



Scope and Sequence

Cluster: Human Services

Course Name: §130.244 Interpersonal Studies (One-Half to One Credit)

Course Description: (1) This course examines how the relationships between individuals and among family members significantly affect the quality of life. Students use knowledge and skills in family studies and human development to enhance personal development, foster quality relationships, promote wellness of family members, manage multiple adult roles, and pursue careers related to counseling and mental health services.
 (2) Students are encouraged to participate in extended learning experiences such as career and technical student organizations and other leadership or extracurricular organizations.

Course Requirements: This course is recommended for students in Grades 10-12. Recommended prerequisite: Principles of Human Services. It is recommended that students have access to computers and the Internet for extended learning opportunities.

Units of Study	Knowledge and Skills	Student Expectations	Resources
I. Personal Development			
A. Personal growth B. Self concept C. Character traits	(1) The student evaluates factors related to personal development.	(A) investigate factors that affect personal identity, personality, and self-esteem (B) analyze how the family influences the development of personal identity and self-esteem of all family members, including those with special needs	<ul style="list-style-type: none"> • CL – Chapter 1 • FT – Chapter 2 • IFLCC • IFLTIG • SFS – Chapter 2 • FCCLA www.fcclainc.org • Goodcharacter.com www.goodcharacter.com/BCBC/Self Esteem.html

Units of Study	Knowledge and Skills	Student Expectations	Resources
		(C) propose strategies that promote physical, emotional, intellectual, and social development	<ul style="list-style-type: none"> • KidsHealth - Self-Esteem kidshealth.org/kid/feeling/emotion/self_esteem.html • National Association for Self Esteem www.self-esteem-nase.org • National Mental Health Information Center mentalhealth.samhsa.gov/publications/allpubs/SMA-3715/introduction.asp
II. Decision Making			
A. Personal priorities B. Making decisions C. Decisions affecting your health	(2) The student determines short-term and long-term implications of personal decisions.	(A) summarize the decision-making process (B) discuss consequences and responsibilities of decisions (C) evaluate the effect of decisions on health, well-being, family, interpersonal relationships, employment, and society as a whole	<ul style="list-style-type: none"> • CL – Chapters 5, 7 • FT – Chapter 9 • IFLCC • IFLTIG • SFS – Chapter 4 • FCCLA www.fcclainc.org • Mind Tools www.mindtools.com/pages/main/newMN_TED.htm
III. Transition Into Adulthood			
A. Adult lifestyle options B. Lifestyle consequences	(3) The student analyzes considerations related to the transition to independent adulthood.	(A) analyze adjustments related to achieving independence (B) explore responsibilities of living as an independent adult	<ul style="list-style-type: none"> • CL – Chapter 9 • FT – Chapter 21 • IFLCC • IFLTIG • SFS – Chapters 5, 6, 7 • Consumer Jungle www.consumerjungle.org
IV. Relationship Development and the Family			
A. Developing relationships B. Friendship dating patterns C. Communicating socially	(4) The student analyzes the family's role in relationship development.	(A) examine the development of relationships (B) investigate the family's role in fostering the abilities of its members to develop healthy relationships	<ul style="list-style-type: none"> • CL – Chapter 11 • FT – Chapter 8 • IFLCC • IFLTIG • SFS – Chapter 7 • ABC's of a Healthy Relationship www.namf.org/teen/abc

Units of Study	Knowledge and Skills	Student Expectations	Resources
		(C) analyze effects of cultural patterns on family relationships	<ul style="list-style-type: none"> • Break the Cycle www.breakthecycle.org • Choose Respect www.chooserespect.org • Dating Violence www.acadv.org • Love is Not Abuse www.loveisnotabuse.com • Love is Respect www.loveisrespect.org
V. Relationship Development Beyond the Family			
A. Friends B. Peers C. Community and world D. Society	(5) The student analyzes relationship development outside the family.	(A) explore ways to promote positive friendships (B) assess the influence of peers on the individual (C) determine appropriate responses to authority figures (D) propose ways to promote an appreciation of diversity	<ul style="list-style-type: none"> • CL – Chapters 3, 4 • FT – Unit 5 • IFLCC • IFLTIG • SFS – Chapter 1 • ABC's of a Healthy Relationship www.pamf.org/teen/abc/ • Center for Young Women's Health www.youngwomenshealth.org/healthy_relat.html • National Mental Health Information Center mentalhealth.samhsa.gov/publications/allpubs/sma-3716/making.asp • Helpguide www.helpguide.org
VI. Marital Success			
A. Engagement and marriage B. Components of a successful marriage	(6) The student determines factors related to marital success.	(A) discuss functions and roles of dating (B) analyze components of a successful marriage	<ul style="list-style-type: none"> • CL – Chapters 12, 13, 14 • FT – Unit 8 • IFLCC • IFLTIG • SFS – Unit 3

Units of Study	Knowledge and Skills	Student Expectations	Resources
C. Problem solving and communication		(C) examine communication skills and behaviors that strengthen marriage	<ul style="list-style-type: none"> • Administration for Children and Families www.acf.hhs.gov/healthymarriage/index.html • FCCLA - Interpersonal Communications www.texasfccla.org • Helpguide www.helpguide.org • National Healthy Marriage Resource Center www.healthymarriageinfo.org/ • Texas Healthy Marriage and Relationship Initiative www.texashmri.org/index.html • Together in Texas togetherintexas.com/UI/HomePage.aspx
VII. Dynamic Family Life Cycle			
A. Family life today B. Changing family dynamic C. Family functions in varying cultures D. Characteristics of strong families	(7) The student determines methods that promote an effective family unit.	(A) describe diverse family structures (B) identify the function of individuals within the family (C) compare functions of families in various cultures (D) predict the effects of societal, demographic, and economic trends on individuals and the family (E) determine procedures for meeting individual and family needs through resource management (F) explain how technology influences family functions and relationships (G) determine the impact of effective family functioning on community and society	<ul style="list-style-type: none"> • CL – Chapter 15 • FT – Unit 5 • IFLCC • IFLTIG • SFS – Chapters 16, 18 • Administration for Children and Families www.acf.hhs.gov • All Family Resources www.familymanagement.com/ • Families and Work Institute www.familiesandwork.org • Helpguide www.helpguide.org

Units of Study	Knowledge and Skills	Student Expectations	Resources
E. The family life cycle F. Family structures	(8) The student determines how changes occurring throughout the family life cycle impact individuals and families.	(A) describe the stages of the family life cycle (B) examine roles and responsibilities of individuals and family members throughout the family life cycle (C) analyze financial considerations related to the family life cycle (D) predict the effects of technological advances on families throughout the family life cycle (E) formulate a plan for effective management of technology on families through the family life cycle	

XIII. Analyzing Family Crises

A. Dealing with family crises B. Resources to help withstand family crises C. Coping with crises D. Types of crises	(9) The student analyzes types of needs and crises experienced by individuals and families.	(A) categorize types of crises and their effect on individuals and families (B) determine strategies for prevention and management of individual and family problems and crises (C) identify resources and support systems that provide assistance to families in crisis (D) assess management strategies and technology available to meet special needs of family members (E) summarize laws and public policies related to the family	<ul style="list-style-type: none"> • CL – Chapter 21 • FT – Chapters 14, 15 • IFLCC • IFLTIG • SFS – Chapter 17 • Administration for Children and Families www.acf.hhs.gov • All Family Resources www.familymanagement.com • FCCLA www.texasfccla.org • Families and Work Institute www.familiesandwork.org/ • Helppguide www.helppguide.org/ • Texas Department of Family and Protective Services www.dfps.state.tx.us
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IX. Stress Management

A. Coping with stress B. Health and wellness resources C. Preventative health practices	(10) The student determines stress-management techniques effective for individuals and families.	(A) describe the impact of stress on individuals and relationships (B) identify factors contributing to stress	<ul style="list-style-type: none"> • CL – Chapter 7 • FT – Chapter 12 • IFLCC • IFLTIG • SFS – Chapters 3. 17
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Units of Study	Knowledge and Skills	Student Expectations	Resources
D. Other aspects of health		(C) practice creative techniques for managing stress (D) implement positive strategies for dealing with change	<ul style="list-style-type: none"> • Mayo Clinic - Stress Management www.mayoclinic.com/health/stress-management/MY00435 • Stress Management www.helpguide.org/mental/stress_management_relief_coping.htm • Stress Management Health Center www.webmd.com/balance/stress-management/stress-management-topic-overview
X. Careers in Counseling and Mental Health Services			
A. Decisions concerning your future career B. Deciding on a career C. Decisions about your education	(11) The student determines opportunities and preparation requirements for careers in counseling and mental health services.	(A) determine employment and entrepreneurial opportunities and preparation requirements for careers in the field of counseling and mental health services (B) determine how interests, abilities, and personal priorities affect career choice (C) propose short-term and long-term career goals	<ul style="list-style-type: none"> • CL – Chapter 10 • FT – Chapters 6, 16 • SFS – Chapter 5 • Achieve Texas www.achievetexas.org • American Association for Marriage & Family Therapy www.aamft.org/faqs/index_nm.asp • American Counseling Association www.counseling.org/CareerCenter/ • American Music Therapy

Units of Study	Knowledge and Skills	Student Expectations	Resources
	(12) The student exhibits employability skills.	(D) determine ethical practices in the workplace	Association www.musictherapy.org/career_ind.html • America's Career Infonet www.acinet.org/acinet • The Career Key www.careerkey.org • CareerPath.com www.careerpath.com • Career Voyages www.careervoyages.gov • Career Zone www.nycareerzone.org • Collegegrad.com www.collegegrad.com • Education Portal education-portal.com/psychiatrist.html • Ethics Resource Center www.ethics.org • Explore Health Careers www.explorehealthcareers.org/en/Career.122.aspx • Good Character.com www.goodcharacter.com/NFS/SchoolToWork.html • Job Star www.jobstar.org • Kuder www.kuder.com • Labor Market and Career Information (LMCI) www.lmci.state.tx.us • Monster www.monster.com • National Research Center for Career and Technical Education www.nccte.org

Units of Study	Knowledge and Skills	Student Expectations	Resources
			<ul style="list-style-type: none"> • Nurses www.nursesource.org/psychiatric.html • PsycCareers http://psycareers.apa.org • Psychologist-Career Planning careerplanning.about.com/od/occupations/p/psychologist.htm • Psychology Career Page www.uni.edu/walsh/linda1.html • Occupational Outlook Handbook www.bls.gov/oco • O*Net Online online.onetcenter.org/ • Texas FCCLA www.texasfccla.org • Texas OSCAR - Occupation and Skill Computer Assisted Researcher
XI. Employability Skills			
<p>A. Developing workplace skills</p> <p>B. Strategies for job success</p>	(12) The student exhibits employability skills.	<p>(A) practice effective verbal, nonverbal, written, and electronic communication skills</p> <p>(B) analyze the influence of cultural background on patterns of communication</p> <p>(C) practice positive interpersonal skills, including conflict resolution, negotiation, teamwork, and leadership</p> <p>(E) use leadership and team member skills in problem solving</p>	<ul style="list-style-type: none"> • CL – Chapter 10 • FT – Chapters 6, 16 • IFLCC • IFLTIG • SFS – Chapter 5 • FCCLA www.texasfccla.org
XII. Management Practices of Individuals			
<p>A. Types of family and work relationships</p> <p>B. Employment trends</p> <p>C. Realities of the workplace</p>	(13) The student analyzes management practices facilitating individuals assuming multiple family, community, and wage-earner roles.	<p>(A) determine the impact of career choice on family life</p> <p>(B) describe the effect of family life on workplace productivity</p> <p>(C) determine employment practices and trends that support</p>	<ul style="list-style-type: none"> • CL – Chapter 20 • FT – Chapters 10, 11, 29 • IFLCC • IFLTIG • SFS – Unit 7

Units of Study	Knowledge and Skills	Student Expectations	Resources
D. Techniques for managing family and work		(D) explain how technology impacts career options and family roles	
Resources: Books			
CL	Contemporary Living, Goodheart-Willcox, 2004		1566379512
FT	Families Today, Glencoe/McGraw-Hill Division, 2004		0078298407
IFLCC	Individual and Family Life Curriculum Caddy, CEV Multimedia, Ltd. 2004,		1569186693
IFLTIG	Individual and Family Life Teacher's Instructional Guide, Curriculum Center for FCS, 1999		
SFS	Strengthening Family and Self, Goodheart-Willcox, 2004		1590701224
Resources: Web sites			
ABC's of a Healthy Relationship	www.pamf.org/teen/abc		
About.com: Career Planning	http://careerplanning.about.com/od/occupations/p/psychologist.htm		
Achieve Texas	www.achievetexas.org		
Administration for Children and Families	www.acf.hhs.gov/healthymarriage/index.html		
Administration for Children and Families	www.acf.hhs.gov/		
All Family Resources	www.familymanagement.com		
America's Career Infonet	www.acinet.org/acinet/		
American Association for Marriage and Family Therapy	www.aamft.org/faqs/index_nm.asp		
American Counseling Association	www.counseling.org/CareerCenter		
American Music Therapy Association	www.musictherapy.org/career_ind.html		
Break the Cycle	www.breakthecycle.org		
Career Voyages	www.careervoyages.gov		
Career Zone	www.nycareerzone.org		
CareerPath.com	www.careerpath.com/		
Center for Young Women's Health	www.youngwomenshealth.org/healthy_relatt.html		
Choose Respect	www.chooserespect.org		
Collegegrad.com	www.collegegrad.com		
Consumer Jungle	www.consumerjungle.org		
Dating Violence	www.acadv.org		
Education-Portal.com	http://education-portal.com/psychiatrist.html		
Ethics Resource Center	www.ethics.org		
Explore Health Careers.org	www.explorehealthcareers.org/en/Career.122.aspx		

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Units of Study	Knowledge and Skills	Student Expectations	Resources
Families and Work Institute	www.familiesandwork.org		
FCCLA	www.fcclainc.org		
FCCLA, Texas	www.texasfccla.org		
Good Character.com	www.goodcharacter.com/NFS/SchoolToWork.html		
Goodcharacter.com	www.goodcharacter.com/BCBC/SelfEsteem.html		
Helpguide	www.helpguide.org/		
Job Star	www.jobstar.org		
KidsHealth - Self-Esteem	http://kidshealth.org/kid/feeling/emotion/self_esteem.html		
Kuder	www.kuder.com		
Labor Market and Career Information (LMCI)	www.lmci.state.tx.us		
Love is Not Abuse	www.loveisnotabuse.com		
Love is Respect	www.loveisrespect.org		
Mayo Clinic - Stress Management	www.mayoclinic.com/health/stress-management/MY00435		
Mind Tools	www.mindtools.com/pages/main/newMN_TED.htm		
Monster	www.monster.com		
National Association for Self Esteem	www.self-esteem-nase.org/		
National Healthy Marriage Resource Center	www.healthymarriageinfo.org/		
National Mental Health Information Center	http://mentalhealth.samhsa.gov/publications/allpubs/SMA-3715/introduction.asp		
National Mental Health Information Center	http://mentalhealth.samhsa.gov/publications/allpubs/sma-3716/making.asp		
National Research Center for Career & Technical Education	www.nccte.org		
Nurses	www.nursesource.org/psychiatric.html		
O*Net Online	http://online.onetcenter.org		
Occupational Outlook Handbook	www.bls.gov/oco		
PsycCareers	http://psyccareers.apa.org		
Psychologist-Career Planning	http://careerplanning.about.com/od/occupations/p/psychologist.htm		
Psychology Career Page	http://www.uni.edu/walsh/linda1.html		
Stress Management	www.helpguide.org/mental/stress_management_relief_coping.htm		
Stress Management Health Center	www.webmd.com/balance/stress-management/stress-management-topic-overview		
Texas Department of Family and Protective Services	www.dfps.state.tx.us/		

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Units of Study	Knowledge and Skills	Student Expectations	Resources
Texas Healthy Marriage and Relationship Initiative	www.texashmri.org/index.html		
Texas Occupation & Skill Computer Assisted Researcher	www.ioscar.org/tx		
The Career Key	www.careerkey.org/		
Twogether in Texas	http://twogetherintexas.com/UI/HomePage.aspx		