

Middle School

Family Consumer Sciences

Elective Courses

RECOMMENDED for 7th Grade Students



Lifetime Nutrition & Wellness

The kitchen becomes part of your classroom where you'll **prepare various foods and examine the principles of nutrition** to promote lifelong wellness.

Semesters: 1 HS Credits: .5 Grade Placement: 7 and/or 8

Career Awareness

Discover careers in nutrition and wellness: food scientist, nutritionist, dietitian, health coach, fitness trainer and more.



Personal Development & Relationships

This class explores how **relationships and personalities affect you and others**. These valuable **leadership and decision-making skills** will help you prepare for life as a young adult.

Semesters: 1 HS Credits: .5 Grade Placement: 7 and/or 8

Career Awareness

Related careers include counseling and mental health services, therapist, family and marriage counselor, life coach, and any career working with others.

RECOMMENDED for 8th Grade Students



This course includes several classroom projects to learn real-life skills necessary for a variety of careers that help people!

Principles of Human Services

In this class you'll discover the vast field of Human Services professions that help people and communities in a variety of ways. You will **actively engage in real-world, meaningful projects** and gain the skills needed for success. Course topics include:

- Counseling and Mental Health
- Early Childhood Development
- Family and Community Services
- Personal Care Services
- Consumer Services

Semesters: 2 HS Credits: 1.0 Grade Placement: 7 and/or 8

Career Awareness

Careers include psychiatrist, teacher, athletic coach, fitness trainer, social worker, therapist, home health aide, cosmetologist, funeral director, interior or fashion designer, real estate or insurance agent, and more!