

Adult Roles And Responsibilities

Exam Information	Description
Exam number 310 Items 69 National Career Cluster Human Services Certification available Yes	The Adult Roles and Responsibilities industry certification exam assesses learners' understanding of human relationships involving individuals and families. Topics include career and workforce preparation, family, parenting, money management, decision-making skills, communication skills, self-awareness, crisis management, and individual roles and responsibilities within the family, community, and workforce. Learner leadership and competitive events will be an integral part of the exam.

Exam Blueprint and Performance Skills

Standard	Percentage of exam score
1. Self-Awareness And Careers	11%
2. Effective Communication	14%
3. Responsible Dating	27%
4. Marital And Family Relationships	29%
5. Parenting	19%

*Includes performance skill evaluation

Standard 1 - Self-Awareness And Careers

Candidates will participate in activities that help increase their self-awareness, values, goals and decision-making strategies, and career options.

Objective 1 Explain how self-concept and self-esteem are built and preserved and how it relates to the perception of individual strengths and weaknesses.

1. Describe the positive and negative development of self-concept and self-esteem.
2. Discuss how lack of self-esteem can lead to bullying, suicide and addictions, and identify prevention strategies.

Objective 2 Identify personal values and explain how values impact interpersonal relationships.

1. Define and discuss values and their function.
2. Discuss personal values.
3. Explain the effect of values on relationships.

Objective 3 Classify short- and long-term goals and the steps needed to achieve them.

1. Describe the goal setting process.

Objective 4 Describe the decision-making process, including acceptance of personal responsibility for the consequences of the decision.

1. Describe the decision-making process (i.e., identify problems, brainstorm possible solutions, explore and evaluate, make a decision and act on it, evaluate and accept responsibility for results).

Objective 5 Candidates will discuss career options and employment skills required in the human services industry.

1. Introduce candidates to careers in the family and human services pathway
2. Explain the roles and functions of individuals engaged in human services careers.
3. Identify criteria for selecting a career and the educational requirements.

Standard 2 - Effective Communication

Candidates will identify effective communication in interpersonal relationships.

Objective 1 Identify various types of communication styles.

1. Define the levels of communication.
2. Assess personal communication styles.
3. Identify types of destructive communication (blaming, interrupting, endless fighting, character assassination, calling in reinforcements and withdrawal).
4. Identify types of constructive communication (I-messages, clarifying, timing, asking questions, reflective listening, respect, consideration, avoid anger)
5. Practice using I-messages.
6. Explain active/reflective listening skills.
7. Discuss both positive and negative ways that social media has changed communication skills.

Objective 2 Identify positive and negative nonverbal communication.

1. Identify nonverbal behavior and messages (mild handshake, no eye contact, etc.).
2. Describe the different types of personal distance/space (public, social, personal, intimate).
3. Discuss the impact of nonverbal communication.
4. Practice nonverbal communication.

Objective 3 Develop positive assertion skills to be used in conflict resolution.

1. Identify positive and negative methods of conflict resolution.
2. Compare assertive, aggressive, and passive behavior.

Standard 3 - Responsible Dating

Candidates will recognize the functions and purposes of responsible dating.

Objective 1 Identify and discuss the purposes of dating.

1. List the purposes of dating (socialization, recreation, and mate selection).
2. List personal qualities that will contribute to positive dating.
3. Identify the characteristics of infatuation and love.

Objective 2 List dating behaviors that support personal values and identify the personal responsibilities associated with dating.

1. Identify dating behaviors that support personal values.
2. List dating guidelines that protect teens.
3. Review types of refusal skills: saying “no,” establishing priorities, avoiding questionable situations, etc

Objective 3 Identify the dangers of physical intimacy during dating.

1. Describe and discuss responsible sexual behavior.
2. Describe the long-term benefits of abstinence and fidelity.
3. Describe the potential short-term and long-term consequences of sexual irresponsibility.
4. Identify reasons teen pregnancy occurs and analyze teen’s preparedness to be parents.
5. Explain possible physical risks of teen pregnancy to the mother and infant.
6. Examine personal, emotional, education, financial, and societal problems that result from teen pregnancies.
7. List the common types of STIs, how they are acquired, and their symptoms by researching and reviewing current findings and statistics.
8. Assess the myths and the dangers/consequences of STIs and HIV/AIDS.
9. Identify community resources and support groups available for assistance.

Objective 4 Define domestic violence, abuse, and various sexual violations including sexual harassment.

1. Define abuse and identify physical/social/emotional forms of domestic abuse and violence.
2. Identify characteristics of abusers and victims within the violence cycle.
3. Explain the violence cycle by using examples to illustrate how the cycle promotes abuse.
4. Identify physical/social/emotional problems related to and resulting from rape, date rape, abuse, etc.
5. Identify community resources and support groups available for assistance with sexual violations and abuse.
6. Define sexual harassment and how to deal with it.
7. Define rape and steps to follow if a rape occurs.

Standard 4 - Marital and Family Relationships

Candidates will identify the aspects and importance of marriage preparation and examine behaviors that strengthen marital and family relationships.

Objective 1 Analyze the importance and process of mate selection.

1. Identify the theories of mate selection.
2. Develop a personal list of characteristics, qualities, and values desired in a marriage partner.
3. Discuss marital success factors based upon maturity level, a potential lifestyle, the strengths and weaknesses of relationships, and the acceptability of the strengths and weaknesses of a possible mate.
4. Define roles and identify topics to be discussed prior to marriage.

Objective 2 Identify the purposes of the engagement period.

1. Identify marital goals and objectives.
2. Discuss the purpose of the engagement period.
3. Identify signals of potential marriage problems. www.youscience.com Adult Roles and Responsibilities | 2024
4. Identify the purposes of the honeymoon.

Objective 3 Define marital roles and related issues (household responsibilities, childcare, money management, etc.). Apply methods of conflict resolution as related to marriage and identify positive characteristics and behaviors of strong marriage relationships.

1. Identify marital roles and gender biases.
2. Identify common sources of marital adjustments and conflict (dual income, personal needs and expectations, sexual adjustments and in-laws).
3. Apply conflict resolution and problem-solving strategies to resolve common scenarios of marital conflict including the impact of money management on the marriage relationship.
4. Identify specific behaviors found in strong marriage relationships.
5. Develop a list of ways to personally build and strengthen a marriage.

Standard 5 - Parenting

Candidates will identify the various skills and responsibilities of parenting.

Objective 1 Evaluate personal readiness for parenting roles and responsibilities.

1. Identify the social, moral, emotional, physical, intellectual and financial considerations of parenting.

Objective 2 Explain the human reproductive process, infertility, pregnancy and steps that lead to a healthy lifestyle.

1. Define terminology regarding the male and female reproductive systems.
2. Identify ways to prevent birth defects.
3. Describe the growth and changes that take place during the three trimesters of pregnancy.
4. Identify problems that are associated with pregnancy: toxemia, ectopic pregnancy, stillborn, spontaneous abortion, etc.

Objective 3 Explain the birth process and needs of a newborn.

1. Define the terms associated with labor and delivery.
2. Identify ways to prevent birth defects.
3. Define nurturing/bonding and how it impacts a child.
4. Identify ways to appropriately soothe and handle an infant.

Performance Skills Evaluation

Exam name: Adult roles and Responsibilities

Candidate Name: _____

Performance assessments may be completed and evaluated any time before the certification is issued. The following performance skills can be used in connection with the associated standards and exam. The evaluator will function as the subject matter expert to determine if the candidate meets the skills requirements with a Yes/No for passing.

Standard 1 – Self awareness and careers - Identify four personal values and explain how these values affect behavior and choices. - Research a Human Services career that includes educational requirements, skill development, and income potential.	Pass:
Standard 2 – Effective Communication Practice using at least two constructive communication skills.	Pass:
Standard 3 – Responsible Dating Set personal rules/responsibilities related to dating behaviors that support personal values.	Pass:
Standard 4 – Marital and Family Relationships Develop a realistic monthly budget, based upon a set income, which includes savings, housing, utilities, transportation, insurance, clothing, entertainment, and miscellaneous categories.	Pass:
Standard 5 – Parenting Apply positive guidance techniques to resolve three child-rearing problems.	Pass:

Evaluator Name: _____

Date: _____