maintain proper nutrition as well as sources of protein found in the diet. The importance of protein composition and shape is featured. Protein denaturation and complete versus incomplete proteins are also discussed. (2012 – 17 min.)
No. 2183 DVD ......................................$115.00

Digestion and Nutrition
This program examines the chemical structure of food and the human body’s ability to convert food into fuel and raw materials. Major and minor nutrients are defined, catabolism and anabolism are contrasted, and the function of the digestive tract at the cellular level is scrutinized. The sequence of physical and chemical processes that facilitate digestion is also illustrated, spotlighting each constituent anatomical system: mouth/esophagus, stomach, small intestine, and large intestine. A segment on healthier eating concludes the program. (2009 – 22 min.)*
No. F511 DVD ......................................$99.95

Fats: Elements of Human Nutrition
We often think of fat as harmful, but it is actually very important to the body. It is equally important to learn the effects of fats on the body in order to maintain a healthy diet and lifestyle. Discover the importance of lipids to good nutrition, the differences between various kinds of fat, and how fats relate to vitamins, hormones, energy, and our nervous system. Understand the consequences of consuming certain foods, and how to maintain a healthy, balanced diet. (2009 – 22 min.)*
No. 5156 DVD ......................................$99.00

Five Tips for Healthy Eating on the Go
As nutrition teachers, we want our students to apply what they learn. However, their lives are so busy. How will they learn to eat healthy with such limited time? This program answers that question with five practical tips for healthy eating in a fast-paced lifestyle: plan ahead, don’t skip breakfast, learn to read food labels quickly, snack smart, and eat out wisely. Expert commentary is provided by a registered dietitian, a healthy living coordinator, and a health officer. (2012 – 23 min.)
No. F900 DVD ......................................$99.95

Food Allergies
What is the difference between a food allergy and a food sensitivity? Why do some schools have peanut-free zones? Are some people sensitive to food dyes? Join in on a discussion of food issues with an allergy expert as well as real people who live with food sensitivities and life-threatening food allergies every day. Learn the steps you can take whether you have an allergy, work with food, or know someone with an allergy. (2012 – 26 min.)*
No. 9018 DVD ......................................$49.95

Fruit and Vegetables: Color Power
When it comes to fruits and vegetables, more is better. Fruits and vegetables are full of health-promoting nutrients, but often times the recommended amounts are not consumed. Join food and health professionals to discover the power of these colorful foods. Topics include the importance of eating fruits and vegetables, daily recommended amounts, appropriate serving sizes, ways to include more fruits and vegetables in the diet and selection and basic preparation methods. (2014 - 23 min.)*
No. 9050 DVD ......................................$79.95

Get off the SoFAS! Avoiding Solid Fats & Added Sugars
This program defines “solid fats” and “added sugars” and explains why they’re harmful to our health. Viewers learn the difference between solid fats and others fat and how added sugars are different from naturally-occurring sugars. The program shows where solid fats and added sugars hide in our diet and suggests ways to reduce the amount we consume. (2012 – 36 min.)*
No. 5220 DVD ......................................$109.00

Get Wise to Portion Size
Over the past few decades, there has been steady growth in the size of food portions. While many Americans have grown accustomed to this, these super-sized amounts of food have resulted in increased rates of overweight and obesity. Viewers will learn why portion size matters and how to eat the appropriate amount through short video segments as well as an interview with a registered dietitian. Also included in the interview are tips for eating out. (2014 - 18 min.)*
No. 9054 DVD ......................................$79.95

Minerals: Elements of Human Nutrition
Minerals are more than squares on the periodic table; they are crucial to our health. Learn the names and functions of minerals, and which foods are the best sources to ensure proper nutrition. Understand the differences between vitamins and minerals, and what defines a mineral as “major” or “trace.” Also, see how minerals behave in our bodies once we ingest them, as well as how they react with each other in vital bodily functions. (2009 – 28 min.)*
No. 5207 DVD ......................................$99.00

Nourishing Healthy Preschoolers: A Guide to MyPlate Nutrition
Parents and caregivers play a key role in developing children’s eating habits. Using the USDA’s Guidelines, learn how meals can include a variety of nutritious foods, how to determine appropriate portion sizes, how to make snacks healthy, and how to encourage physical activity. Common concerns about sugar, fat, and picky eaters are also addressed. (2012 – 27 min.)*
No. 5308 DVD ......................................$109.00

Nutrition and Weight Management
Viewers learn about body mass index, or BMI; the risks of being overweight or obese; ways in which healthy eating and exercise help to prevent a range of diseases; and the benefits of fiber, vitamins, minerals, and proper hydration. The USDA’s MyPlate food graphic and dietary guidelines are discussed as well. (2011 – 30 min.)*
No. F029 DVD ......................................$99.95

Protein: Elements of Human Nutrition
The word “protein” comes from a Greek word that means “of prime importance.” Proteins help us see, contract our muscles, and clot blood. Our organs and immune system are made up of mostly protein. Learn what a protein is and the foods that provide it, how our bodies process protein, the difference between high and low quality proteins, and the recommended intakes of this essential nutrient. (2009 – 22 min.)*
No. 5240 DVD ......................................$99.00

Superfoods or Supermyth?
Foods, such as beetroot, kale, salmon, pomegranate, and chard, are touted as superfoods. Experts say these foods are so healthy that when eaten in huge quantities, they may enable individuals to sleep right, feel strong, sound smarter, or avoid cancer. Although these foods are good for nutrition and health, consumers should be aware of claims that encourage extreme behavior. This program explores the facts and fascination, myths, and messages surrounding so-called superfoods. (2015 – 18 min.)*
No. 5110 DVD ......................................$99.00

Vitamins: Elements of Human Nutrition
Learn the basics of vitamins. What are vitamins and how do they keep us healthy? What is the best way to be sure vitamin needs are met? Are supplements necessary? Can vitamins cure illnesses, slow aging, and boost energy? What are the dangers of overdosing? Are natural better than synthetic supplements? (2009 – 25 min.)*
No. 5182 DVD ......................................$99.00

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**Communication and Healthy Relationships**

### Barriers to Communication and How to Overcome Them
The key to overcoming communication barriers is to be able to identify and understand them. This program explains various types of noise and details specific examples of physical, organizational, emotional, nonverbal, cultural, language-related, or written barriers. Through expert interviews and creative vignettes, the video offers solutions to overcoming these common communication barriers.

**No. 2301 DVD** .................................. **$115.00**

### Body Language II: Reading People
Is it possible to read people's thoughts and feelings just by looking at them? This program provides valuable information about interpreting body language by presenting facts, easy to understand and real life examples. If your students apply this information and do some intelligent people watching, they will see a whole new world of communication they may never have noticed.

**No. 5219 DVD** .................................. **$99.00**

### Conflict Management
Although conflicts can be destructive to businesses and organizations, they can bring about positive impacts if handled properly. This presentation defines conflict, investigates common causes of conflict, and compares different conflict management styles. Students will learn skills to resolve conflict and the process of third party intervention.

**No. 2303 DVD** .................................. **$115.00**

### Internet Research: What’s Credible?
On the Internet, it is incredibly easy and fast to search a topic with a few simple keystrokes. However, it is also incredibly easy to end up with unreliable information. With an overwhelming amount of options when conducting an Internet search, how can an individual decipher which results are reliable? In this program, strategies are presented for narrowing results and honing in on credible sources of online information. Experts, such as college professors and media librarians, offer advice, and students share personal experiences. Wikipedia is also investigated.

**No. F373 DVD** .................................. **$129.95**

### Leadership and Personal Development

#### Goal Setting: Discovering Your Gifts
Walk through the steps and strategies of goal setting, and discover how these steps can help students accomplish their goals. Interviews feature real students who are pursuing their own goals in order to discover their secrets to success.

**No. 9012 DVD** .................................. **$49.95**

#### Leadership & Personal Potential: The Influence of One – Respect, Optimism, Positive Energy
In this thought-provoking video, students are challenged to take on the realization that they are leaders, whether they realize it or not. Students are introduced to the concepts of positional leadership vs. personal leadership, personal power, and the idea of being an “adder” or a “subtractor.” The dramatization and narrative helps students see that their voice and actions really can make a difference.

**No. 9518 DVD** .................................. **$49.95**

### Consumer Skills

#### Entrepreneurship: When Am I Ever Going to Use This?
Owning your own business and being your own boss is part of the American dream. Although many individuals aspire to this goal, very few achieve it. Join the hosts of this video to explore entrepreneurship: what it is, the skillset required, and the risks and rewards of owning a business. This program provides a first-hand look at how entrepreneurs transform the seed of an idea into a reality. In addition, information is presented regarding the importance of a business plan and how to copyright a business model.

**No. F324 DVD** .................................. **$179.95**
Know Your Consumer Rights (and Responsibilities)
Explore the eight widely recognized consumer rights – from the right to safety to the right to education, to the right to redress, to the right to a healthy environment, to the right to have basic needs met. Learn how federal and state laws protect these rights and how different agencies create and enforce these and other regulations. (2010 – 29 min.)*

No. 5201 DVD ......................................$99.00

Managing Your Money
This video puts money under a microscope as it looks at budgeting it, spending it wisely, and protecting it (and, by extension, that all-important credit rating). Specifics include opening a checking account, writing checks, making deposits, and balancing a checkbook; using ATM and debit cards; applying for a loan; and deciding whether to opt for a credit card—and if so, how to use it responsibly. (2010 – 23 min.)**

No. F303 DVD ......................................$99.95

The Psychology Behind Today’s Advertising
Consumers are continuously exposed to advertising. In order for marketing campaigns to be successful, advertisers must understand the psychology behind buying motives. This program explains the six consumer groups and the media and methods used to appeal to their specific needs and wants. (2014 – 16 min.)

No. F478 DVD ......................................$129.95

Shopping Behind the Seams: Judging Quality in Clothes
Paying a high price for clothes does not guarantee quality. This program shows what to look for in clothing and how to test clothing before buying. Learn what four questions to ask before you buy, how to evaluate a garment’s fabric and lining, and what high-quality seams, hems, and pockets look like. Examine “vanity sizing” and how to buy the right size, and what care labels can tell you about clothes. (2009 – 20 min.)*

No. 5134 DVD ......................................$99.00

Top Careers in Two Years: Retail, Marketing, and Sales
This program spends some quality face time with a retail sales manager, a merchandise manager, and a distribution manager; a marketing manager, a promotions manager, and a public relations specialist; and an advertising sales agent, a real estate agent, and an e-commerce specialist to gain an understanding of what their professions involve. (2009 – 21 min.)**

No. F260 DVD ......................................$99.95

Using Credit Cards Wisely: Take Charge!
Understand how credit cards actually work, the different types of cards available, and how to use them to your advantage. See how to select the card that is right for you, how to read your monthly statement, and ways to protect yourself as you conquer the world of credit cards. Avoid the traps of fine print and credit jargon by learning the fundamentals of using credit cards. (2010 – 25 min.)*

No. 5256 DVD ......................................$99.00

Wardrobe Planning: Dressing for Your Body Type
Looking for expert advice to dress your best with flattering clothing styles for all body types? Join wardrobe stylist and personal shopper Carly Gatzlaff as she takes viewers through the basics of dressing for your body type by creating a flattering, put-together look that is uniquely you. (2013 – 23 min.)**

No. 9046 DVD ......................................$79.95

Counseling and Mental Health

Bullying and Suicide: Think About It
Bullying is a leading factor in suicide among youth ages 11 to 16. This video shows how bullying affects young people and how it can lead them to take their own lives. However, it also shows the difference one person can make when they step in and stand up to the bullies. (2014 - 21 min.)

No. F277 DVD ......................................$99.95

Help! I’m Stressed
Are you stressed out? Learn exactly what stress is and discover that there is both bad stress and good stress. Not everyone experiences stress the same way. Students will learn about the many symptoms of stress and strategies to keep stress levels in balance. (2012 – 26 min.)**

No. 9017 DVD ......................................$79.95

Human Services Careers
Human services careers involve tending to families and to human needs, whether it is early childhood, counseling and mental health, family and community services, personal care, or consumer services. Explore a variety of human services career options, including early childhood Montessori teacher, family counselor, social services worker, clergy, personal trainer, and sales consultant. (2011 – 25 min.)*

No. 9014 DVD ......................................$79.95

Mental Health: The Basics
Viewers learn some symptoms and causes of depression, anxiety, and other mental health issues, and the many ways in which people cope with these challenges. The concept of stigma is also examined, including a look at how negative attitudes toward those with mental illness may be changed. (2012 – 19 min.)*

No. F965 DVD ......................................$129.95

Peer Pressure and Choosing to Drink: Think About It
David and Julie are invited to a party with “the cool kids.” Viewers are taken inside David’s thoughts and feelings at the party. David allows a subtle form of peer pressure to take control, with tragic results. In a separate segment, a psychiatrist explains how the adolescent brain manages emotions and decision making in a social context; differences between how boys and girls express this, and the importance of good role models for teens. (2011 - 19 min.)

No. F905 DVD ......................................$99.95

Recovering: Anorexia Nervosa and Bulimia Nervosa
Eating disorders, anorexia nervosa and bulimia nervosa, afflict people of all ages and race, especially young women, and are serious medical conditions that can be deadly if left untreated. Join Emmy award-winning documentary filmmaker and host Larkin McPhee (Dying to Be Thin) as she uncovers the challenges of coping with an eating disorder. Meet some experts and people in recovery who offer an honest appraisal of their struggles to overcome their eating disorders. (2012 – 27 min.)**

No. 9040 DVD ......................................$79.95

* This catalog is not a winner, but we thank you for supporting The Curriculum Center for Family and Consumer Sciences.
### SHIPPING CHARGES FOR PRINT AND DVD ITEMS

All shipments are made by UPS Ground Service and the following charges are added to the invoice.

- Up to $50: Add $5
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UPS 2nd Day Air and Next Day Air Service are available upon request; for rush shipping, actual UPS 2nd Day Air and Next Day Air shipping charges plus a $5 handling fee will be added to the invoice.

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*Comp profile folders available for .60 each.

**Print version of test is available for $15.00.
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The Curriculum Center for Family and Consumer Sciences is open Monday - Friday from 8:00 a.m. to 5:00 p.m. (Central Time). Telephone orders and customer service inquiries may be made during these time periods.

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Texas Tech University
Box 41161
Lubbock, TX 79409 – 1161

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