



Mrs. Miller's
FACS classes
AMI Packet 2022-2023

Office hours: 8:30 am - 3:00 pm

millerv@grtigers.net

FYI.....

If you have any questions or don't understand an assignment, please email me at millerv@grtigers.net.

- My office hours will be 8:30 am - 3:00 pm. You may email me at any time, but I will only be answering emails during office hours.
- Please don't stress out over these assignments, don't overthink them.
- Most of all.....Enjoy a day working at your leisure and pace. Stay safe and come back to us healthy, rested and ready to be back. :D

Mrs. Miller's classes -

- 1st hour - JH FACS
- 3rd hour - Housing & Interior Design
- 4th hour - JH LifeSkills
- 5th hour - Child Development
- 6th hour - Nutrition & Wellness
- 7th hour - Career & Family Leadership

STRESS

Write down five things that give you stress and explain why using complete sentences.

1. _____

2. _____

3. _____

4. _____

5. _____

Name _____ Date _____

Emotions

Our emotions range from Happy to Angry. Using the space below draw an emoji that shows the expression of the following emotions. Please also use color to express the emotion better.

- Happy
- Sad
- Calm
- Frustrated
- Anxious
- Scared
- Disappointed
- Angry

*Name of student to be written on line at top of log.

~~_____~~ – Mrs. Miller – Day 3

Name _____ Date _____

Thinking to the future, I want you to personally assess your career goals. Please answer the following questions in the appropriate boxes.

Career Interested in _____

1. Why are you personally interested in this career?
2. What personal skills and learning style do you have that indicate that you might be suited for this career choice?
3. List some things that appeal to you about this career field.

Reasons Interested	Skills & Learning Style	Appeals of the Career
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

1. Identify the decision.
2. Gather relevant info.
3. Identify the alternatives.
4. Weigh the evidence.
5. Choose among the alternatives.
6. Take action.
7. Review your decision.

Robert Frost wrote, "Two roads diverged in a wood, and I—I took the one less traveled by, and that has made all the difference." But unfortunately, not every decision is as simple as "Let's just take this path and see where it goes," especially when you're making a decision related to your business.

Whether you manage a small team or are at the head of a large corporation, your success and the success of your company depend on you making the right decisions—and learning from the wrong decisions.

Use these decision-making process steps to help you make more profitable decisions. You'll be able to better prevent hasty decision-making and make more educated decisions when you put a formal decision-making process in place.



