



THE CURRICULUM CENTER

FOR FAMILY AND CONSUMER SCIENCES

TEXAS TECH UNIVERSITY • LUBBOCK, TEXAS

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# Catalog

## 2019-2020

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**Over 50 years of**

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Commitment  
Innovation

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## CCFCS Online Curriculum Has Gone Digital!

The CCFCS curriculum has moved to an online learning management system (LMS). The online platform is available to customers through Motivis.

Benefits of the new LMS:

- Motivis is a cloud-based, feature-rich LMS
- Easy to use and navigate
- Professional development webinars hosted during the year
- Social networking allowing you to connect with other members
- Responsive on all devices



**motivis**learning



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# ONLINE CURRICULUM

<https://ccfcs.force.com/CCFCS/>

With over 50 years of experience developing curriculum and ten years 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 smooth 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 Family and Consumer Sciences National Standards and the Texas Essential Knowledge and Skills (TEKS) with appropriate teaching strategies and supporting materials. With annual membership 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, social studies objectives, and personal financial literacy; student technology usage; and additional resources.
- **Hyperlinked** to supporting materials for easy access.
- **Formatted** consistently for ease of use.
- **Printable** for teacher convenience.
- **Accessed** easily with a computer, internet connection, and programs such as Word, PowerPoint®, and Adobe Reader.
- **Updated** continually to meet the needs of FCS classrooms.

## The student materials are

- **Designed** to elicit students' active involvement in learning.
- **Formatted** so that teaching aids may be manually or electronically completed.

## Online Curriculum

### 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

### 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

### Other Curriculum

- Real Skills for Real Life - 1836
- Leaders for Tomorrow - 1837
- Parenting Education I & II - 1842

### 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

### Career Development

#### Middle School

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

#### High School

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



### STAY INFORMED

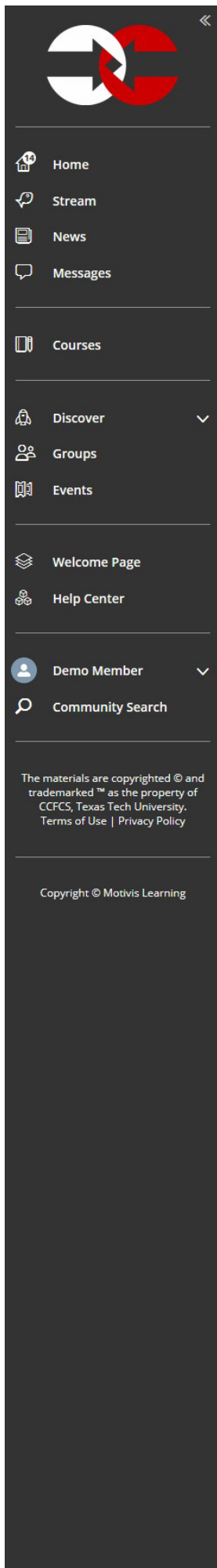
Keep up-to-date with news from CCFCs and your interest groups.

### CONNECT

Follow your peers through the social networking platform.

### MEMBER PROFILE

Tailor your groups, interest areas, and your personal profile.



Home  
Stream  
News  
Messages

Courses

Discover  
Groups  
Events

Welcome Page  
Help Center

Demo Member  
Community Search

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## CMH - Class Guidelines and Stigma: Myths (NS) - Submission

### Description

#### Instructional Strategies:

- Class Discussion

**Objective:** The student will learn some of the myths surrounding mental health and then discuss the facts that dispell the myths.

Explain to students that there are numerous myths related to mental health and mental illness. Plots of television shows, movies, and plays have frequently been built around these myths which increase the strength of many incorrect assumptions.

Show the internet video, Six Mental Health Myths (1:13 min.), and lead the class in a discussion.

Additional information is available in the internet article, Mental Illness Awareness: Six Myths About Mental Health You Need to Unlearn.

Review the article before sharing with students.

The article has good information but other headlines on the website may be inappropriate.

#### Questions for Discussion:

- How do you think these myths got started?
- What can you do to stop the spread of incorrect information?

### INSTRUCTIONAL STRATEGY

Guided instruction for the teacher.

### Resources

#### Six Mental Health Myths

There are many myths about mental health, which are just frankly untrue.



#### Mental Illness Awareness: Six Myths About Mental Health You Need to Unlearn

Conversations about mental health are still "hush" as we debate what constitutes a healthy mind.



### RESOURCES

Hyperlinks to videos, documents, PowerPoints®, and other web resources.

### Evaluation Competency



(NS 13) Demonstrate respectful and caring relationships in the family, workplace and community.

### COMPETENCIES

National or State-based standards attached to each lesson.

# ONLINE CURRICULUM

## Leaders for Tomorrow

Leadership training for students is an investment in our future and theirs. All students have the ability to learn leadership skills and the Leaders for Tomorrow curriculum enhances that opportunity by providing a variety of creative and critical thinking activities that emphasize characteristics of effective leadership. This high school curriculum focuses on the following units:

- Being a Leader
- Decision Making
- Effective Communication
- Creating a Team
- Ethical Leadership
- Applying Leadership Skills
- Community Leadership
- Leadership in Action



**No. 1837.....\$200.00**

## Curriculum Pricing

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

Membership	
One teacher - one course .....	\$200
Same teacher - additional course(s) .....	\$150
One teacher - access to 8 courses of the teacher's choice .....	\$800
If ordering more than 20 courses, please call for custom pricing (excludes 8 course packages).	

“This curriculum is  
a **LIFESAVER.**”

- Jill Acklen

# RESOURCE MATERIALS

## 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

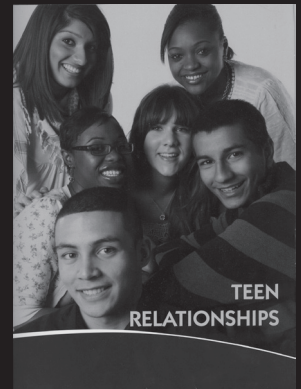


No. 1501 .....\$15.00

### 02 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

### 03 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

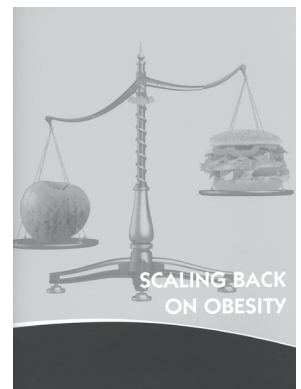


No. 1503 .....\$15.00

### 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



# today's life skills

**Teacher's Resource Materials**

**\$45**

No. 1097

TLS is an evidence-based curriculum developed by The Curriculum Center for Family and Consumer Sciences at Texas Tech University. Over 1500 students and 525 adults were surveyed on topics related to future expectations and life skills for work and family. The research findings suggested that both adults and students see a need for further development in all life skill categories. In response to these findings, The Curriculum Center developed the Today's Life Skills curriculum to supplement educational programs across the nation.

Each module contains:

- Guided lessons, written for the teacher, providing a comprehensive overview of each topic
- Lessons for grades 7 & 8, 9 & 10, and 11 & 12
- Learning Activities and Answers
- POWER Teaching Aids
- Web Resources

CD with Updates and PowerPoints® is included

**Personal Development Skills** ■

**Health and Wellness Skills** ■

**Citizenship Skills** ■

**Communication Skills** ■

**Consumer Skills** ■

**Employability Skills** ■

**Parenting and Child Care Skills** ■

**Balancing Work and Family Skills** ■

# today's life skills

Teacher's Resource Materials

## Units

- **Unit 1 Personal Development Skills:** Personal development skills contribute to the growth of an individual's ability to function personally and in relationships with others. (Self-Esteem; and Social Conduct)
- **Unit 2 Health and Wellness Skills:** Health and wellness contribute greatly to an individual's ability to function successfully in work and family life. (Stress Management; HIV/AIDS Awareness and Prevention; Weight Management; Human Nutrition; Substance Abuse; Sex Education; and Cancer and Cardiovascular Disease)
- **Unit 3 Citizenship Skills:** Citizenship involves responsible participation in the community, nation and world. (Effective Citizenship; The United States Flag; Parliamentary Procedure; The United Nations; and Misdemeanors and Felonies)
- **Unit 4 Communication Skills:** Effective group functioning at home and at work depends on effective communication skills. (Verbal and Nonverbal Communication; Leadership; and Conflict Resolution)
- **Unit 5 Consumer Skills:** Keen consumer skills are necessary in a rapidly changing, highly technological society. (Personal Checking Accounts; Budgeting/Purchasing; Financial Planning; and Managing Credit)
- **Unit 6 Employability Skills:** Equipping students for the future includes preparing them for employment. (Characteristics needed for employment; Work Schedules and Compensation; Employment Opportunities; Self-Improvement; Social Security System; and Securing Employment)
- **Unit 7 Parenting and Child Care Skills:** While some students have realistic expectations and positive role models for parenting, many students lack such role models. As such, there is a diverse need for parenting skills. (Functioning Effectively as a Family; School-Age Parenting; Selecting Child Care; Parenting: What's It All About; and Parenting Education: Prenatal, Postnatal, and Infant Care)
- **Unit 8 Balancing Work and Family Skills:** The growing number of working women, dual-career families, and single parents has intensified the need for skills to manage work and family responsibilities. (Managing Multiple Roles; Goal Setting and Decision Making; and Initiatives for Families and Work)

# RESOURCE MATERIALS

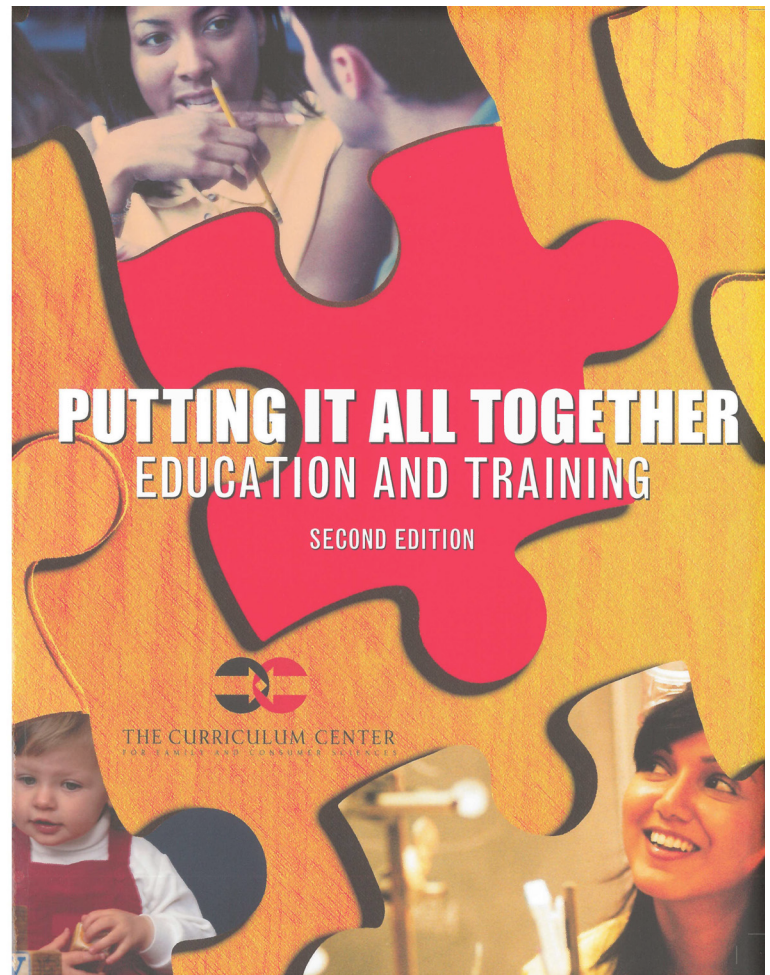
## Putting It All Together: Education and Training

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/Practicum & Extended 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.

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

**Option 1:** Print copy of the text and access to eText  
**No. 1706**.....\$100.00

**Option 2:** Access code to eText  
**No. 1706A**.....\$85.00



### 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 Similarities and Differences
- 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



# RESOURCE MATERIALS

## TEA: Grow Your Own Initiative

The Texas Education Agency supports Grow Your Own programs throughout the state as part of the TEA Strategic Plan 2017–2021, set forth by Commissioner Mike Morath. The programs aim to elevate the teaching profession in Texas by developing high-quality Education and Training courses at the high school level and by creating teacher pipelines to increase the pool and diversity of Texas’ future classroom leaders.

### Resources

- Human Growth and Development - 1810
- Instructional Practices/Practicum & Extended Practicum in Education and Training - 1811
- Principles of Education and Training - 1813
- Putting It All Together - 1706 or 1706A

## DOLLARS AND SENSE

The CCFCS Dollars and Sense curriculum focuses on consumer practices and responsibilities, money-management processes, decision-making skills, impact of technology, and preparation for careers. **\*eMAT eligible**

PEIMS Code 13024300

- Aligns 100% with Personal Financial Literacy (PFL) TEKS and ELPS
- Labeled PFL TEKS
- Based on applied learning philosophy
- Use with Google Classroom or any other digital platform
- Student materials are designed to elicit active involvement in learning
- Each topic contains:
  - Guided strategies written for the teacher
  - Learning activities and answer keys/rubrics
  - Resources to complete each strategy
  - Hyperlinks to web resources
  - Consistent format for ease of use

### TOPICS

Importance of Financial Planning

Management of Resources

Financial Scorecard

Consequences of Economic Decisions

Savings

Debt

Big-Ticket Purchases

Investments

Protecting Your Wealth

Environment

Careers

Explore the Dollars and Sense Curriculum

Email us at [ccfcs@ttu.edu](mailto:ccfcs@ttu.edu) for a sample.

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. (2013 – 24 min.)\*

**No. 50289 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, mineral, and synthetic fibers. (2010 – 24 min.)\*\*

**No. 9006 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**

### Interior Design Project: Furniture Styles

Join award-winning principal designer Brandi Hagen of Eminent Interior Design on a tour of furniture showrooms to discover the distinguishing characteristics of furniture and decorating styles. (2009 – 20 min.)\*\*

**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

### Design: All About Textiles

Join interior designer Brandi Hagen as she showcases samples and explains different types of natural fibers including plant, animal, mineral, and synthetic fibers. Fabric construction and surface design are also discussed. (2010 – 24 min.)\*\*

**No. 9006 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. Interviews with industry insiders are featured as well. (2011 – 19 min.)\*\*\*

**No. F282 DVD .....\$129.95**

### Fashion Design Careers : Do You Have What it Takes?

Join eight up-and-coming fashion designers as they discuss the characteristics, traits, and skills needed to make it in the fashion industry. (2012 – 22 min.)\*\*

**No. 9031 DVD .....\$79.95**

### Fashion in Film

In this Starz Inside documentary, discover the history of the costumes, couture, and glamor icons that have transformed the look of movies forever. (2009 – 56 min.)

**No. A001 DVD .....\$79.95**

### Understanding Fabrics

Viewers tour a modern textile mill and watch raw acrylic become fabric. They see fabric created by both a traditional hand loom and by high-speed computerized machines. (2008 – 21 min.)\*

**No. 5166 DVD .....\$99.00**

### Wardrobe Planning: Dress for Your Body Type

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**

## 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. (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. 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. 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**

### Succeeding as a Teacher: Planning Instruction

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. 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 while maintaining professionalism. (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. Viewers are reminded that social networks 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 message at the appropriate time—without breaking the budget. (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. (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! This video shows how to avoid a fateful interview with concrete advice from experts, eye-catching graphics that reinforce core concepts, and clear-cut dramatizations. (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. 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. This video has important points on what should and should not be done when it comes to e-mail, texting, videoconferencing, 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

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**

### Manners Boot Camp: Professional Courtesy

This program follows teens as they are coached in the following areas of professional behavior: the importance of manners; job interview etiquette; business phone etiquette; and professional e-mail practices. (2015 – 18 min.)\*\*

**No. 9058 DVD .....\$79.95**

### Mapping a Career Path: Your Aptitude, Interests, Values and Personality

Career self-assessments, 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 searchers about their experiences navigating the four domains of self-assessment. (2011 – 22 min.)\*

**No. 5154 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 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. (2012 – 25 min.)\*\*\*

**No. F513 DVD .....\$99.95**

### Social Media Manners: Polite Behavior in the Social Media World

Following basic guidelines when using social media 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. 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 protocols, taking time off, ethics, bullying, and harassment. (2012 – 25 min.)\*\*\*

**No. F514 DVD .....\$99.95**

## Hospitality and Tourism Hospitality and Tourism Career Options

### Confessions of a Food Stylist

Hear from Lisa Golden Schroeder, a food stylist, cookbook author, and teacher, as she provides an insight into the career of a food stylist. (2008 – 18 min.)\*\*

**No. 9470 DVD .....\$79.95**

### Confessions of an Event Planner

Get a glimpse into the life of an event planner as Dean Marie Modica, Director of Sales and Marketing for Solera Restaurant and Event Center, discusses the profession. (2008 – 15 min.)\*\*

**No. 9471 DVD .....\$79.95**

### Top Careers in Two Years: Hospitality, Human Services, and Tourism

In this program, members of the hospitality, human services, and tourism groups describe what their professions are like. (2009 – 20 min.)\*\*\*

**No. F262 DVD .....\$99.95**

## Culinary Arts and Food Science

### Baking Fundamentals: Success in the Kitchen

Sweet treats are easy to prepare with a basic understanding of baking skills. Join Chef Dave Christopherson as he demonstrates a variety of baking techniques to prepare his favorite recipes. (2014 – 64 min.)\*\*

**No. 9053 DVD .....\$79.95**

### Chemical Processes in Food Science

This presentation explains the “science” involved in cooking and food preparation. (2011 – 35 min.)

**No. 2189 DVD .....\$115.00**

### Dairy Science

This program discusses milk processing and further describes what occurs during pasteurization, homogenization, and vitamin fortification. Additionally, the production explains the components of milk and the differences. (2011 – 30 min.)

**No. 2195 DVD .....\$115.00**

### Everyday Math in Foods

Cooking and baking are perfect examples of math used in everyday life. Join Chef Dave Christopherson as he takes a closer look at practical applications of math at the grocery store and in the kitchen. (2013 – 31 min.)\*\*

**No. 9047 DVD .....\$49.95**

### Food Safety and Disease Prevention

This video examines the risks facing consumers while highlighting culinary and food-handling methods for addressing those risks. Viewers also learn about government agencies charged with ensuring food safety. (2011 – 30 min.)\*\*\*

**No. F032 DVD .....\$99.95**

### Food Safety: It's in Your Hands

This program illustrates techniques to keeping food safe from a foodborne illness. (2015 – 21 min.)\*\*

**No. 9057 DVD .....\$79.95**

### Food Service Equipment and Tools

Commercial kitchens are not just bigger than your kitchen at home; they have tools, utensils, and appliances you may never have seen before. Professional chefs go behind the scenes for an in-depth look at the tools of the trade in a professional foodservice kitchen. (2009 – 18 min.)\*\*

**No. 9498 DVD .....\$49.95**

### Kitchen Math: Measuring

Measuring ingredients, time, and temperature accurately helps ensure the result is delicious food. This program presents measuring basics with humor and fun. (2016 – 21 min.)\*\*

**No. 9600 DVD .....\$79.95**

### Science in Food Handling and Storage

This presentation explores the basis and purpose of various food handling and storage practices in the industry. The application and importance of proper storage methods, such as freezing, vacuum packaging and dehydrating, are introduced and explained. (2011 – 40 min.)

**No. 2237 DVD .....\$115.00**

### The Truth About Fat

This engaging film follows a group of health service workers as they undergo a series of eating trials—including a bold experiment to investigate the effects of giving up fat altogether. Packed with astonishing facts and surprising experiments, this program reveals how certain fatty foods, in moderation, can be healthy. (2015 – 53 min.)

**No. F687 DVD .....\$169.95**

## Hospitality and Tourism Management

### Business Finance Essentials: How to Read a Financial Statement

In the world of business, the stat sheet is known as the financial statement, or simply “the financials.” This program covers the basics of reading and understanding financial statements and may be a helpful resource for management courses. (2015 – 20 min.)

**No. F896 DVD .....\$129.95**

### Business Finance Essentials: Ratio Analysis

In business, the measuring tools are known as financial ratios that enable business administrators to evaluate financial statements. 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. This program clearly and concisely explains how to get started with these tools to 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 and how to sustain it. (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 with founding theorists John Bowlby and Mary Ainsworth. (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. 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

Students see how genes are passed from parents to offspring and how they, and environmental factors, determine the traits of an individual. 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

Follow the many physical, cognitive, and social changes that newborns 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. 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. See what to expect during a traditional delivery or a Cesarean section. (2011 – 32 min.)\*

**No. 5351 DVD .....\$139.00**

## Changing Brains: Effects of Experience on Human Brain Development

Changing Brains features information and practical recommendations based on scientific evidence for people who care for children. The central theme of the program is that virtually every aspect of the development of the human brain is dependent on and shaped by experience. (2009 – 83 min.)

**No. B003 DVD .....\$79.95**

## Child Development Careers

Catch a glimpse into a variety of careers that work directly with the growth and development of children. (2013 – 21 min.)\*

**No. 9042 DVD .....\$79.95**

## Child Development Theorists: Freud to Erikson to Spock...and Beyond

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.)\*

**No. 9063 DVD .....\$79.95**

## Child's Mind: How Kids Learn Right and Wrong

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. See the progression of infant communication from crying, to giggling, to euphoric babbling, and their first words! (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. 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**

## 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 six and twelve. This DVD presents educator insights and observations, pertinent vocabulary, statistics, and classroom strategies. (2008 – 20 min.)\*

**No. 7026 DVD .....\$99.00**

## Middle Childhood: An Overview

This presentation explains how children between ages six and twelve develop physically, cognitively, emotionally, and socially. Viewers learn pertinent vocabulary, statistics, and classroom strategies. Summarizes content available in individual titles in this series. (2008 – 30 min.)\*

**No. 5316 DVD .....\$129.00**

## Middle Childhood: Physical Growth & Development

Between ages six and twelve, children's bodies grow and mature. This is also a pivotal stage where injury, illness, and the increase of childhood obesity are common, as shown in this DVD. (2008 – 22 min.)\*

**No. 7025 DVD .....\$99.00**

## Middle Childhood: Social & Emotional Development

Between ages six and twelve, children develop many of the social skills they will use through adulthood. 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

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. (Note: Some content may not be appropriate for all audiences.) (2014 – 94 min.)

**No. F219 DVD .....\$169.95**

## Preschooler Observation PLUS! Language & Literacy Development (Classroom Clips)

Knowing what to look for and how to interpret what we see requires practice and, often, the guidance and feedback of an experienced observer. 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

This program delivers a detailed overview of the cognitive development that takes place between the ages of three and five. 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: Overview

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. (2008 – 28 min.)\*

**No. 5197 DVD .....\$129.00**

## Preschoolers: Physical Development

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. (2008 – 21 min.)\*

**No. 7206 DVD .....\$99.00**

## Preschoolers: Social and Emotional 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**

## The Secret Life of the Brain

A startling new map of the human brain has emerged during the past decade of neuroscience research. Learn startling new truths about the brain as they journey inside about this complicated organ. This 3-disc pack includes: The Baby's Brain, The Child's Brain, The Teenage Brain, The Adult Brain, and The Aging Brain. (2001– 5 hours)

**No. P600 DVD .....\$59.98**

## 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. (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. (2009 – 29 min.)\*

**No. 5326 DVD .....\$99.00**

## Toddlers: Social and Emotional Development

Learn about the Theory of Mind and how toddlers come to understand how their actions can affect others. 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. (2015 – 52 min.)\*\*

**No. 9062 DVD .....\$79.95**

### Fathering: What It Means to Be a Dad

Watch men as they interact with their children. Learn that dads matter in the lives of their children. (2009 – 20 min.)\*\*

**No. 9509 DVD .....\$79.95**

### Guiding Behavior in Young Children

Toddlers and preschoolers often behave in ways that frustrate their parents and caregivers, and even endanger their own safety. Learn why misbehavior occurs, common reactions by caregivers, ways to stop it, and how to create and enforce a plan to bring about desired behavior. (2011 – 30 min.)\*

**No. 5349 DVD .....\$109.00**

### Parenting 101: Basic Skills for Raising Confident Children

This video presents practical advice on building a strong parent-child relationship. Concise dramatizations that highlight problems and solutions are combined with helpful commentary from educators, counselors, and psychologists. (2011 – 23 min.)

**No. F206 DVD .....\$99.95**

### Parenting Principles

Positive parenting begins by creating an emotionally healthy environment for children to grow filled with love, guidance, and respect. Join leading adolescence and parenting expert Laurence Steinberg, PhD, in an examination of the ten basic principles of good parenting. (2014 – 38 min.)\*\*

**No. 9048 DVD .....\$79.95**

### Recognizing Child Abuse: Neglect and Emotional Abuse

The purpose of this program is to enable viewers to understand the context and prevalence of child abuse in society, allowing them to describe the professional responsibility to identify and report neglect and emotional abuse and describe behaviors that abusers may exhibit when communicating with caregivers and other professionals. (2015 – 13 min.)

**No. F464 DVD .....\$129.95**

### Recognizing Child Abuse: Physical Abuse

The purpose of this program is to enable viewers to identify specific symptoms of physical abuse and their responsibility in any profession. 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. (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.)

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. (2015 – 40 min.)

**No. F462 DVD .....\$389.85**

### Recognizing Child Abuse: Sexual Abuse

The purpose of this program is to enable viewers to understand the context and prevalence of child sexual abuse in society, and allows them 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. (2015 – 13 min.)

**No. F465 DVD .....\$129.95**

### Softening: Loving a Child with Special Needs

The scenes of love, play, and family dispel the fear and discomfort often surrounding the topic of disability. (2012 – 39 min.)

**No. F451 DVD .....\$169.95**

### Work-Life Balance: Success and Happiness in an Always-Connected World

This program examines and guides viewers to pursue a proper balance that leads to happiness, health, and success both at home and at work. Included are interviews with experts, professionals, seasoned telecommuters, and students. (2015 – 31 min.)

**No. F064 DVD .....\$169.95**

## Nutrition and Wellness

### Carbs: Elements of Human Nutrition

Explore the role of carbohydrates in your daily diet. Learn about glucose, insulin, diabetes, and the glycemic index. (2009 – 21 min.)\*

**No. 5285 DVD .....\$99.00**

### Closer Look at Nutrition: Fats & Lipids

Is all fat bad for you? Do you need fats in your daily diet? This installment in this series explores these questions as well as identifying good fats versus bad fats. (2012 – 15 min.)

**No. 2181 DVD .....\$115.00**

### Closer Look at Nutrition: Metabolism & Energy

Students will learn what roles metabolism and energy play in maintaining good health. 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, and the components which build them. The importance of protein composition and shape is featured. (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. The sequence of physical and chemical processes that facilitate digestion is also illustrated. (2009 – 22 min.)\*\*\*

**No. F511 DVD .....\$99.95**

### Fats: Elements of Human Nutrition

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

This program provides 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. (2012 – 23 min.)

**No. F900 DVD .....\$99.95**

### Food Allergies

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. Join food and health professionals to discover the power of these colorful foods. (2014 – 23 min.)\*\*

**No. 9050 DVD .....\$79.95**

### Get Wise to Portion Size

While many Americans have grown accustomed to a steady growth in the size of food portions, these super-sized amounts of food have resulted in increased rates of overweight and obesity. Viewers will learn why portion size matters. (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. (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. (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. (2011 – 30 min.)\*\*\*

**No. F029 DVD .....\$99.95**

## Prenatal & Early Childhood Nutrition

When women are pregnant or breastfeeding, they have special nutritional needs. An expert dietitian explains the nutritional considerations for women and their new babies during pregnancy and while breastfeeding. (2012 – 25 min.)\*\*

**No. 9025 DVD .....\$79.95**

## Protein: Elements of Human Nutrition

Proteins help us see, contract our muscles, and clot blood. 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**

## Vitamins: Elements of Human Nutrition

Learn the basics of vitamins, and address the various questions surrounding them. (2009 – 25 min.)\*

**No. 5182 DVD .....\$99.00**

## Water: Elements of Human Nutrition

Learn what water does for the body, from cell structure and joint lubrication to body temperature regulation and vitamin dissolution. Learn what concerns surround water alternatives, like energy drinks and sodas. (2009 – 30 min.)\*

**No. 5321 DVD .....\$99.00**

## What's on MyPlate?

Discover what's on the new MyPlate food icon developed by the US Department of Agriculture (USDA). This DVD is an overview of good food choices and the MyPlate food guide that highlights the best choices from each food group. (2012 – 22 min.)\*\*

**No. 9037 DVD .....\$49.95**

## 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. Through expert interviews and creative vignettes, the video offers solutions to overcoming these common communication barriers. (2015 – 35 min.)

**No. F375 DVD .....\$129.95**

### 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 fun, easy to understand and real life examples. (2008 – 25 min.)\*

**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. (2013 – 26 min.)

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

### Courtesy & Respect: Give & Take

This program explores the role of respect and courtesy in all cultures and how best to achieve them. (2012 – 21 min.)

**No. 5227 DVD .....\$109.00**

## Listening Essentials

This program enables students to improve their listening skills and absorb valuable information. The video identifies the best methods for giving coworkers the attention they deserve and provides eight simple tips that viewers can use to sharpen concentration. (2010 – 22 min.)\*\*\*

**No. F422 DVD .....\$99.95**

## Managing Diversity

Skills to effectively communicate with a diverse population are becoming increasingly important in today's society. This presentation provides the definition of diversity, identifies the role of culture, and presents the benefits and challenges of managing diversity. (2013 – 53 min.)

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

## Speaking Essentials

Statistics suggest that many people dread public speaking more than they fear death. This program shows students ways to overcome that kind of paralysis and transform it into positive energy. (2010 – 25 min.)\*\*

**No. F423 DVD .....\$99.95**

## 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. (2011 – 20 min.)\*\*

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

### Internet Research: What's Credible?

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. (2015 – 29 min.)

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

### Nurturing Leadership

This program explains that while certain personality traits may influence leadership abilities, there are also leadership qualities that can be learned and nurtured. Listening skills, teamwork, motivation, and the ability to engage others in a cause are presented as some leadership qualities. (2015 – 35 min.)

**No. F018 DVD .....\$129.95**

### 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. The dramatization and narrative helps students see that their voice and actions really can make a difference. (2010 – 19 min.)\*\*

**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 owning their own business as their own boss, very few achieve it. This program provides a first-hand look at how entrepreneurs transform the seed of an idea into a reality. (2015 – 25 min.)

**No. F324 DVD .....\$179.95**

## Know Your Consumer Rights (and Responsibilities)

Explore the eight widely recognized consumer rights, how different agencies create and enforce these and other regulations among other points. (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. 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. 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 various managers and agents in retail, marketing, and sales 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. 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**

## 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

Learn exactly what stress is and discover that there is both bad stress and good stress. 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. Explore a variety of human services career options, with varying levels of required education, 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**

Students learn how allowing subtle forms of peer pressures can take control. In contrast, this DVD 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 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. (2012 – 27 min.)\*\*

**No. 9040 DVD .....\$79.95**

*\*Learning Seed and Magna teaching guides available: [www.learningseed.com](http://www.learningseed.com)*

*\*\*Visualz teaching guide available: [www.learning-zonexpress.com/GetVisualz](http://www.learning-zonexpress.com/GetVisualz)*

*\*\*\*Films Media Group teaching guide available: [www.films.com](http://www.films.com)*

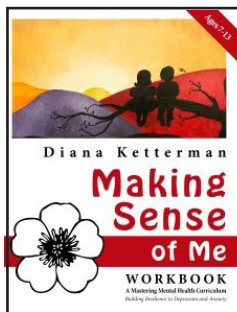
Check out our **FREE** Teaching Resources at [www.ccfcs.org](http://www.ccfcs.org).

- 32 Customizable Rubrics
- Classroom Resources
- LiveBinders
- Presentations & Handouts
- Technology in the Classroom

## Counseling & Mental Health Workbooks

**Making Sense of Me**

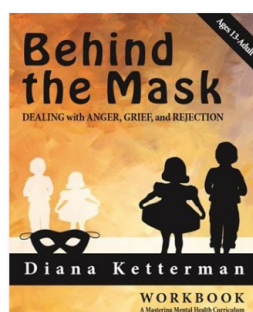
Making Sense of Me contains 13 lessons for teachers and parents to begin the conversation about our environment, senses, memories, emotions, and thoughts. These lessons are targeted to children ages 7-13.



**No. 3000.....\$20.00**

**Behind the Mask: Dealing with Anger, Grief, and Rejection**

Behind the Mask: Dealing with Anger, Grief, and Rejection is a workbook for ages 13 to adult. The lessons are targeted as a high school curriculum to be used across the board for all students. The purpose is to help students learn the importance of being authentic with others and themselves. It teaches the reader to identify what it is they need, and how to ask for help in getting their needs met.



**No. 3001.....\$20.00**

# ORDERING INFORMATION

## Customer Service Hours

The Curriculum Center for Family and Consumer Sciences is open Monday - Friday from 8:00 a.m. to 5:00 p.m. (Central Time).

## Online Curriculum

If ordering more than 20 courses, call for custom pricing. (See below for payment options.) The Curriculum Center will send an e-mail to the teacher with password and login instructions.

## Ordering by Telephone or Fax

Call in your order at (806) 742-3029 (Monday - Friday 8 a.m. - 5 p.m. CST) or fax orders 24 hours a day at (806) 742-3034. All orders must have an authorizing purchase order number or valid credit card number. For security reasons, do not send credit card information via fax. VISA, MasterCard, Discover, and American Express are accepted.

Written confirmation of phone orders is not required. If your purchasing department requires a written order, clearly mark the order "Confirmation".

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Copy the Order Form from the catalog; fill in all information and mail the order to:

**The Curriculum Center for  
Family and Consumer Sciences  
Texas Tech University  
Box 41161  
Lubbock, TX 79409 - 1161**

## Checks

Make checks payable to: **THE CURRICULUM CENTER.**

## Schools

School purchase orders must include purchase order number and authorizing signature.

**Note:** To simplify the pricing and order process, The Curriculum Center has gone to a single pricing structure. If ordering more than 20 courses, call for custom pricing.

## Businesses

Businesses may be extended credit when the order is received on a purchase order with an authorizing signature. Texas firms must add 8.25% sales tax.

## Individuals

Please send a check, money order, or credit card information with order. For security reasons, do not send credit card information via fax. Texas residents must add appropriate sales tax.

## Prices

Prices are effective July 1, 2019. Prices are subject to change without notice.

## Shipping and Handling Charges

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

Up to \$50.....	Add \$8.95
\$50 to \$100 .....	Add \$10.95
\$100 to \$300 .....	Add 10%
Over \$300.....	Add 5%

UPS 2nd Day Air and Next Day Air Service are available upon request; for rush shipping, actual shipping charge plus a \$5 handling fee will be added to the invoice.

## Claims and Returns

**Unless the mistake is ours**, materials and online curriculum cannot be returned or refunded. We will only accept exchanges for defective products.

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“I have been a loyal follower since before the online curriculum (the days of the big notebooks!). You guys **ROCK!**”

**- Wendy Hendershot**

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# PROFESSIONAL TEACHING

## Exam Resources

The Curriculum Center offers a variety of resources to help testing candidates prepare for the AAFCS composite exams and the Praxis Family and Consumer Sciences Test 5122. The reference books contain material covering AAFCS Content Standards 1, 2, 3, 5, 7, and 8. Additional information is available at the AAFCS website.

**Six Week Membership .....\$75.00**

Standard Number	Topic	Composite Exam	HDFS Exam	HNFS Exam
1	Integration of Foundations	5%	17%	17%
2	Family Studies and Human Services	16%	42%	
3	Human Development Education and Services	16%	41%	
Standard Number	Topic	Composite Exam	HDFS Exam	HNFS Exam
4	Nutrition Wellness and Food Sciences	16%		46%
5	Food Lodging Hospitality	9%		37%
6	Consumer and Resource Management	16%		
7	Textiles and Apparel	11%		
8	Environmental Design	11%		
		<b>100%</b>	<b>100%</b>	<b>100%</b>

### AAFCS Composite/Praxis 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

### AAFCS Specialized Certification Hospitality, Nutrition & Food Science Exam Resources

- Practicum Coordination Handbook
- Food Production reference book
- Hospitality Services reference book
- Institutional Maintenance reference book

### AAFCS 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



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