

In Our Graduates' Words

Lindsey Percival
CSC Class of 2002



"My experiences at Chadron State College taught me many things, not only about my field of study, but about life in general. The staff and students, as well as the surrounding community, make CSC a wonderful and welcoming place to continue your education without putting yourself into deep debt, and I would definitely recommend getting an education at Chadron State."

Kim Hopkins
CSC Class of 2004



"The Family and Consumer Sciences program you have at CSC is absolutely phenomenal! I really think you have it figured out. I learned so much. I felt completely confident, in every way there is, entering the workforce with the training and education I received at Chadron State."

Family and Consumer Sciences:

DEGREE OPTIONS

- Child Development
- Design and Merchandising
- Human Services
- Lifespan Wellness
- Nutrition and Foods

MINORS

- Child and Family
- Nutrition and Wellness
- Textiles and Fashion



LIFESPAN WELLNESS

The Betty Lamp

The Betty Lamp is the national logo of Family and Consumer Sciences. It represents enlightenment and empowerment through knowledge, strength, and service.



www.csc.edu/fcs

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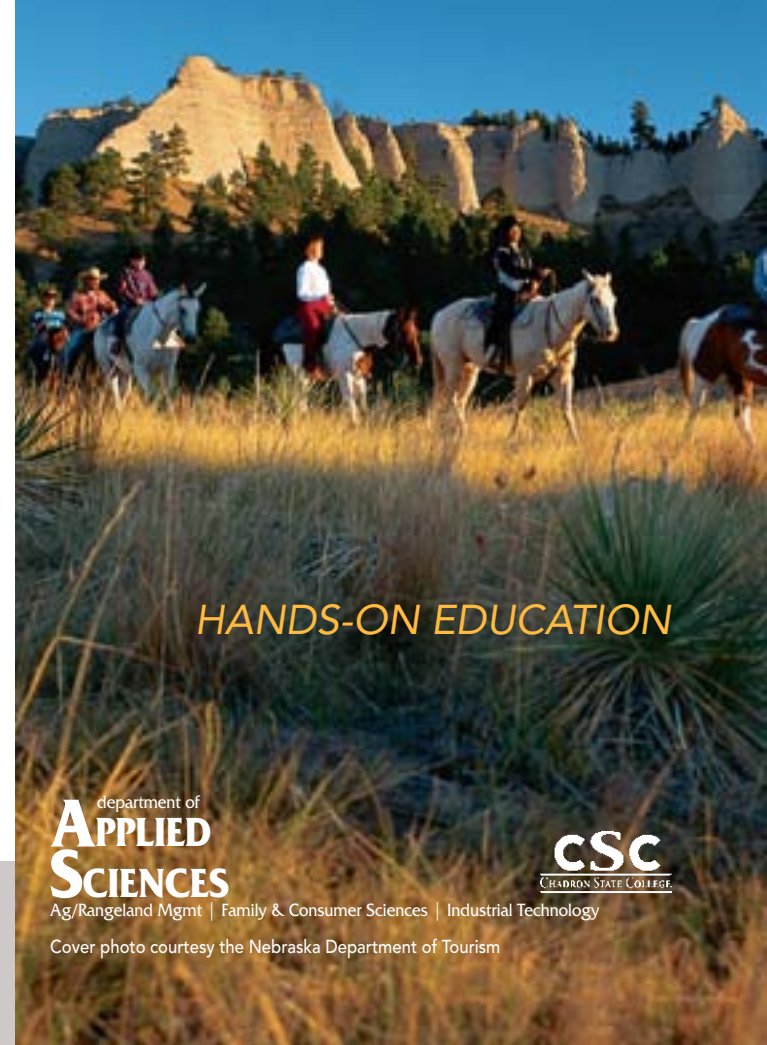
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Business, Economics, Applied & Mathematical Sciences



LIFESPAN WELLNESS



HANDS-ON EDUCATION



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Cover photo courtesy the Nebraska Department of Tourism



LIFESPAN WELLNESS

INTRODUCTION

Are you curious about mind/emotion/body interactions that impact wellness? Are you drawn to new and innovative ideas about diet and health? Do you want to work in a setting where you can be physically and mentally active and also plan engaging activities and events for others?

If you want your work to reflect your energy and passion, consider the Lifespan Wellness option. College courses in this option provide a solid foundation in the developmental stages from birth through old age, and build on that foundation with strategies and models for incorporating wellness and active lifestyles into all stages of life.



HANDS-ON EDUCATION

CAREER PATHS

Health Club Program Planner: Organizes activities for members which may include demonstrations, classes, or special events related to nutrition, relaxation, stress reduction, mental "jogging," or physical exertion.

Cruise Line Social Director: Plans activities and events for guests.

Retirement Community Events Coordinator: Organizes events such as golfing, tennis, swimming, dancing, speakers' series, and holiday festivities.

Resort or Hotel, Family Activities Planner: Implements or contracts for services to provide interesting individual, family, and children's activities, excursions (to museums and local attractions), classes, or lessons (such as skiing, scuba diving, sailing).

Student Activities Director at a College: Works with student leaders and clubs in providing activities, games, competitions, and special events for the student body, focusing on the whole student and wellness lifestyles.

Community Center Director: Plans and implements programs for all age groups and interests. Is an integral part of the dynamics of the community.

Activities Director: Is responsible for planning and implementing programs, events, activities, excursions, or classes to enhance physical, social, emotional, mental, or spiritual development. Positions are many and varied. Settings where activities directors are employed include resorts, hotels, health clubs, YMCAs, retirement communities, cities, churches, community youth organizations, camps, cruise ships, college campuses, and more.