



TEXAS TECH UNIVERSITY

**Division of Outreach
& Distance Education**

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**PFD 1B
Personal and Family Development,
Second Semester
(v.1.0)**

To the Student:

After your registration is complete and your proctor has been approved, you may take the Credit by Examination for PFD 1B.

WHAT TO BRING

- a pen or pencil
- notebook paper

ABOUT THE EXAM

The exam will consist of many short essay questions and an informative four-paragraph paper. You will have three hours to complete the exam.

The examination is based on the Texas Essential Knowledge and Skills for this subject. The PFD 1B course study includes nutrition and food, consumer and resource management, housing, and career preparation. Since questions are not taken from any one source, you can prepare by reviewing any of the state-adopted textbooks that are used at your school. If you do not have a textbook or any other study material available locally, you may contact the Outreach & Distance Education Bookstore. The bookstore carries the textbook used with the Personal and Family Development Distance Education course. The textbook is:

Glosson, Meek, and Smock. *Creative Living*, 6th ed. New York: Glencoe/McGraw-Hill, 1997.

We have included a sample examination with this letter. The sample exam will give you a model of the types of questions that will be asked on the examination. It is not a duplicate of the actual examination. In order to be successful on the examination, study and review all of the concepts of Personal and Family Development (PFD 1B).

For more information about CBE policies, visit <http://www.ode.ttu.edu/takeacbe/> or see your course Policies & Forms Guide.

Good luck on your examination!

PFD 1B
Sample CBE

Part A:
Essay Questions

Write out your responses to the following essay questions. Use complete sentences and develop well-organized paragraphs including four or more sentences.

Nutrition and Food

1. How does your personal diet compare with “The Food Guide Pyramid?”
2. What is the importance of preventive nutrition?
3. What are problems and characteristics associated with eating disorders?
4. What are effects of dietary practices on wellness and achievement?
5. How do cultural food habits, family traditions, and family patterns affect family meal management?
6. How can nutrition information on food labels benefit the consumer?
7. What dietary and other health practices help individuals control their weight?
8. What lifestyle changes can be made to help change poor dietary habits?
9. What are signs of good health?
10. What are signs of poor health?
11. What are appropriate table manners and etiquette?
12. How can mealtime promote family strength and welfare?
13. What is the influence of etiquette in the development of self-esteem and employability skills?
14. What is the impact of technology on meal management?
15. How has mass media increased awareness of nutrition?
16. What are basic principles of sanitation and safety related to meal management?
17. What are cost effective meal management practices?
18. What are techniques to preserve nutrients in food?

Consumer and Resource Management

19. What is a management decision-making process?
20. What are benefits of time management?
21. How can setting priorities help a person manage time?
22. How do leisure activities fit into effective time management?
23. What activities and hobbies do you have now that you can continue to pursue throughout your lifetime?
24. What's an effective plan to tackle an important project?
25. How can a person overcome procrastination?
26. What personal management practices are you applying now so that you will be able to have an active and meaningful life during the later stages of the life cycle?
27. What are human resources? Material resources? Community resources? Natural resources?
28. How does an individual's level of education affect income?
29. How is an individual's incentive toward work related to earning power?
30. Why is it important to be aware of your rights and responsibilities as a consumer?

Housing

31. What are housing priorities and needs?
32. What are environmental and technological influences on housing decisions?
33. What are examples of types of housing?
34. What are methods of controlling housing costs?
35. How do dwelling size and location influence the cost of housing?
36. How are housing costs impacted by the decision to rent or buy?
37. What are ways to save on maintenance and repairs?
38. What are guidelines for selecting and arranging home furnishings?
39. How do family members learn to use and care for home furnishings and equipment?
40. How can safety hazards in a home be avoided and/or corrected?

Career Preparation

41. What are effective leadership characteristics?
42. How have you practiced leadership skills?
43. What are qualities of effective team members?
44. How do you rate as a team member?
45. What is the relationship of leadership and teamwork skills to preparation for employment and adult roles?
46. What is your understanding of cultural diversity?
47. What are your personal career interests, aptitudes, and abilities?
48. What are specific school courses that will help you prepare for a future career?
How will these courses help you prepare?
49. What is the significance of consumer economics and resource management skills in all careers?
50. How have you practiced home and business applications of knowledge and skills?

Part B: Writing Sample

Write an informative four-paragraph paper pointing out the importance of etiquette in the development of self-esteem and employability skills.