

# 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
- 3<sup>rd</sup> hour Housing & Interior Design
- 4<sup>th</sup> hour JH LifeSkills
- 5<sup>th</sup> hour Child Development
- 6<sup>th</sup> hour Nutrition & Wellness
- 7<sup>th</sup> hour Career & Family Leadership

## STRESS

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

1.         2.         3.         4.         5.	1			
2				
4				
4				
4				
4	2		 	
4				4,4-4,
4				
4	,			
4				
4	• •		 	•
	4			
		•		
5				
5				
	<i>5</i>			

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 <u>use color</u> to express the emotion better.

- о Нарру
- Sad
- o Calm
- Frustrated

- o Anxious
- o Scared
- Disappointed
- o Angry

Name	Date
Thinking to the future, I want yo	u to personally assess your career goals. Please answer the following questions in the appropriate boxes.
Career Interested in	

- Why are you personally interested in this career?
   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.	основно, что да до учения выполняе от поста поста поста на поста	energen en e
4.		
5.		
6.		
7.		
8.		
9.		
10.		

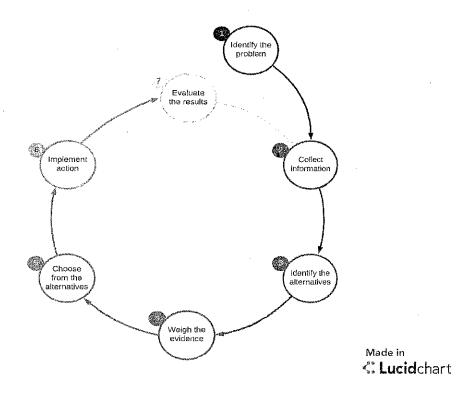
JH FACS, JH LifeSkills, Child Development, Career & Family Leadership – Mrs. Miller – Day 4
NameDate
Dear Ms. M
Directions  Think of a real or imaginary decision/problem you have/are being confronted with. Using this decision/problem you are going to write an anonymous letter to an advice columnist. If you have Mrs. Miller for more than one class, please write another letter for a different situation.
<u> </u>
· · · · · · · · · · · · · · · · · · ·

- 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.



Joy Journal
<b>Directions</b> : Choose one of the three (3) prompts to write about. Put a checkmark (✓) beside the prompt you choose, then answer in the space provided. Please use complete sentences and make sure that your writing can be read clearly.
1. How have I grown in the past year? What led me to experiencing this type of growth?
2. Name one skill you have that you're grateful for.
3. What family member are you grateful for today?
·

Name \_\_\_