



# FAMILY & CONSUMER SCIENCES: THE ART & SCIENCE OF LIVING WELL

## ELEVATE FAMILY & CONSUMER SCIENCES



### The Challenge We Face Today

What is success?

Today's world is challenging and complex. To be successful in our society, one must achieve an optimal level of health and fitness, earn a comfortable living, build a strong family foundation, and have the resilience to overcome unexpected obstacles.

**By this definition, we have a lot of work to do:**

- Americans still face high levels of chronic illness such as heart disease and diabetes
- Student debt is at an all-time high
- Many families say they are not prepared to cover the costs of an emergency.

While it may seem like many Americans are “failing to launch” there is already a powerful tool in the hands of educators, the business community, policy makers and more to turn the tide: **Family & Consumer Sciences (FCS)**.

### Open the Door to Success – ELEVATE FCS

It is never too early or too late to activate the tools for success in life.

### The Key to Success: FCS

To put it simply, FCS is the science and art of living well in a complex world. In all FCS settings, our professionals use evidence-based approach to teach foundational skills for success in all aspects of life. Our professionals arm people to rise to any challenge – from feeding a family nutritious food on a budget, to understanding the value of a dollar, to navigating the complexities of family life at all stages.

FCS students never ask themselves, “when will I use this information in real life?” because “real life” is what we are all about.

#### Our Areas of Expertise

- Culinary arts, hospitality, and tourism
- Education and training
- Food science and nutrition
- Health management and wellness
- Housing and interior design
- Human/child development and family relations
- Personal and family finance
- Textiles, apparel and retail

### Tool Within Reach, at All Stages

FCS professionals are at the front lines of solving many of our society's most pressing issues. From the classroom to the boardroom, FCS instills a foundation in the essential and relevant life skills that set the stage for better living and a long, healthy and productive life.

#### Our Practice Settings

- Academic education:
  - Early childhood
  - Elementary
  - Secondary
  - Higher education
- Community education for adults and youth, including Cooperative Extension programs
- Business and industry
- Government
- Health and human services