

Adolescent Development and Psychology

This course is to help you better understand yourself and recognize your responsibilities to manage your life. You will develop the ability to understand the valuing process, examine the physical and psychosocial development of the adolescent, identify stressful situations for adolescents and how to manage these concerns, and identify adolescent crises and healthy ways to cope. Excellent foundation and exploratory for careers in social work, criminal justice, rehabilitation, etc.. This course is offered on an alternate schedule with Family Psychology



Bethlehem Central FACS

**FAMILY &
CONSUMER
SCIENCES**



Creating Healthy & Sustainable Families

Family Psychology

This course will look at the family and what affects the growth and development of the individuals within this unit. Class discussions will include such topics as lifestyle choices, decisions as to whether and when to marry, family communication, financial management in families and family crisis situations (e.g., separation, divorce, remarriage, death of a family member). Excellent foundation and exploratory for careers in social work, criminal justice, rehabilitation, etc. This course is offered on an alternate schedule with Adolescent Development & Psychology

Culinary Arts I

This is a required pre-requisite for Culinary Arts II and strongly recommended for Gourmet Foods and International and Regional Foods.

Do you love to cook?

Do you want to learn how to be a better cook?

This course is for anyone who wants to learn to cook or is thinking about a career in culinary arts. Students will learn everything from correct measuring techniques to planning a meal.

This will provide a strong foundation for students pursuing a career in; culinary arts, hotel or restaurant management, nutrition or dietetics. (A fee may be charged to cover the cost of foods over and above the staples used.) Students with a known allergy must have documented information on file with the building nurse.

Culinary Arts II

Culinary Arts I is a mandatory prerequisite, no exceptions.

Do you love to bake?

Enrollment in this fun class will help you develop baking skills for personal and family enjoyment. The myriad of baking careers will be explored. Products to be made and enjoyed include cookies, cakes, breads, pies, pastries, crepes and many more. A fee may be charged to cover the cost of foods over and above the staples used.

College credit possible through SCCC

Child Development and Psychology

If you like little children and want to learn more about how they “tick,” why they do the things they do, or if you want to work with children one day, then this is the course for you.

Major topic areas include prenatal care and development, social development, emotional development, cognitive development and physical development from birth to 11 years of age. This is all done through class discussions, group work, role-plays, observations, guest speakers and field trips. Excellent foundation course for anyone interested in working with children.

SUNY Cobleskill credit possible if combined with Early Childhood Education.

Early Childhood

Education

Psychology strongly suggested, required if seeking SUNY Cobleskill credit.

Are you interested in working with young children? This course provides a close look at the child's growth and development from conception to school age.

You will study some theories of development, learn observation skills, and gain an understanding of child development from birth to school age. Additionally, you will study social, emotional, intellectual and physical development of children.

There will be an opportunity to observe and work with young children at an elementary school/daycare center.

SUNY Cobleskill credit possible when preceded by Child Dev & Psychology.

Social Psychology

Want to understand yourself and others better? Why they do the things they do? Why you do the things you do? Learn ways to improve all your relationships.

This course is designed to give you an opportunity to explore the issues you are currently facing and to look at the many choices and challenges open to you as you deal with these issues. You will learn about yourself, how to cope with the problems and stresses you face, as well as how to deal with those around you -- family, friends, children and adults.

This is done through class discussion, group activities and observations of people, young and old.

Independent Living

Practice living the single life!

Live on your own...

"Get a job!".

Rent an apartment, buy a car, shop for insurance, food and clothing – on a budget!

Learn personal legalities for protection and liability. Cash in on some fun field trips to local businesses and benefit from in class speakers' presentations. Have cash in your pocket the day before your next pay check.

Put your goals in action now!

Gourmet Foods

Pre-Req: Culinary Arts I strongly suggested

You've seen 'em on TVnow let the creative chef in you come alive! This course is for students interested in experimenting with more specialized culinary techniques. Food preparation includes such advanced techniques as garnishing, sauces, soufflés, mousses and fondues, to mention a few.

A fee may be charged to cover the cost of foods over and above the staples used.

It is recommended Culinary Arts I be completed prior to taking this course. Students with a known allergy must have documented information on file with the building nurse.

International, Regional & Cultural Foods

Pre-Req: Culinary

Arts I strongly suggested.

Travel in your future?

Will your study abroad or future career place you in unknown territory?

You will learn how foods are prepared in all regions of the United States including New England, the Midwest, the South, and the Pacific Northwest.

The second portion of the course will include a review of selected international countries and again preparing foods representing these lands while learning about what influences their food choices.

A fee may be charged to cover the cost of goods over and above the staples used.