

**Directions:**

Evaluate the student by entering the appropriate number to indicate the degree of competency achieved.

**Rating Scale (0-6):**

- 0 No Exposure** – no experience/knowledge in this area; program/course did not provide instruction in this area  
**1 Unsuccessful Attempt** – unable to meet knowledge or performance criteria and/or required significant assistance  
**2 Partially Demonstrated** – met some of the knowledge or performance criteria with or without minor assistance  
**3 Knowledge Demonstrated** – met knowledge criteria without assistance at least once  
**4 Performance Demonstrated** – met performance criteria without assistance at least once  
**5 Repetitively Demonstrated** – met performance and/or knowledge criteria without assistance on multiple occasions  
**6 Mastered** – successfully applied knowledge or skills in this area to solve related problems independently

0	1	2	3	4	5	6	A. Demonstrate Leadership	Notes:
							1. Identify the components of effective teamwork and leadership	
							2. Cooperate with others to achieve group goals	
							3. Demonstrate the knowledge and skills to make decisions and act as responsible members of society	
							4. Explore FCCLA benefits, opportunities, and purposes	
							Other:	

0	1	2	3	4	5	6	B. Examine Self Development Skills	Notes:
							1. Examine physical, emotional, social, and intellectual development and their relationships	
							2. Demonstrate communication skills that contribute to positive relationships	
							3. Apply character education in the family, workplace, and the community	
							4. Utilize FCCLA programs to promote personal growth	
							Other:	

0	1	2	3	4	5	6	C. Analyze Family Systems	Notes:
							1. Explain the significance of family and consumer sciences	
							2. Examine different family structures	
							3. Examine the impact of diversity on individuals and families	
							4. Analyze the influence of family on individuals and society	
							5. Utilize FCCLA programs to prepare for multiple roles	
							Other:	

0	1	2	3	4	5	6	D. Investigate Family and Consumer Resources	Notes:
							1. Identify reliable sources of information for consumers	
							2. Utilize technology to solve problems related to family resources	

								3. Demonstrate ways to manage the living environment	
								4. Demonstrate ways to manage personal and material resources to achieve goals	
								5. Demonstrate ways to manage clothing resources	
								6. Utilize FCCLA programs related to family and consumer sciences	
								Other:	

0	1	2	3	4	5	6	<b>E. Examine Aspects of Nutrition, Health and Wellness</b>	Notes:
							1. Describe characteristics of health and wellness	
							2. Recognize the relationship exercise and leisure have on health	
							3. Describe accident/injury prevention strategies	
							4. Explain the impact food choices have on a healthy lifestyle	
							5. Utilize nutritional guidelines to plan and prepare food	
							6. Examine the consequences of substance use and abuse	
							7. Identify risks associated with adolescent sexual activity	
							8. Utilize FCCLA programs related to health and wellness	
							Other:	

0	1	2	3	4	5	6	<b>F. Explore Career Pathways</b>	Notes:
							1. Utilize FCCLA programs to explore careers	
							2. Examine career development planning	
							3. Practice positive employability skills	
							Other:	

0	1	2	3	4	5	6	<b>G. Explain and demonstrate skills in a specialization area identified by the instructor</b>	Notes:
							1.	
							2.	
							3.	
							Other:	