

**2017-2018  
CATALOG**

**THE CURRICULUM CENTER**



**FOR FAMILY & CONSUMER SCIENCES**

806.742.3029  
[www.ccfcs.org](http://www.ccfcs.org)

Developing materials for FCS teachers and  
students for 50 years.

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## CONTACT US

To order, call (806) 742-3029  
M - F 8 a.m. - 5 p.m. CST  
Fax orders are accepted 24 hours a  
day at (806) 742-3034

Bookmark our one-stop launch  
page: [www.ccfcs.org](http://www.ccfcs.org)



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Celebrating **50** years of excellence!



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## 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

Course Title: The Infant Unit Title: The Infant Print

Grade Level: 10-12 Grade

Course: Child Development  
 Topic: Nutrition and feeding of the infant

Topic of This Unit: Texas Essential Knowledge and Skill

Student Expectation: TEKS Addressed:  
 (5) The student investigates strategies for optimizing the development of infants, including those with special needs. The student is expected to:  
 (D) identify appropriate nutritional needs for infants.  
 (E) discuss the advantages of breast feeding.

National Standards: National Standards Addressed:  
 4.4.4 Plan safe and healthy meals and snacks.

Strategies: Instructions to Teacher

Key Word	Instructional Strategies	Materials Links	Core Course Correlations
comparing formulas	<b>1) LABORATORY EXPERIENCE</b> <b>Objective:</b> The student will compare home prepared with commercially prepared baby foods.  Have students search the Internet to compare the nutritional value, as well as the emotional value, of breast milk, cow milk, soy milk, goat milk, and/or other types of formula that a newborn might be fed. Allow students to present their findings to the class.  Suggested Web site for information are •Nutrients and Calories in Breast Milk < <a href="http://www.parentingscience.com/calories-in-breast-milk.html">www.parentingscience.com/calories-in-breast-milk.html</a> >  <b>FCCLA:</b> STAR Event: Illustrated Talk; distribute brochure at Well Baby Clinics	Correlation to science Correlation to math Correlation to language arts Correlation to social studies Suggested FCCLA Activity	Teaching Strategy Supports Objectives from Core Subjects  Possible FCCLA Activity  Hyperlinks to Documents or Internet Sites
feeding problems	<b>2) RESEARCH/DISPLAY</b> <b>Objective:</b> The student will evaluate infant feeding problems.  Have each student select one issue to research on the topic, Infant Feeding Issues, and create a class display on the various types of feeding issues and how they may be resolved. Research should include the issue, symptoms of the issue, and treatment for the issue.  Have students report their findings to the class and post information creatively on the display.	link to Internet link to PowerPoint link to Internet video link to teaching aid student use of technology	
Additional resources	List of resources that may be useful to the teacher but not necessarily referenced in a teaching strategy.		
Additional resources for purchase	The Curriculum Center for Family and Consumer Sciences is a reseller for videos and PowerPoints developed by third parties. These are previewed by staff and are determined to be supportive of the unit objectives. These may be purchased from The Curriculum Center.		

Preview Our Online Curriculum

Easy to Use Interface

Access from Any Device

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>

As the only curriculum center in the nation that specializes in the development of curriculum materials for family and consumer sciences area, our staff works to support teachers with a broad range of resources, from print to multimedia to

professional development training. We understand the complexities of education that you face today. Your hard-work in the classroom inspires us to create curriculum that keeps you on the top of your game. All online curricula follow the same

format allowing for easier navigation from lesson to lesson. We provide you with all of the elements needed to make lessons rigorous and relevant to your classes.

# 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.

<b>Subscriptions</b>	
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)	

## 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



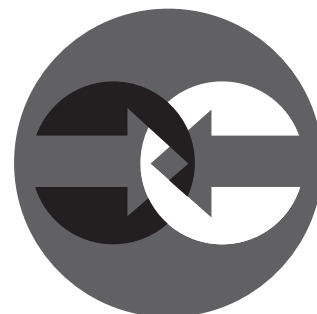
Hospitality, Tourism, and Culinary Arts Blog  
[www.ccfcs.org/hospitality](http://www.ccfcs.org/hospitality)



Education & Training Cluster Blog  
[www.ccfcs.org/edutrain](http://www.ccfcs.org/edutrain)



FCS Teacher Blog  
[www.ccfcs.org/mentor](http://www.ccfcs.org/mentor)



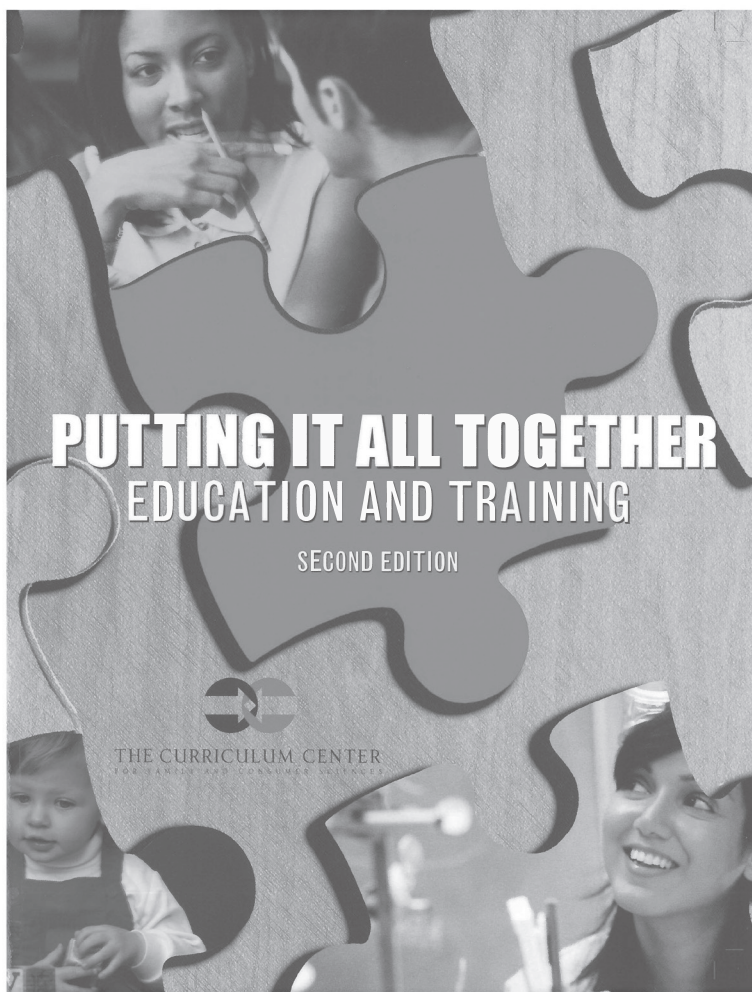
Resources, updates, and more!  
[www.ccfcs.org](http://www.ccfcs.org)

# PUTTING IT ALL TOGETHER

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

around the nation!



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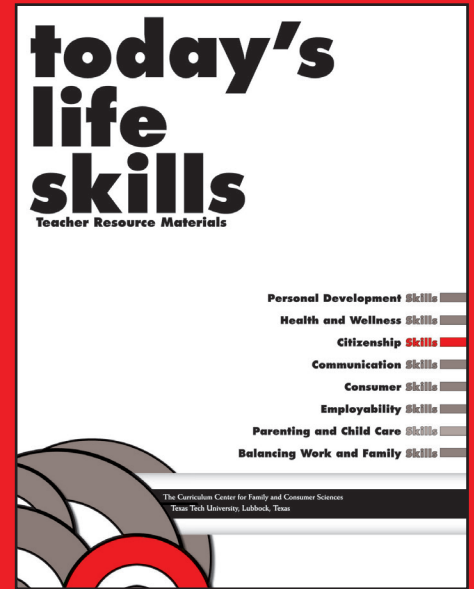
Follow us on Twitter!  
[twitter.com/FCSCenter](https://twitter.com/FCSCenter)

# 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) Accompanying CD revised 2013.

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



## PRACTICUM COORDINATION HANDBOOK FOR FAMILY AND CONSUMER SCIENCES

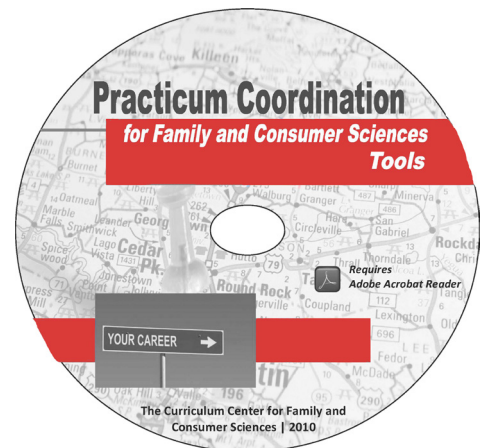
As part of the TEKS for Career and Technical Education courses, each program of study with family and consumer sciences content culminates in a practicum course. This guide provides training options covered under those practicum courses. Included in the guide is new information and guidelines with the 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

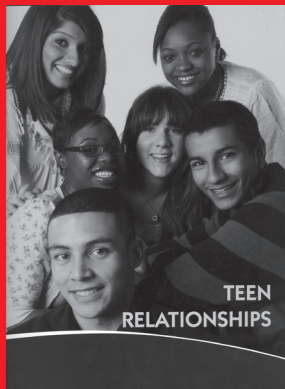


No. 1503 .....\$15.00

### 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

# 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.tizrapublisher.com/about\\_cert\\_res](http://ccfcs.tizrapublisher.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.

## Hospitality Services

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

### 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. Brandi gives viewers insight into the furnishings and finishes of eleven different styles, including: Traditional, Victorian Era, Mission, Art Deco/Nouveau, Retro Style, African Influence, Asian Influence, Southwestern, Shabby Chic, Country, and Contemporary. (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**

### 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**

## Arts, A/V Tech and Comms Fashion Design

### 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. 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. 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**

### 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**

## 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**

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

\*\*Learning ZoneXpress teaching guide available at [www.learningzonexpress.com](http://www.learningzonexpress.com)

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

**Manners Boot Camp: Professional Courtesy**  
Practicing appropriate etiquette may enable young adults to stand out from the crowd. Knowledge of professional courtesy may also assist when students begin entering the professional world. 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 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 searchers 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. 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 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**

## 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. Learn what education is helpful in becoming a food stylist, the salary range for the career, the long-term outlook, and highs and lows of the job. (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. Learn what education is helpful, the salary range for the career, the long-term outlook, and highs and lows of the job. (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—a chef and a caterer, a massage therapist and a retirement home manager, and a hotel manager and an event planner—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. Step by step instructions and recipe tips take viewers through each recipe from start to finish, including rolled sugar cookies, drop cookies, rice crispy bars, brownies, sponge cake, white cake, cream biscuits, scones, and pancakes. Also included are the quick breads, granola muffins, banana bread, and cornbread. (2014 - 64 min.)\*\*

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

### Chemical Processes in Food Science

This presentation explains the “science” involved in cooking and food preparation. The fermentation process, caramelization, leavening, gelatinization, retrogradation and syneresis are explored, as well as discussing the role starch plays in the cooking process. (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 between fluid milk products, such as whole, low-fat and skim milk, as well as dried, evaporated, and condensed milk and creams available. Factors and characteristics of creams and foams, along with a description of fermented milk products, such as yogurts and cheeses, are also discussed. (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. Basic math skills are used to determine recipe costs, converting recipes, determining timing, and more. (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. The program also assesses the safety of pesticides, herbicides, hormones, and antibiotics used in agriculture. Food preparation advice includes washing hands carefully, separating raw meat from produce, and cooking food thoroughly. 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

An estimated one in six individuals contracts a foodborne illness each year. What can be done to stay safe? This program illustrates techniques to keeping food safe from foodborne illness. Join a chef and a microbiologist to gain understanding of common foodborne illnesses, proper hand washing techniques, preventing cross-contamination, the time and temperature danger zone, and keeping the kitchen clean. (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 Tim Cockram, Dave Christopherson, and Jason Hudock go behind the scenes for an in-depth look at the tools of the trade in a professional foodservice kitchen. They describe each item in the kitchen and its use, from knives, pots and pans up to steamtables and the walk-in freezer. (2009 - 18 min.)\*\*

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

### Kitchen Math: Measuring **NEW**

Success or failure in the kitchen depends on ingredients, time, and temperature interacting with each other. Measuring these three elements accurately helps ensure the result is delicious food. This program presents measuring basics with humor and fun. Included are units of measurement, common abbreviations, measuring tools and techniques, proper measuring techniques for dry, solid, and liquid ingredients, basic recipe conversion, and cost comparisons. (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, as well as in home kitchens. Food spoilage, food intoxications and infections, along with food pathogens, food microorganisms, and food additives are also discussed. 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 **NEW**

Fat has a reputation as public health enemy number one. Individuals in countries around the world have spent decades trying to eat less of it—yet today people are healthier than ever. 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. Monitoring the effects of their drastic diet, this program demonstrates how, for healthy people, low-fat diets are bad news. Discover how a portion of steamed salmon has more fat than a serving of pizza, how the fat from a greasy meal turns up in the bloodstream within a matter of hours, and why fat may even help with weight loss. 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 sports, the stat sheet shows who won and lost, as well as how or why each team won or lost. These numbers also point out to coaches and players where there is success and where improvement is needed. In the world of business, the stat sheet is known as the financial statement, or simply “the financials.” The financials tell owners or managers similar information - what is going well, what needs work, and how a company compares to competitors. 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**

*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 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. 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 – 20 min.)\*

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

## Middle Childhood: Overview

For classes that need an overview of the middle childhood years, this presentation explains how children between ages 6 and 12 develop physically, cognitively, emotionally, and socially. Viewers learn 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 – 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 gross and fine 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 for fostering healthy physical development during this stage. (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 breasted nursing 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: Overview

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: 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**

## 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**

## 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. Advice includes – stay involved in all ages and stages of a child's life, provide structure and discipline, model healthy behavior for the child. (2009 – 20 min.)\*\*

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

## Guiding Behavior in Young Children

Despite their best moments, 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, teaching and reinforcing desirable behavior, creating an environment that stimulates intellect and confidence, developing a routine that offers reassurance and stability, and working through parental conflict constructively. 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**

## Recognizing Child Abuse: Neglect and NEW Emotional Abuse

The purpose of this program is to enable viewers to understand the context and prevalence of child abuse in society, clearly define what constitutes neglect and emotional abuse, provide examples of neglect and emotional abuse on children. In addition, the information presented will enable viewers to describe the professional responsibility to identify and report neglect and emotional abuse, describe behaviors that abusers may exhibit when communicating with caregivers and other professionals, and discuss behaviors that neglected and emotionally abused children may exhibit. (2015 – 13 min.)

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

## 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, NEW 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**

## Softening: Loving a Child with Special Needs

Filmmaker Kelly O'Brien speaks honestly about her struggle to cope for the first five years following the birth of Teddy, born with extensive brain damage. The rewards as well as the challenges of caring for him are evident in Softening, a lyrical cinematic diary O'Brien created to celebrate her son's inherent beauty and the joy he brings to his family's life. 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

Not so long ago, individuals went to school or work, then had the rest of the day to enjoy personal time. In today's always-connected society, work life and home life are blending. This program examines this phenomenon and guides viewers to pursue a proper balance that leads to happiness, health, and success both at home and at work. Strategies are presented for coping with stress, taking responsibility, being organized, managing time, and maintaining focus. 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. What is a carbohydrate? Does it make you fat? Why do people on a diet avoid it? What is the main problem with carbs in the typical diet? (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 the Closer Look at Nutrition series explores these questions as well as identifying good fats versus bad fats. This program also examines fat's role in affecting cholesterol levels and compares saturated versus unsaturated fatty acids, helping to give students a better understanding of the role fats play in the diet and the ways which they are needed to maintain proper nutrition. (2012 – 15 min.)

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

*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 anabolism and catabolism, 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 fats 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**

## 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. Understand potential problems, such as what dehydration is and can do, and what water contamination means to third world countries and disaster areas. Learn what concerns surround water alternatives, like energy drinks and sodas. Get recommendations for water intake daily and during exercise, where we get our water, and health regulations for purity, filtrations, and additives. (2009 – 30 min.)\*

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

## What's on MyPlate?

Do you ever stop and wonder what's on YOUR plate? 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. This program explains the 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. (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. 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. (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. Students will learn skills to resolve conflict and the process of third party intervention. (2013 – 26 min.)

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

## Courtesy & Respect: Give & Take

This program explores the role of respect and courtesy in all cultures: to fulfill the basic need to belong and to feel valued. Viewers learn what respect is and why it's valuable, how to earn respect by giving it, and the roles of manners and courtesy as tools of respect. (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. These include learning to focus, taking proper notes, putting emotions on hold, avoiding biases and stereotypes, finding a point of interest in a dull but important conversation, and more. (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. Experts from various organizations provide advice on effectively communicating with racial, ethnic, gender, age, and ability diverse populations. (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. Learn more thorough preparation (from learning the wants and needs of the audience to scoping out the location at which the speech will take place) as well as starting with a strong opener, finding the right pace, using nonverbal communication, and more. (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?

On the Internet, it is incredibly easy and fast to research 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. (2015 – 29 min.)

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

## Nurturing Leadership

Are leaders born or made? This program explains that while certain personality traits may influence leadership abilities, there are also leadership qualities that can be learned and nurtured. Business leaders, politicians, coaches, and others share their perceptions of what it takes to be a leader. Integrity, honesty, dependability, and the belief in an organization's core values are showcased, along with the elements necessary to create a culture of excellence. Listening skills, teamwork, motivation, and the ability to engage others in a cause are also presented as 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. 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. (2010 - 19 min.)\*\*

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

## Consumer Skills

### Entrepreneurship: When Am I Ever Going **NEW** 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. (2015 – 25 min.)

**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, 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

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**



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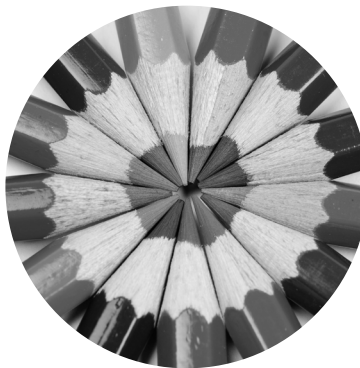
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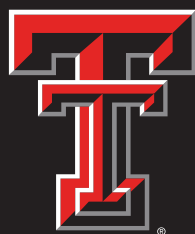
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