

It's a Centennial Celebration for Family & Consumer Sciences!!!



- Congratulations to you . . .
- You and Your Family Have Benefitted from What We are Celebrating!!!

**Happy 100th Birthday
of the FCS Profession!**

**Founder:
Ellen Swallow
Richards**

What was going on 100 years ago in our country?

- The first Model T Ford automobile came off the assembly line, leading the way to our newest ventures in creating petroleum-free vehicles of tomorrow.
- Fountain pens, typically used only by the wealthy, became an affordable writing tool of the common citizen and became the forerunner of today's gel pens and other forms of modern day communication devices, such as emails and texting.
- The first horror film, a one-reel version of Dr. Jekyll and Mr. Hyde, was released in 1908 in its silent, jumpy, black-and-white version, setting the stage for the surround-sound and special effects we enjoy in today's action movies.

What was going on 100 years ago in our country?

- Women and minorities continued the fight for the right to vote in our country, leading the way to the historic Presidential Election of 2008.
- Women fought for the right to be formally educated, which brought about the thousands of educational and career choices for the women of today.

But, throughout the hundreds of changes in our society during the past 100 years, there is one concept that has remained the same:

The Importance of
Strength
Within the American Family

*American Society is only as
strong as its Family
Structure.*

It was a brave and brilliant woman named **Ellen Swallow Richards** who fought for educational rights for both men and women to realize the need to, and the importance of, teaching the concepts which center around the **American Family**, as a loving and stable, yet efficient and well-managed anchor of society.

Ellen Swallow Richards was:

- Part Susan B. Anthony with a fighting spirit.
- Part genius as a Nutrition Scientist.
- Part Equal Rights Advocate (for the education of both males and females in the Discipline of Nutrition & Health).
- Part Emily Post in the encouragement of responsible interaction with others.

Ellen Swallow Richards was also:

- The first ever female instructor at the prestigious Massachusetts Institute of Technology (MIT).
- A sought-after world consultant at a time when women did not have recognizable value in many countries.
- The organizer of the nation-wide School Lunch Program providing nutrition to enhance the learning efforts of children.
- The Founder of “Home Economics” now known as “Family and Consumer Sciences”.

Ellen Swallow Richards realized that the study and practice of *Home Economics* was an “intricate link” to Science, the Environment, and Human Interaction.

Because of her vision to provide strength in families through formal educational practices, we now have strong **Family and Consumer Sciences** curriculum throughout our American Schools.

In turn, her efforts have brought about hundreds of **career choices** for males and females in this richly diversified discipline.

Our FCS curriculum of today provides training in multiple disciplines:

I. Foods & Nutrition

- Nutrition as a gateway to good health.
- Scientifically and nutritionally appropriate food preparation techniques.
- Food Sciences and foods of the future.
- Our environment as it pertains to food selection and preparation.
- Safe handling of food and preparation equipment.

Food and Nutrition Career Opportunities

- Culinary Arts; Catering; Events Planning.
- Nutritional Wellness; Dietetics.
- Restaurant and Hospitality Careers.
- Foods Research; Political Consultant in world food related issues.
- Efficiency Expert in family meal planning and preparation.
- Food Safety Expert.
- Extension Professional.
- Food Packaging Science; Quantity and Quality Food Production; Military Food Production.
- “Going and Growing Green” in the world of Food Production, Transportation, and Preparation.
- Foods Writer

II. Personal and Family Relationships

- Family relationships and interactions.
- Communication techniques to promote positive relationships.
- Personal insights to selecting friends and life partners.
- Importance of Community Involvement as a family member.
- Financial management techniques as applied to raising a family.
- Organizational approaches to functioning as an efficient and well-managed family.
- Time and energy techniques to improve the quantity and quality of time within families.
- Effective Family Planning.
- Parenting Education.

Career Opportunities in the Discipline of Personal and Family Relationships

- Family and Relationships Therapist
- Communications Expert
- Efficiency Consultant
- Behavioral Trainer
- Financial Advisor
- Professional Organizer for non-profit organizations
- Coordinator for volunteer services
- Family Life Educator
- Public Service Career
- Youth Worker

III. Child Development and Positive Parenting Techniques

- The importance of maternal health during pregnancy.
- The physical, social, emotional, and intellectual development of infants, toddlers, pre-school and elementary aged children, and adolescents.
- Recognizing the life-long impact of positive parenting techniques.
- Coping with the positive and challenging aspects of raising children.
- Providing intellectually stimulating environments for our children.
- Raising children in physically and emotionally healthy environments.
- Valuing time spent with children and committing to an active involvement in our children's lives.

Career Opportunities Related to Child Development

- Early Childhood Educator
- Elementary School Teacher
- Child Care Provider
- Child Development Instructor/Professor
- Child Psychologist
- Pediatric Medicine
- Recreational Professional with YMCA, Boys Clubs, etc.
- Becoming a positive, responsible, caring, and involved parent.

IV. Housing Selections and Interior Design

- Creating aesthetic living environments for families.
- Applying design elements in architecture, room and furniture arrangements to provide for positive family interactions.
- Utilizing efficient methods for making changes to a family's physical environment.
- Assessing various housing choices for a wide array of life styles.
- Recognizing quality construction elements in real estate, furniture selections, and items purchased for homes.

Career Opportunities in Housing and Interior Design

- Architecture and related fields of study
- Interior Design
- House “Staging” Expert
- Real Estate Sales and Development
- Professional Painter and Remodeling Expert
- Lightning and Sound Expert
- Home Improvement Sales
- Appliance Sales
- Kitchen Designer
- Flooring Expert
- Textiles Consultant
- Upholstery Technician

V. Textiles in Clothing Design, Construction and in the Home Environment

- Providing appropriate and economic clothing for family members through construction and purchased selections.
- Recognizing quality construction techniques in clothing selections.
- Applying proper construction techniques when constructing or repairing garments.
- Selecting appropriate textiles for uses within the home.

Career Opportunities in Textiles and Clothing

- Garment and Fashion Design
- Garment Construction
- Textiles Expert
- Textiles Sales
- Alterations / Repairs Specialist
- Clothing Sales Consultant
- Personal Shopper
- Clothing Care Specialist
- Clothing Resale Specialist
- Home Fashions Consultant
- Historic Preservationist through mediums such as quilting

VI. Career and Technical Education:

- Development of Leadership Skills through FCCLA and FCS projects.
- Career and Technical Education Choices via National Career Clusters.
- Connection of FCS Curriculum for Business and Industry needs.
- Commitment to Service Learning through FCCLA and FCS projects.
- Bringing the skills of FCS and Leadership Involvement to the business community.

Career Opportunities of Career and Technical Education

- Leadership Trainer
- Trainer for various aspects of Technology
- Coordinator for Volunteer Services
- Public Services Career
- Human Resources Director
- Educational/ Career Counselor/ Instructor
- Industrial / Community Public Relations

With “*Family*” being the most important foundation of American Society, *FCS is the only discipline in American Public Education* that addresses the many issues which provide strength to the family unit, while encouraging individual growth through career selection, and promoting a strong work ethic to the American work force now, and in the future

We have **Ellen Swallow Richards** to thank for pioneering the value of this education.

As we train the future employees of our country, we can be proud that it is our FCS curriculum that recognizes all that society gains by uniting the strong foundation of the family and the individual well-being of its members, to the strength of American Society and its future as an on-going, productive world leader.

So, let's celebrate the 100th Birthday of
FCS and applaud
Ellen Swallow Richards,
*Our Founder of Family and Consumer
Sciences Education.*

*“May her vision a century ago
continue to inspire our vision for
today and tomorrow”*

Presentation by:

- Linda S. Brockway, Executive Director, Iowa FCCLA.
- Mary Ann Adams, FCS State Consultant, Iowa Department of Education; State FCCLA Adviser.
- Alex Kaizer, Iowa FCCLA State Officer 2007-2008.

FAMILY AND
CONSUMER
SCIENCES



STRONG
FOUNDATION,
STRONG VISION

CONTINUING TO CELEBRATE A
CENTURY OF EXCELLENCE