Using Family Life Education Methodology in Extension for Strong Family and Consumer Sciences Programming

National Extension Association of Family and Consumer Sciences
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Underlying Premises:

• Every person attending is well qualified for the position they hold

• Our academic diversity, based on our degrees in various areas, strengthens our Family and Consumer Sciences team

• Everyone has a “full plate” - the only way we can commit to using another resource is if it makes our work responsibility easier and better
Once upon a time…
Family Life Education (FLE)
Principles of Family Life Education
Family Life Education

Prevention

Education

Collaboration

FCS Extension
You are a Family Life Educator
Value of Family Life Education
The National Council on Family Relations is the premier professional association for the multidisciplinary understanding of families.
Jobs For Family Life Educators

- Human Services
- Community Education
- Parenting Education
- Faith-based Settings
- Healthcare
- Family Law
- Premarital and marriage education
- Adoption support
- Caregiver support and long-term care programs
- Curriculum development
- Grant writing & public policy
- Colleges and universities
- Divorce mediation
- Extension!
Government & Public Policy
- Family Policy Analysis
- Advocacy/Lobbying
- Military Family Support Services
- Child & Family Services
- Juvenile Justice
- Family Court

Healthcare & Family Wellness
- Public Health Programs & Services
- Child Life
- Nutrition, Wellness and Sexuality Education
- Prenatal and Maternity Services
- Disability Services
- Long-Term Care Programs
- Hospice
- Funeral Services

International Education & Development
- International Family Policy Analysis
- Peace Corps and NGO Leadership
- Global Family Planning Programs
- Community & Sustainable Development
- International Human Rights Advocacy
- Immigration & Migrant Families Services

Research
- Grant Proposal Writing
- Academic and Government-Related Research
- Population Studies & Demographic Research
- Research for Community Non-Profit Agencies
- Program Evaluation & Assessment

Writing & Communication
- Curriculum & Resource Development
- Public Service Radio and TV Programming
- Newspaper & Magazine Journalism
- Blogging & Social Media

National Council on Family Relations • ncf.org
FLE 10 Content Areas

1. Families and Individuals in Societal Contexts
2. Internal Dynamics of Families
3. Human Growth and Development Across Lifespan
4. Human Sexuality
5. Interpersonal Relationships
6. Family Resource Management
7. Parent Education and Guidance
8. Family Law and Public Policy
9. Professional Ethics and Practice
10. Family Life Education Methodology
Family Life Education

- Research based **content**
- Research based **methodology** of development, delivery and assessment
The Family Life Education Framework

10 Content Areas

The Planning Wheel

Best Practices

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Family Life Education (FLE) Methodology | The Planning Wheel

1. Beliefs
   - Identify your—
   - and your organization's—
   - basic values

2. Purpose
   - Identify what you hope to accomplish (with the results of a needs assessment)

3. Outcomes
   - Using specific behavioral terms, identify specific behavioral outcomes
   - Be clear about your goals:
   - process or outcome goals

4. Design
   - Decide what learning experiences to offer
   - Check: are the processes consistent with the goals in Step 3 and the values in Step 1?
   - Design programs to meet the needs of the audience
   - Evaluate FLE materials, participant programs, and program effectiveness
   - Use a variety of educational techniques
   - Apply principles of pedagogy and andragogy
   - Implement outreach and public relations strategies

5. Implement
   - Lead the workshop, teach the class, or run the project
   - Employ a variety of practices and strategies
   - Use ground rules or identify group norms
   - Apply age-appropriate principles of teaching
   - Structure cognitive content in sequential steps, appropriate to your audience
   - Honor learning style preferences
   - Use group size that supports and manages specific group processes

6. Evaluate
   - Evaluate the outcome (in terms of Steps 1-4)

7. Redesign
   - Modify your approach and/or content based on the evaluation results

Family and Consumer Sciences
College of Education and Human Ecology
College of Food, Agricultural, and Environmental Sciences

Infographic created by: Chelsea Rye

The Ohio State University
Plan and Implement FLE Programs

- Design programs to meet the needs of the audience
- Evaluate FLE materials, participant programs, and program effectiveness
- Use a variety of educational techniques
- Apply principles of pedagogy and andragogy
- Engage participants and stakeholders to enhance educational effectiveness
- Respond sensitively to community concerns and values respecting all forms of diversity
- Implement outreach and public relations strategies
- Understand the relationship between personal values/beliefs and FLE areas
Utilize Best Practices

- Employ a variety of practices and strategies
- Use ground rules or identify group norms
- Apply age appropriate principles of teaching
- Structure cognitive content in sequential steps (appropriate to your audience)
- Honor leaning style preferences
- Use group size that supports and manages specific group processes
Extension Program Logic Model

ASSUMPTIONS
What principles and beliefs are guiding the program?

INPUTS
What do we need to achieve our goals?
- Staff
- Volunteers
- Time
- Money
- Materials
- Equipment
- Partners

OUTPUTS
What must we do to make sure our goals are met?
- Workshops
- Meetings
- Facilitating
- Assessments
- Products
- Media
- Recruitment

Who needs to participate, be involved, or be reached to achieve our goals?
- People involvement
- Characteristics

OUTCOMES / IMPACTS
What immediate changes do we desire?
- KASA
  - Knowledge
  - Attitudes
  - Skills
  - Aspirations
  - Motivations

What immediate changes do we desire?
- CHANGE
  - Behavior
  - Practice
  - Decisions
  - Policies
  - Social Action
  - Product development

What ultimate outcomes are hoped for?
- Social
- Economic
- Civic
- Policies
- Environmental

ENVIRONMENT
What internal and external factors will influence the program?

go.osu.edu/fcsfle

"When all you own is a hammer, every problem starts looking like a nail."

Abraham Maslow
Compatible Tools

Family Life Education (FLE) Methodology | The Planning Wheel

1. Beliefs
   - Identify your organization’s basic values

2. Purpose
   - Identify what you hope to accomplish (with the results of a needs assessment)

3. Outcomes
   - Using specific behavioral terms, identify specific behavioral outcomes
   - The focus should be on process or outcome goals

4. Design
   - Decide what learning experiences to offer
   - Check the processes considered with the goals in Step 1 and the values in Step 7
   - Design programs to meet the needs of the audience
   - Evaluate FLE materials, participant programs, and program effectiveness
   - Use a variety of educational techniques
   - Apply principles of pedagogy and pedagogy
   - Implement outreach and public relations strategies

5. Implement
   - Lead the workshop, teach the class, or run the project
   - Employ a variety of practices and strategies
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   - Use group size that supports and manages specific group processes
Using the FLE Planning Wheel at OSU Extension

- *Real Money Real World* youth financial **county programming** in 4-H Youth Development, Family and Consumer Sciences and Agriculture and Natural Resources (ANR).

- *Aging Smart curriculum development*. A multifaceted program and partnership between county Extension FCS Educators and the Office of Gerontology and Geriatrics.

- *Breakfast on the Farm, on-farm tour event*. Partnership between Extension (4-H, FCS, ANR) and partners in neighboring rural and urban counties. Event and survey completed, publications and presentations forthcoming.
Teaching Families, Changing Lives
Using the FLE Planning Wheel in Your Work

Current State

Future State
What Would We Like You to Do?

- **Identify** yourself as an FLE
- **Use** planning wheel for all aspects of planning
- **Learn** more about FLE and tell others
- **Advocate** this as a valuable means to promote both FCS and FLE
References:


