



TEST SUMMARY AND FRAMEWORK

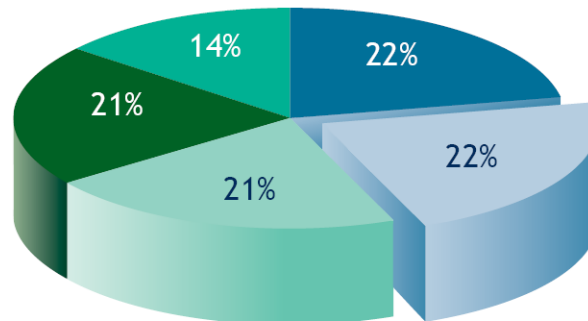
TEST SUMMARY

FAMILY AND CONSUMER SCIENCES EDUCATION

The Washington Educator Skills Tests—Endorsements™ (WEST-E™) are designed to measure a candidate’s knowledge of the subject-area content contained in the test framework for each field. All WEST-E tests are fully aligned with the state’s teacher endorsement competencies and, as applicable, the Essential Academic Learning Requirements.

This test summary describes general testing information as well as the approximate percentage of the total test score derived from each content domain. The test framework, organized by content domain, contains the objectives that define the content for the test.

Test Format	Multiple-choice questions
Number of Questions	Approximately 110
Test Session	2 hours, 15 minutes (does not include 15-minute tutorial)
Passing Score	240 (scores are calculated in a range from 100 to 300)
Test Code	041



Key	Approximate Percentage of Test	Content Domain	Range of Objectives
	22%	Interpersonal and Family Relationships	0001-0003
	22%	Human Development and Parenting	0004-0006
	21%	Nutrition and Wellness	0007-0009
	21%	Resource Management	0010-0012
	14%	Family and Consumer Sciences Programs and Careers	0013-0014



TEST FRAMEWORK

FAMILY AND CONSUMER SCIENCES EDUCATION

INTERPERSONAL AND FAMILY RELATIONSHIPS

0001 Demonstrate knowledge of the characteristics of interpersonal relationships.

For example:

- recognizing and distinguishing between different types of interpersonal relationships
- identifying the characteristics of positive and negative relationships
- recognizing effective strategies for establishing and maintaining healthy, satisfying relationships at home, work, and in the community
- identifying principles of effective communication in interpersonal, family, community, and professional contexts

0002 Demonstrate knowledge of the characteristics and significance of families.

For example:

- identifying the characteristics of various types and structures of families
- recognizing roles and responsibilities within families
- demonstrating knowledge of the significance of family and its effect on the well-being of individuals and society
- recognizing effective strategies for the management of individual, family, community, and career roles and responsibilities
- analyzing the ways in which families change over time and strategies families can use to cope with and adjust to change



0003 Understand factors that affect interpersonal, family, community, and professional relationships.

For example:

- demonstrating knowledge of social and cultural influences on interpersonal communication
- recognizing various leadership styles and their impact on work and family systems
- recognizing the effects of change, conflict, and crises on personal and family relationships
- applying decision-making, problem-solving, and planning processes (e.g., FCCLA planning process) to situations involving relationships

HUMAN DEVELOPMENT AND PARENTING

0004 Demonstrate knowledge of the stages and characteristics of human growth and development from conception through adolescence.

For example:

- recognizing the characteristics of typical physical, cognitive, social, and emotional development from conception through adolescence
- demonstrating knowledge of principles, sequences, and major theories of human development
- identifying factors that affect and ways to promote optimal human growth and development

0005 Demonstrate knowledge of human growth and development throughout adulthood.

For example:

- recognizing the characteristics of typical physical, cognitive, social, and emotional development throughout adulthood
- demonstrating knowledge of principles, sequences, and major theories of human development
- identifying factors that affect and ways to promote optimal human growth and development



0006 Demonstrate knowledge of the effects of parenting roles and responsibilities on strengthening the well-being of individuals and families.

For example:

- analyzing factors that affect decisions about becoming a parent
- applying decision-making, problem-solving, and planning processes (e.g., FCCLA planning process) to situations involving parenting
- recognizing how the parenting process affects both parents and children
- demonstrating knowledge of parenting styles and strategies and their effects on children's well-being
- demonstrating knowledge of parents' obligations to their children (including optimal growth and development, and legal and financial obligations)
- identifying support services and systems available to families and individuals

NUTRITION AND WELLNESS

0007 Demonstrate knowledge of principles of nutrition and nutrition practices that enhance well-being.

For example:

- identifying sources and functions of nutrients
- identifying the principles and components of a healthy diet
- applying knowledge of changing nutritional needs throughout the life span
- recognizing factors that affect food choices and the effects of food choices on personal wellness
- analyzing the causes, characteristics, and effects of nutritional deficiencies and excesses
- applying various dietary guidelines in planning to meet nutrition and wellness needs

0008 Demonstrate knowledge of principles of food selection, purchasing, handling, preservation, and preparation.

For example:

- demonstrating knowledge of meal planning, portion size, and budgeting for food purchases
- demonstrating skills related to reading, interpreting, and evaluating food information
- demonstrating knowledge of terminology, concepts, and skills related to food preparation
- demonstrating knowledge of guidelines for maintaining safety and sanitation



0009 Demonstrate knowledge of wellness practices that enhance well-being throughout the life span.

For example:

- demonstrating knowledge of factors that influence the achievement and maintenance of personal wellness
- demonstrating knowledge of principles, practices, and techniques for establishing and maintaining habits that support personal and family wellness
- recognizing the characteristics of various types of physical activity and the role of physical fitness in maintaining and enhancing health and wellness
- demonstrating knowledge of the effects of stress on well-being and of techniques for managing stress
- applying decision-making, problem-solving, and planning processes (e.g., FCCLA planning process) to situations involving individual and family wellness

RESOURCE MANAGEMENT

0010 Demonstrate knowledge of personal and family financial management skills.

For example:

- demonstrating knowledge of management principles involved in developing and maintaining a budget
- recognizing the influence of consumer resources on money management and financial planning throughout the life span
- recognizing the types, uses, and misuses of credit
- demonstrating knowledge of terms related to banking, insurance, savings, and investment vehicles
- applying decision-making, problem-solving, and planning processes (e.g., FCCLA planning process) in making major and routine purchases and choosing professional services



0011 Demonstrate knowledge of personal and family resource management skills.

For example:

- identifying personal and family resources and the factors that affect them
- identifying appropriate strategies for managing and adapting resources to meet various needs
- recognizing factors that affect the management of individual and family resources
- demonstrating knowledge of responsible resource selection, consumption, and conservation behaviors
- applying decision-making, problem-solving, and planning processes (e.g., FCCLA planning process) to situations involving individual and family resource management
- analyzing the effects of resource management decisions on individual and family well-being

0012 Demonstrate knowledge of consumer rights, responsibilities, and protections.

For example:

- demonstrating knowledge of consumer rights and responsibilities in various purchasing situations
- demonstrating knowledge of consumer protection policies and legislation
- identifying the roles of government and private agencies, commissions, and groups that protect and advocate for consumers
- recognizing types and characteristics of consumer fraud and deception, and principles and procedures for seeking redress or registering consumer complaints
- analyzing techniques used in marketing and advertising and the influence and effects of various types of marketing and advertising techniques on consumers



FAMILY AND CONSUMER SCIENCES PROGRAMS AND CAREERS

0013 Understand the Career and Technical Education program.

For example:

- identifying characteristics and requirements of the Career and Technical Education course approval and reapproval process
- recognizing the role of Tech Prep articulation
- identifying family and consumer sciences-related business, industry, and OSPI-approved safety and health standards
- identifying the purposes of professional organizations in Career and Technical Education fields and the benefits of participation in these organizations
- recognizing the role of Career and Technical Education partnerships (e.g., advisory committees, business)
- recognizing the role of FCCLA in family and consumer sciences programs

0014 Understand careers related to family and consumer sciences.

For example:

- demonstrating knowledge of careers and entrepreneurial opportunities related to family and consumer sciences, and of resources available for researching these careers and opportunities
- demonstrating knowledge of training requirements, skills, and aptitudes for careers in occupations related to family and consumer sciences
- identifying the economic environment and employment trends within career paths related to family and consumer sciences
- demonstrating knowledge of leadership skills developed through individual, family, community, and career roles and the study of family and consumer sciences
- recognizing characteristics of professionalism, work ethic, employability skills, and transferable skills
- applying decision-making, problem-solving, and planning processes (e.g., FCCLA planning process) to situations involving career planning and development