

*John F. Ross CVI*

# Family Studies

2024/25 Course Options



*Family Studies courses prepare students for living independently, caring for others and developing skills for future careers.*

**Learn by seeing  
and doing!**

- Hands-on learning
- Real-life projects
- Off-site practicums
- Local Field Trips
- Guest Speakers

Family Studies is a multidisciplinary subject area within the  
**"Social Sciences & Humanities"** discipline.



## **Gr. 9**

- *Exploring Family Studies*
- *Hospitality NEW!*

## **Gr. 10**

- *Food & Nutrition*
- *Clothing*

## **Gr. 11**

- *Food & Culture*
- *Hospitality*
- *Housing & Home Design*
- *Working w/Infants & Young Children*

## **Gr. 12**

- *Nutrition & Food*
- *Personal Life Management*
- *Working w/Children & Adolescents*
- *World of Fashion*
- *Human Development*





myBlueprint

Grade



Social Sciences and H...



▼ Social Sciences and Humanities

> Anthropology, Psychology, Sociology

> Equity Studies

> Family Studies - Fashion and Housing

> Family Studies - Food and Nutrition

> Family Studies - General Family Studies

> Family Studies - Raising and Caring for Children

## Family Studies

courses are listed by  
topic area in the

## Social Sciences and Humanities

section.

# General Family Studies *Course Options*

## Gr. 9

Exploring Family  
Studies

HIF10

## Gr. 12

Personal Life Management

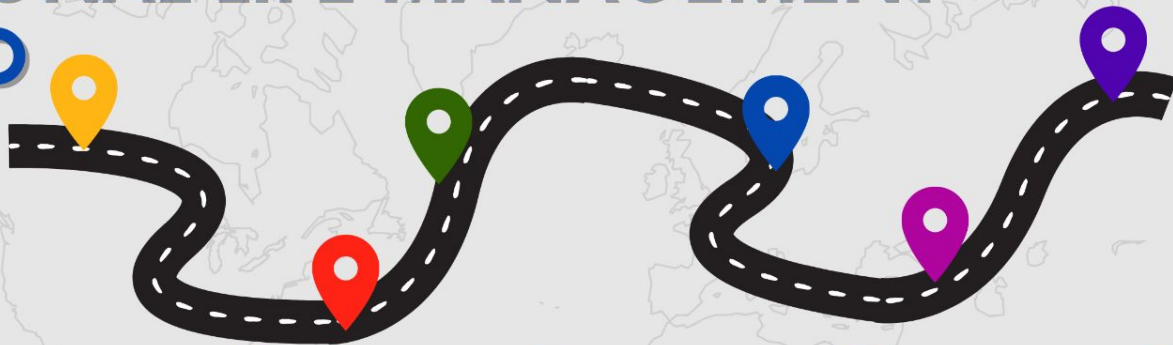
HIP40

Learn skills such as **goal setting, effective communication, budgeting & personal finance, meeting needs for clothing, housing & food, career planning and more.**

# GR. 12 PERSONAL LIFE MANAGEMENT HIP40

## YOUR ROADMAP TO ADULTHOOD

LEARN THROUGH REAL-  
LIFE EXPERIENCES,  
PRACTICAL ASSIGNMENTS  
AND HANDS-ON  
ACTIVITES.



### SKILL DEVELOPMENT

- Research & decision-making
- Goal-setting
- Identifying personal values & strengths
- Effective communication



### DAILY LIVING SKILLS

- Learn basic cooking skills
- Create a healthy meal plan
- Grocery shop on a budget
- Clothing care & repair



### FINDING HOUSING

- Evaluate rental options within budget
- Understand tenant rights & responsibilities
- Practice reading a lease



### MONEY MANAGEMENT

- Budget for needs & wants
- Strategies for saving/investing
- Avoid credit cards debt
- Understand student loans



### CAREER PATH PLANNING

- Identify pathways to build skills & experience
- Plan next steps for work and study
- Update resume & cover letter
- Understand worker rights



### AND MORE

- Plan transportation costs
- Avoid money fraud schemes
- Review Income Tax process
- Identify community supports

# Food and Nutrition *Course Options*

## **Gr. 10**

Food and Nutrition  
HFN20

## **Gr. 11**

Food and Culture  
HFC3M

**Earn** Food Handler's  
Certificate

## **Co-op placement**

Restaurants, food  
service, long-term care

## **Gr. 11**

Hospitality and Tourism  
TFJ3C (2 - credit)

## **Gr. 12**

Nutrition and Health  
HFA4U  
HFA4UF

# Food and Nutrition *Career Options*

Registered Dietician (RD)  
Food Policy Analyst  
Dietary aide/technician  
Cooking teacher  
Community Health worker  
Public Health dietician  
Food Safety Inspector  
Food Safety trainer

Chef/Cook  
Baker /Pastry Chef  
Butcher  
Food Scientist  
Food & Beverage server  
Hospitality manager  
Food Production worker  
Food Blogger  
Restaurant Critic



# Food and Nutrition *Pathway Options*

## Workplace

Restaurants, Hotels, Golf Courses,  
Banquet Halls  
Food Manufacturers  
Food Service providers in schools,  
hospitals, long-term care

## Apprenticeship

Chef or Cook  
Process Operator - Food Mfg.

## University of Guelph

B.ASc Applied Human Nutrition  
B. Sc Food Science  
B. Sc Nutritional & Nutraceutical  
Sciences  
B. BRM Food Industry Management

## Conestoga College

Culinary Skills  
Culinary Management  
Baking & Pastry Arts  
Hospitality Operations  
Food & Bev Management  
Food Service worker  
Food Safety & Quality  
Packaging Engineering Tech.

# Fashion and Housing *Course Options*

## **Gr. 10**

Clothing  
HNL20

## **Gr. 12**

World of Fashion  
HNB4M

## **Gr. 11**

Housing and Home Design  
HLS30

## **Co-op opportunities**

Clothing and fashion retail, real estate industry, home builders, interior design companies

# Fashion and Housing *Career Options*

Fashion Designer  
Fashion Merchandiser  
Tailor/dressmaker  
Sewing teacher  
Vintage reseller  
Crafts artisan  
Retail associate  
Boutique owner  
Clothing buyer  
Image consultant

Interior Designer  
Interior Decorator  
Home Stager  
Kitchen designer  
Real Estate broker  
Mortgage Specialist  
Personal Finance  
advisor

Home Designer  
Home Builder  
Architect  
Architectural  
Technician  
Construction worker  
Renovation specialist  
Home inspector

# Child Studies & Human Development

## *Course Options*

### **Gr. 11**

Working with Infants  
& Young Children  
HPW3C

### **Gr. 12**

Working with School-age  
Children & Adolescents  
HPD4C

### **Gr. 12**

Human Growth &  
Development  
HHG4M

Gain experience working  
with children

Co-op / OYAP / Dual  
Credit  
Opportunities

Specialist High Skills  
Major (SHSM)

# Child Studies & Human Development

## *Career Options*

### Education

Teacher  
Early Childhood Educator  
Education Assistant  
Child Care worker  
Child Care supervisor  
Special Education

### Recreation

Recreation program manager  
Camp counsellor  
Camp Director  
Day Camp leader  
Facilities manager

# Child Studies & Human Development

## *Career Options*

### Community & Family Services

Child & Youth Worker  
Social Service Worker  
Social Worker  
Immigrant Settlement worker  
Family Support Worker  
Neighborhood Group co-ordinator  
Addiction counsellor  
Community Shelter worker

### Counselling/ Therapy

Occupational therapist  
Speech-Language therapist  
Developmental Services worker  
Behaviour Analyst  
Psychologist

# Child Studies & Human Development

## *Pathway Options*

### **Conestoga College**

Early Childhood Education  
Educational Assistant (EA)  
Social Service Worker  
Recreation & Leisure

### **University of Guelph**

B.ASc Child Studies  
B.ASc Family Studies & Human  
Development  
B.A Sociology or Psychology

### **Apprenticeship**

Child and Youth Worker  
Child Development  
Practitioner

### **Workplace**

YMCA  
Child Care Centres  
Big Brothers, Big Sisters  
Recreation Centres  
Day camp providers and more



## Next steps for Gr. 11 & Gr. 12

Which program will move  
you forward?

- Co-op / OYAP (2 credits)
- Specialist High Skills  
Major
- Dual Credit (college course)
- Summer Co-op (2 credits)
- Volunteer hours
- References for part-time  
& summer jobs





**Specialist High Skills Major  
Not-for-Profit -  
Education focus**

Combine in-class learning with real-world experiences for working with children in a variety of settings.

- ❑ Subject-specific courses: eg. HPW3C, HPC30, HPD4C, HHG4M
- ❑ Practicum in elementary school
- ❑ Co-op placement
- ❑ Certifications: CPR/First Aid, Child Safety, HIGH FIVE Principles of Child Development and more



<https://www.ugdsb.ca/dualcredit/>

**Ex: Earn a college credit in Early Childhood Education or Culinary Skills**

## Go to College While You're Still in High School...



Humber - ECE



The Dual Credit program is an exciting opportunity for high school students to attend College while enrolled in secondary school. We are fortunate to partner with local colleges as part of the provincial *School College Work Initiative* (SCWI). We offer career-focussed programs which assist students to make successful transitions to post-secondary after graduation from our schools.

While the students earn credits that count towards their Secondary School Transcript as well as a College Transcript, we are fully supported by a faculty member, there are unique features to the program that you need to know about.

# Specialist High Skills Major (SHSM)

## What is this?

A special designation on your OSSD, earned when all SHSM requirements are met.

- ❑ Focus learning on a specific economic sector while earning high school diploma
- ❑ Gain valuable hands-on and practical experience, through extra certifications and a co-op placement
- ❑ Get scholarship money and recognition from many universities and colleges

## Who is it for?

Students heading towards any pathway, or who don't know yet!

- ➔ Apprenticeship training
- ➔ College
- ➔ University
- ➔ Entry-level position in the workplace