



October

Family & Consumer Sciences Career Day

The department has had yearly FCS Career Days with high school juniors and seniors and FCS teachers attending. We hope to continue these in the future. Thank you to all those who participated through the years. For others, if you want to visit our campus and meet with faculty please contact us. If you are interested in having a faculty member or some of our students come to your school to share information we can do that within a limited geographical area. Contact the department at 620-235-4457. Look for pictures from the day on our Facebook page "[Family & Consumer Sciences, Pittsburg State University](#)"

October – January: Prime application time for high school seniors to be applying for college and to be considered for scholarships. We begin to award scholarships in the February-March period so for students to be considered for scholarships they need to make it on our lists as fully accepted to the university by then.

A promotional banner for "Dine In With Us!" featuring a purple background with white text. The text includes the website "www.aafcs.org/FCSday" and social media hashtags "#FCSday" and "#healthyfamselvie". On the right is a circular logo for "FAMILY & CONSUMER SCIENCES DAY" with the tagline "Dining In for Healthy Families" and the date "DECEMBER 3". To the right of the logo are three circular images showing families and people preparing food together.

Family & Consumer Sciences Day

Since 2014, nearly half a million people have committed to "Dining In" on Family & Consumer Sciences (FCS) Day!

AAFCS honors Founder Ellen Swallow Richards by celebrating FCS Day on her birthday (see the Top Ten Facts about Ellen Richards). Through the FCS Day initiative, AAFCS provides information, tools, and research on the benefits of families preparing and eating healthy meals together. By going to www.aafcs.org/fcsday/home you can join this national recognition day that also helps to promote the professions. Go to the Access "Dining In" Resources for things you can use in your classroom.

When you join us by using the Make Your Commitment link on this webpage you can commit to sharing a meal with family, friends, colleagues, students, etc. sometime during the week preceding or after December 3rd. For 2019, you are encouraged to host a "Dine In" meal with your neighbor of choice.



What colleges and universities in our area have Family & Consumer Sciences related programs?



The blue people logo developed for use to market the unity of the field is now being used in conjunction with the other major titles of programs with a Family & Consumer Sciences focus. You will be seeing it used in conjunction with programs using the Human Ecology, Human Sciences, Health & Human Sciences and Home Economics labels. Use of the common logo helps us all in marketing and promoting our programs. Use the blue people logo where you can to help promote the unity of the profession and to make others aware of all that we do. This might include having it on your signature line for emails, posted within classrooms, etc.

University programs with this background in Kansas: Both have FCS Teacher Ed

- *Kansas State University: Health and Human Sciences*
<https://www.hhs.k-state.edu/>
- *Pittsburg State University: Family & Consumer Sciences*
<https://www.pittstate.edu/fcs/>

University programs with this background in Missouri: Only MSU, UCM and SEMO have FCS Education

- *Missouri State University: Childhood Education and Family Studies*
<https://education.missouristate.edu/cefs/>
- *University of Central Missouri: Secondary Education, BSE – FCS; Child & Family Development*
<https://www.ucmo.edu/academics/programs/majors/index.php>
- *Southeast Missouri State University: Child and Family Studies*
<https://semo.edu/childfamilystudies/index.html>
- *University of Missouri: College of Human Environmental Sciences*
<https://hes.missouri.edu/>

University programs with this background in Arkansas:

- *University of Arkansas: College of Education and Health Professions*
<https://cied.uark.edu/programs/career-technical-ed/family-consumer/>
- *University of Central Arkansas: Family & Consumer Sciences*
<https://uca.edu/facs/>
- *Harding University: Family & Consumer Sciences Department*
<https://harding.edu/academics/colleges-departments/sciences/family-consumer>
- *University of Arkansas at Pine Bluff: Department of Human Sciences*
<https://www.uapb.edu/academics/school of agriculture fisheries and human sciences/human science s.aspx>



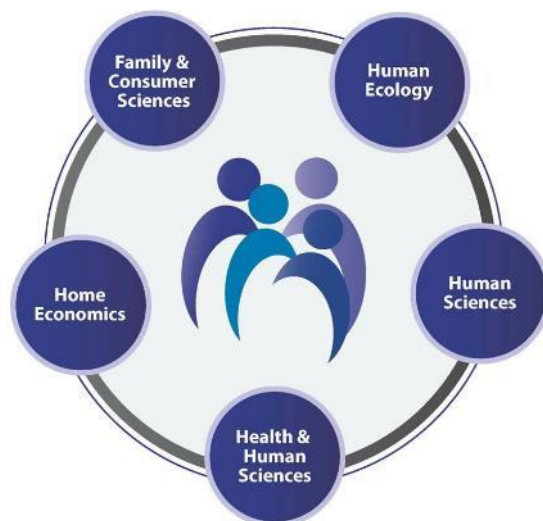
University programs with this background in Oklahoma:

- Oklahoma State University: Human Sciences
<https://humansciences.okstate.edu/>
- East Central University: Human Development, Hospitality and Food Science
<https://www.ecok.edu/academics/colleges-and-schools/college-education-and-psychology>

Family & Consumer Sciences and Adulting: the same or different?

Over the past five years the term “Adulting” has grown in prominence - first as a meme, then a t-shirt and discussion starter, then as a label for an event at the secondary level. It is now reaching into college campuses as more students are seemingly unprepared for the world that awaits them. Some colleges are even creating whole series of workshops on the topics of financial literacy, relationships, career planning, nutrition, easy cooking, insurances, basic laws, etc. In some instances, Family & Consumer Sciences teachers have been bothered by this new wave of interest in these topics. In other cases, teachers have used it as an opportunity to lead the way and market their programs.

If your school does not currently do something using the adulting term you might consider making a sign that says “Adulting is Family & Consumer Sciences.” If your school leadership sees value in having programs using the adulting title then it should be housed within Family & Consumer Sciences. That does not mean you are teaching all of the content, but you are the coordinator. Rather than avoid the concept, **own it** and control it. Find out what others are doing and build off of the groundwork laid by others. This would be a great item for discussion on the Family and Consumer Sciences Teacher Facebook site.





Help students plan a career:

1. Have students look up a job description for a career/job of interest. Encourage students to visit <https://www.pittstate.edu/fcs/career-planning.html> to help them with this assignment.
2. Have them focus on the requirements and duties of the job.
3. Direct the students to write a paper as their future selves detailing what they have accomplished 5 – 7 years from now that have made them a strong candidate for that job.
4. Ask students to reflect on what things they will need to set goals concerning so they are best positioned to be prepared for that job (or others like it).

Typical Summer Offerings through Family & Consumer Sciences at Pittsburg State University:

FCS 203 Nutrition & Health: This is a basic course in nutrition and healthy living. For those entering teaching through the praxis only route this is one of those essential courses that you would want to take to increase your knowledge and have evidence of gained knowledge.

FCS 230 Consumer Education & Personal Finance: Financial literacy is the hottest of topics right now and Family & Consumer Sciences teachers need to keep their knowledge fresh if they are to lead the way in helping the next generations of students. For those entering teaching through the praxis only route this is one of those essential courses that you would want to take to increase your knowledge and have evidence of gained knowledge.

FCS 480 Dynamics of Family Relationships: This is a required course for students in all of our programs and would be valuable for any FCS teacher looking to refresh their knowledge in this area. While this is an undergraduate course it can be taught as a special topics for those wanting graduate credit.

FCS 580/780 Family Violence and Child Abuse: This course is taught at both the undergraduate and graduate level and is a good fit for any teacher looking to better understand at risk students. It is not a required course for teacher education students at the undergraduate level but has been highly recommended by returning teachers who have wished it had been a part of their undergraduate teacher preparation.