

The Many Faces of Family and Consumer Sciences (FCS)



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“My journey into Family and Consumer Sciences began with me saying, “I don’t want to take Home Ec.” My mom encouraged me to give the class a chance when I first had the opportunity to enroll, and that one decision truly changed the direction of my life.

From the moment I stepped into that classroom, something just clicked. I found a place where I belonged, where I could grow, and where my natural love for leadership found an even deeper purpose. My FCS teachers saw something in me before I saw it in myself.

Today, more than 21 years later, I am still living out that decision as a high school Family and Consumer Sciences teacher. I [also served] for several years as an adjunct FCS professor at the college level, helping to inspire and prepare the next generation of educators.

I love Family and Consumer Sciences because it is one of the few areas of education that truly prepares students for real life. FCS goes beyond textbooks and tests. It teaches students how to build relationships, manage resources, make informed decisions, and care for themselves and others. These are skills that every student will use for the rest of their lives, no matter their chosen profession.

What I love most is the impact it has on students. I have seen students discover confidence they did not know they had, find their voice through leadership opportunities, and develop skills that can change their future.