



## Survival Skills Guidelines and Expectations

**Course Description:** Are you ready for the real world? Focus on key areas of Family and Consumer Sciences for a successful future. Prepare quick and easy nutritious meals, focus on your family and work responsibilities, improve communication and leadership skills, balance your budget and be a better consumer, plan creative activities that nurture children in all areas of child development (.5 credit).

### **Expectations:**

1. Check the white board upon entering the classroom.
2. Be prepared for class with the necessary materials.
3. Be seated when the bell rings—should NOT be on chromebook unless instructed.
4. Be attentive.
5. Not cause any classroom disruptions.
6. Show respect to the instructor and classmates.
7. Make up all missing work.
8. Have a positive attitude.
9. No tipping chairs, or sitting on desks.
10. No chromebooks or other school work in the kitchens during labs.
11. Remain in your seats until you are dismissed (by row).

### **Course Requirements:**

1. Complete all written assignments.
2. Participate in cooperative learning activities.
3. Complete any assigned projects, posters, or book work.
4. Participate in food labs, clothing labs, and computer lab activities.
5. Incomplete assignments will result in non-participation of food labs.
6. Failure to comply with rules will result in disciplinary offenses/ actions.

### **Course Activities:**

1. Communication Skills
2. Cooking and kitchen safety
3. Laundry and Clothing Care
4. Child Development
5. Banking

## Teamwork Contract

If you fail to do the following items, your participation grade will be lowered, as well as potential removal from cooking labs.

### Classroom Reminders:

- Seated at bell with supplies ready
- Attentive during all activities
- No disruptions
- No rude, inappropriate, or offensive language
- No misuse/ damaging of school property
- No insubordination
- Be respectful towards others
- No tipping chairs
- No chromebooks unless instructed

### Lab Reminders:

- Must follow safe and sanitary work habits
- Must follow all directions given by teacher
- May not refuse to complete assigned cooking job
- May not be loud in kitchen area
- Must stay on task
- Must use proper table setting and remain seated while eating
- Must work with cooking group
- You are not dismissed until entire group is finished.
- No chromebooks or textbooks in kitchens.