

# FAMILY & CONSUMER STUDIES (FCS)

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## **FCS 41 Life Management**

**3 Units** (Degree Applicable, CSU)

Lecture: 54

Strategies and techniques for effective self-management across the lifespan. Examines theories including Maslow's Hierarchy of Needs and how it is impacted by culture, socio-economic status, and social supports. Topics include values identification, goal setting, resource allocation, decision-making, time management, stress management, workplace management, money management, communication skills, and healthy habits with a focus on the impact of culture and current trends.

## **FCS 51 Consumerism: The Movement, its Impact, and Issues**

**3 Units** (Degree Applicable, CSU)

Lecture: 54

Analysis of the role of consumption in economic systems. The consumer movement past, present, and future viewed as a response to economic and social conditions. Contemporary consumer issues, information sources, legislation, and protection.

## **FCS 61 Housing in Global Perspectives**

**3 Units** (Degree Applicable, CSU)

Lecture: 54

Family housing options and choices in urban and rural areas throughout the world viewed within the context of history, politics, culture, art, environment, geography, technology, and economics.

## **FCS 70 Financial Counseling**

**3 Units** (Degree Applicable)

Lecture: 54

Students engage in the foundations of financial counseling including the communication and listening processes, decision making and problem solving, and various strategies and tactics utilized in effective counseling relationships.

## **FCS 80 Personal Financial Planning**

**3 Units** (Degree Applicable, CSU)

Lecture: 54

Integrative approach to personal finance focusing on practical financial decision making as well as the social, psychological, and physiological contexts in which those decisions are made. Students will examine their relationships with money, set personal goals, and develop a plan to meet those goals. Topics include consumerism, debt, healthcare, investing, retirement, long-term care, disability, death, and taxes. Students may not earn credit for both BUSA 71 and FCS 80.

## **FCS 91 Work Experience in Family and Consumer Sciences**

**1-3 Units** (Degree Applicable)

(May be taken for Pass/No Pass only)

Lab: 60-225

**Prerequisite:** *Compliance with work experience regulations as designated in the College Catalog*

Provides Family and Consumer Science majors with actual on-the-job experience in an approved work site related to classroom-based learning. A minimum of 75 paid or 60 non-paid clock hours per semester of supervised work is required for each unit of credit. It is recommended that the hours per week be equally distributed throughout the semester. Work experience placement is not guaranteed but assistance is provided by the Family and Consumer Sciences faculty. Instructor approval required.