

FAMILY AND CONSUMER SCIENCES

Mission

The mission of the Family and Consumer Sciences academic program is to engage students in learning the theories and practicing the professional skills needed to empower individuals and families throughout the lifespan to manage the challenges of living and working in a complex world.

Student Learning Outcomes

Students in this program will develop knowledge, skills, competencies, and attitudes so they will be able to:

1. Analyze factors which contribute to the development of healthy individuals throughout the lifespan (conception through old age).
 2. Analyze nutrition and life course choices which influence lifespan wellness.
 3. Assess the relationship between managing resources (time, energy, money) and achieving personal or family goals.
 4. Apply critical and creative thinking skills in addressing individual and family problems and issues in diverse environments.
 5. Describe the physical, emotional, mental and social development of children.
 6. Illustrate the role food, clothing, and shelter play in individual and family consumerism and resource management.
 7. Summarize the history of the FCS profession as well as the multiple career paths available to FCS graduates.
 8. Demonstrate the ability to use knowledge, skills, competencies, and attitudes in a professional work experience.
- Bachelor of Arts in Family Consumer Science with options in: (<http://catalog.csc.edu/undergraduate/programs/family-consumer-sciences/ba-comprehensive-major-family-consumer-sciences/>)
 - Child and Family Studies
 - Design and Merchandising
 - Health and Human Services
 - Nutrition and Wellness
 - Bachelor of Science in Nutrition and Dietetics (<http://catalog.csc.edu/undergraduate/programs/family-consumer-sciences/bs-comprehensive-major-nutrition-dietetics/>)
 - Bachelor of Science – Education – Early Childhood Inclusive Field Endorsement (Birth through Grade 3) (<http://catalog.csc.edu/undergraduate/programs/family-consumer-sciences/bs-education-early-childhood-inclusive-field-endorsement-birth-3/>)
 - Bachelor of Science - Education - Field Endorsement in Family and Consumer Sciences (Grades 6-12) (<http://catalog.csc.edu/undergraduate/programs/family-consumer-sciences/bs-educationfield-endorsement-family-consumer-sciences-6-12/>)
 - Bachelor of Science - Education - Middle Level Education Academic Area in Family and Consumer Sciences (Grades 5-9) (<http://catalog.csc.edu/undergraduate/programs/family-consumer-sciences/bs-education-middle-level-education-academic-area-family-consumer-sciences-5-9/>)
 - Supplemental Endorsement in Health Sciences (Grades 6-12) (<http://catalog.csc.edu/undergraduate/programs/family-consumer-sciences/supplemental-endorsement-in-health-sciences-grade-6-12/>)
 - Child and Family Studies (<http://catalog.csc.edu/undergraduate/programs/family-consumer-sciences/child-family-minor/>)
 - Nutrition and Wellness (<http://catalog.csc.edu/undergraduate/programs/family-consumer-sciences/nutrition-wellness-minor/>)
 - Textiles and Design (<http://catalog.csc.edu/undergraduate/programs/family-consumer-sciences/textiles-design-minor/>)
 - Gerontology (<http://catalog.csc.edu/undergraduate/programs/family-consumer-sciences/gerontology-minor/>)
 - Hospitality (<http://catalog.csc.edu/undergraduate/programs/family-consumer-sciences/hospitality-minor/>)
 - Public Health Promotion and Education (<http://catalog.csc.edu/undergraduate/programs/family-consumer-sciences/public-health-promotion-education-minor/>)

CTE 390 INTERNSHIP IN CTE1-12 Credits

Provides practical work experience in an agency related to career and technical education. Interested students should contact the Internship and Career Services Office to secure application materials. Application should be made prior to the semester the internship will be started. The amount of credit will be based on the availability of a suitable work position, the qualifications of the applicant, and the work hours.

Add Consent: Department Consent

CTE 400 INDEPENDENT STUDY OR RESEARCH1-3 Credits

The problem selected and the amount of work in its solution determine the number of hours credit.

Add Consent: Department Consent

Notes: May be repeated for up to six hours credit.

CTE 431 INTRODUCTION TO SPECIAL NEEDS PROGRAMS IN CTE3 Credits

Designed to help high school career and technical education teachers, special education teachers, and others determine the work based and school based needs of learners identified as special populations. The course includes transition to work curriculum and program plans.

Prerequisites: Junior or above status

CTE 434 PRINCIPLES AND PHILOSOPHY OF CAREER AND TECHNICAL EDUCATION3 Credits

The principles, philosophy, and history of career and technical education are presented in this course.

Prerequisites: Junior or above status

CTE 435 ADULT EDUCATION3 Credits

Study of the adult learner, adult learning theory, and the adult programming.

Prerequisites: Junior or above status

CTE 437 OCCUPATIONAL ANALYSIS3 Credits

Study of the standard occupational analysis systems and practice in applying these systems to occupations and activities for determining content in curriculum development.

Prerequisites: Junior or above status

CTE 438 COORDINATION TECHNIQUES/WORK BASED LEARNING3 Credits

Foundation and scope of current and projected career and technical cooperative education programs and general studies work experience. Emphasis on coordination techniques, selection and placement, instructional procedures, youth leadership activities, organization and administration, and evaluation of cooperative occupational education.

Prerequisites: Junior or above status

CTE 440 TOPICS IN CAREER AND TECHNOLOGY EDUCATION1-6 Credits

Contemporary topics within career and technical education.

Prerequisites: Junior or above status

Add Consent: Instructor Consent

CTE 441 IMPROVEMENT OF INSTRUCTION3 Credits

Study of curriculum development, instructional models, integration of academic and occupational programs, and utilization of technologies in instruction.

Prerequisites: Junior or above status

CTE 452 PROGRAM DEVELOPMENT, IMPLEMENTATION AND ASSESSMENT3 Credits

A course that studies the development, implementation, and assessment of programs within an organization. The course examines the leadership necessary to accomplish the goals and mission of the organization's programs.

Prerequisites: Junior or above status

FCS 122 PERSPECTIVES IN FAMILY AND CONSUMER SCIENCES3 Credits

The history, philosophy, and professional perspectives of the field of family and consumer sciences. Career exploration and academic planning will be explored. Lecture and discussion, onsite observations with guest lecturers. Current trends or topics and their impact on family consumer sciences fields will be discussed. Emphasis will be on the process of asking questions and seeking answers from a wide range of perspectives, especially focusing on the future.

FCS 135 ALTERATION AND CONSTRUCTION TECHNIQUES2 Credits

Adaptation of commercial patterns as well as custom-fitting techniques for ready-made items are incorporated in this course. The processes of sewing technologies, including selection and use of equipment, patterns, fabrics, notions, and fundamental techniques are utilized. Construction techniques will be applied to apparel and home interior fashions. Elements and principles of design will be analyzed and applied. Design and construction trends will also be explored. Discussion will occur on current trends or topics and their impact, especially focusing on the future. Natural and man-made fibers, yarns, and methods of fabrication, fabric finishes, and their performances. Legislation, merchandizing, and consumer issues are also investigated.

Co-requisites: FCS 135L

Requirements: Additional laboratory fees are associated.

FCS 135L ALTERATIONS AND CONSTRUCTION LABORATORY1 Credit

Construction techniques will be applied to apparel and home interior fashions. Elements and principles of design will be analyzed and applied. Design and construction trends will be explored. Discussion will occur on current trends or topics and their impact, especially focusing on the future. Laboratory investigation, identification, and analysis of fibers, yarns, fabrics and finishes will be conducted. Experiments, testing, and design of textiles, fibers, yarns, weaving, knitting, and/or finishes are methodologies employed.

Co-requisites: FCS 135

Requirements: Additional laboratory fees are associated.

FCS 136 FOOD SCIENCE2 Credits

This course will explore the science of food by examining the basic chemistry of carbohydrates, proteins and lipids. This course will provide students the opportunity to examine food in scientific terms and test theoretical principles using the scientific method of observation, measurement, recording, reasoning and reporting. In a laboratory setting students will apply their knowledge and skills to observe, measure, record, control and modify the chemical and physical properties of food. Students will examine chemical reactions and key chemical compounds that relate to oxidative and structural changes in food, as well as food quality.

Co-requisites: FCS 136L

FCS 136L FOOD SCIENCE LABORATORY1 Credit

This course must be taken in conjunction with FCS 136 Food Science. Student will gain lab experience in applying principles of food science.

Co-requisites: FCS 136

Requirements: Lab fee required for this course.

FCS 139 HUMAN DEVELOPMENT3 Credits

Human development from conception through adulthood is analyzed from physiological, cognitive, and socio-emotional perspectives. Emphasis is on wellness throughout the lifespan. A combination of lecture, practical application and observation of the stages of development are incorporated.

FCS 149 BASIC HEALTH CARE2 Credits

This course provides essential knowledge and skills related to basic health care and skills for families and residents/clients of public and private healthcare facilities. Topics will include resident rights, communication, safety, observation, reporting and assisting resident/clients in maintaining basic comfort and safety. Upon completion of the course, students will demonstrate skill competency and take the written/oral examination to meet training requirements of the federal and State of Nebraska law for nursing assistants working in licensed facilities. Lecture and lab.

Co-requisites: FCS 149L

Requirements: Additional laboratory fees.

FCS 149L BASIC HEALTH CARE LABORATORY1 Credit

This course provides essential knowledge and skills related to basic health care and skills for families and residents/clients of public and private healthcare facilities. Topics will include resident rights, communication, safety, observation, reporting and assisting resident/clients in maintaining basic comfort and safety. Upon completion of the course, students will demonstrate skill competency and take the written/oral examination to meet training requirements of the federal and State of Nebraska law for nursing assistants working in licensed facilities. Lecture and lab.

Co-requisites: FCS 149

Requirements: Additional laboratory fees.

FCS 160 SPECIAL TOPICS1-3 Credits

Special topics appropriate for lower division credit.

Notes: May be repeated with different emphases for up to six hours of credit.

FCS 224 HOUSING AND INTERIOR DESIGN³ Credits

Architectural and interior design elements and principles as related to residential and commercial applications including furnishing and finishing materials and treatments. Blueprint reading, floor plan modification and design are explored. Elements and principles of design are incorporated as well as the business of design. Design and construction trends will also be explored. Discussion will occur on current trends or topics and their impact on individuals and families, especially focusing on the future. Natural and man-made fibers, yarns, and methods of fabrication, fabric finishes, and their performances. Legislation, merchandizing, and consumer issues are also investigated.

FCS 225 ADOLESCENT DEVELOPMENT³ Credits

Adolescence covers the span of life between the ages of 11 and 19. Throughout the course, students will gain knowledge and skill in the identification of characteristics, developmental and theoretical principles associated with early, middle and late adolescence. Practical application experiences will provide opportunities for the exploration of content knowledge and understanding associated with the developmental process.

FCS 233 FAMILIES IN SOCIETY³ Credits

Investigation into the roles and expressions of familial arrangements across various cultures and within distinct subgroups of society in order to promote understanding of individuals from diverse backgrounds.

FCS 234 INTRODUCTION TO HEALTH AND HUMAN SERVICES³ Credits

Exploration of careers within various health and human services areas. This course provides awareness, information, and competencies necessary to facilitate entry into the health and human services. Topics of study include organizational management, planning service to clients, need analysis, and principles of health and human services.

FCS 236 FOOD AND MEALS ACROSS THE LIFESPAN² Credits

The primary focus of this course is to combine the science of nutrition and the art of cooking to create healthy foods and meals that satisfy hunger, the palate and the eye. Chemical composition of food, preparation, principles and techniques for the retention of nutrition, appearance, and flavor will also be covered. In our lab sessions, we will apply principles of safety, nutrition, and wellness to enhance individual and family health.

Co-requisites: FCS 236L

Requirements: Additional laboratory fees associated.

FCS 236L FOODS & MEALS ACROSS THE LIFESPAN LAB¹ Credit

The primary focus of this course is to combine the science of nutrition and the art of cooking to create healthy foods and meals that satisfy hunger, the palate and the eye. Chemical composition of food, preparation, principles and techniques for the retention of nutrition, appearance, and flavor will also be covered. In our lab sessions, we will apply principles of safety, nutrition, and wellness to enhance individual and family health. Lecture and lab.

Co-requisites: FCS 236

Requirements: Additional laboratory fees associated.

FCS 239 PARTNERS IN EDUCATION³ Credits

The content of the course examines theory, principles, methodology and practical techniques for creating optimal working relationships which empower and strengthen partnerships among individuals, families, and communities. Students will gain an understanding of the process involved with establishing natural, inclusive environments effective relationships with schools and community based programs through service-learning and family stories.

FCS 247 NUTRITION³ Credits

Study of the nutrients and their relationship to health and wellness. Major topics include the functions and sources of each of the nutrients: diseases and conditions associated with deficiencies and toxicities of nutrients, including obesity and eating disorders; nutrient needs of special populations, such as athletes, children, and pregnant women; and wellness lifestyles.

FCS 270 SPECIAL TOPICS¹⁻³ Credits

Special topics appropriate for lower division credit. May be repeated with different emphases for up to six hours of credit.

FCS 314 FUTURE FOCUS¹ Credit

Discussion of current trends or topics and their impact on individuals and families. Emphasis will be on the process of asking questions and seeking answers from a wide range of perspectives, especially focusing on the future. This course will cover different trends and topics each year, and will change letters in a four year rotation (314A, 314B . . .).

Notes: The course may be repeated for up to a total of four credit hours.

FCS 314A FUTURE FOCUS¹ Credit

Discussion of current trends or topics and their impact on individuals and families. Emphasis will be on the process of asking questions and seeking answers from a wide range of perspectives, especially focusing on the future. Upper-class students will be expected and encouraged to assume leadership roles in class discussions.

Prerequisites: Sophomore or above status

Notes: May be repeated for up to a total of four hours credit; first year students will enroll in 314A, second year students 314B, juniors 314C, and seniors 314D.

FCS 314B FUTURE FOCUS¹ Credit

Discussion of current trends or topics and their impact on individuals and families. Emphasis will be on the process of asking questions and seeking answers from a wide range of perspectives, especially focusing on the future. Upper-class students will be expected and encouraged to assume leadership roles in class discussions.

Notes: May be repeated for up to a total of four hours credit; first year students will enroll in 314A, second year students in 314B, juniors 314C, and seniors 314D.

FCS 314C FUTURE FOCUS¹ Credit

Discussion of current trends or topics and their impact on individuals and families. Emphasis will be on the process of asking questions and seeking answers from a wide range of perspectives, especially focusing on the future. Upper-class students will be expected and encouraged to assume leadership roles in class discussions.

Prerequisites: Junior or above status

Notes: May be repeated for up to a total of four hours credit; first year students will enroll in 314A, second year students 314B, juniors 314C, and seniors 314D.

FCS 314D FUTURE FOCUS¹ Credit

Using the critical science perspective, discussion of current topics and their impact on individuals and families. Emphasis will be on the process of asking questions and seeking answers from a wide range of perspectives, especially focusing on the future. Upper-class students will be expected and encouraged to assume leadership roles in class discussions.

Prerequisites: Senior status

Notes: May be repeated for up to a total of four hours credit; first year students will enroll in 314A, second year students 314B, juniors 314C, and seniors 314D.

FCS 320 AGING AND DEATH3 Credits

The life cycle as related to aging, the dying process, aging theories, and the psychological, social, and economic dimensions of bereavement are examined in this course of study. Emphasis will be placed on the economic and social needs of individuals involved with an aging and dying person. A service learning project is incorporated in the design of this course.

Prerequisites: Sophomore or above status

FCS 321A CURRICULUM DEVELOPMENT IN EARLY CHILDHOOD EDUCATION2 Credits

Students will examine a variety of curriculum models and lesson plan formats and that support best practices for meeting the developmental needs of children birth to age 8, in natural, inclusive environments. Throughout the course, students will have the opportunity to apply skills in planning, organizing and developing activities, integrated into daily and weekly lesson plans and philosophical foundations will guide students as they weave knowledge base content into practical application exercises associated with early childhood environments.

Prerequisites: Sophomore or above status

FCS 331 RESOURCE MANAGEMENT3 Credits

This course involves the application of decision-making processes for planning, implementing, and evaluating the use of resources to meet individual and family goals throughout the lifespan. Time, energy, money and human capital will all be analyzed throughout the course. Resources to be addressed include selection, use, care and maintenance of equipment, clothing and housing. Wellness and quality of life issues will be considered.

Prerequisites: Sophomore or above status

FCS 337 GUIDANCE TECHNIQUES IN HUMAN RELATIONS3 Credits

Throughout this course, student will examine the strategies, principles and techniques for understanding outcomes for effective conflict resolution and positive guidance. The content of the course will focus on identifying common behaviors, teaching social-emotional skills, examining positive guidance approaches, and developing the skills to support self-control and self-discipline in building human relations. Students will be actively engaged in field experiences developing observation skills and demonstrating best practices for the process of effectively assessing and managing behavior.

FCS 338 PRENATAL AND INFANT PRACTICUM3 Credits

Students will learn to utilize research methods for understanding the social, emotional, intellectual/cognitive, language, and physical development of infants and toddlers between the ages of 0 and 3, including pregnancy. Theoretical concepts, developmental ages and stages, appropriate practices and competencies for developing the necessary skills to actively engage in the growth and development process of infants and toddlers. Students will be actively engaged in practicum experiences that integrate content knowledge, skills and competencies through observation and practical laboratory experiences. Students must complete a minimum of 30 contact hours working with infants and toddlers for successful completion in the course.

FCS 340L CURRENT TRENDS IN DESIGN1-3 Credits

Design and construction trends will be explored in this laboratory course. The trend will be determined by the interest expressed by students as well as the commercial emphasis in the design field.

Prerequisites: Sophomore or above status

Notes: Students may enroll for 1 to 3 credits repeatable for up to 6 credit hours.

Requirements: This lab course will have an additional laboratory fee.

FCS 390 INTERNSHIP IN FCS1-12 Credits

Provides practical experience in an agency related to Family and Consumer Sciences.

Add Consent: Department Consent

Notes: Interested students should contact the Internship and Career Services office to secure application materials; application should be made prior to the semester the internship will be started; the amount of credit will be based on the availability of a suitable work position, the qualifications of the applicant, and the work hours.

FCS 400 INDEPENDENT STUDY OR RESEARCH1-3 Credits

Selected problems of interest to advanced students.

Add Consent: Instructor Consent

Requirements: Consent of the instructor, Academic Dean of the school, and Academic Vice President.

FCS 417 LIFESPAN WELLNESS3 Credits

Students will discuss current health issues and incorporate wellness practices that lead to positive personal changes in health and wellness lifestyle as well as understand the importance of a healthy lifestyle throughout the lifespan. Examination of health, history, medications, culture, ages, lifestyles, predisposed health conditions, injury/physical challenges, and the individual's goals/objectives. Students will use wellness models and developmental models as a basis for learning skills and strategies which promote a lifetime of wellness. Emphasis is on empowering students to work with individuals across the lifespan (birth through old age) in promoting optimal wellness choices.

Prerequisites: Junior or above status

FCS 420 LOSS ACROSS THE LIFESPAN3 Credits

A study of the "losses" experienced by individuals and families throughout the course of life. This includes the loss of things, relationships, physical function, as well as intrapsychic loss, social loss and systemic loss. Losses and the interpretation of the effects of loss change as we progress through the life cycle. We will focus on loss and grief as it happens through life.

Prerequisites: Junior or above status

Dual-listed: FCS 520

Notes: The course is dual-listed with FCS 520. Essential Studies Outcome #10.

FCS 421 ORGANIZATION, ADMINISTRATION, AND CURRICULUM OF FCS2 Credits

An investigation into Family and Consumer Sciences departmental management and funding, community activities and relations, youth organizations, and facility/equipment maintenance. Curriculum materials will be developed.

FCS 422 PROFESSIONAL CAREER DEVELOPMENT3 Credits

The course will provide students an opportunity to prepare for a Professional Career using research, application and demonstration of intellectual and practical skills. Students will demonstrate an understanding of knowledge, theory, methods and historical perspectives associated with a Career and employment through application exercises. A requirement for successful completion of the capstone course is to develop and present a professional portfolio inclusive of evidence that demonstrates an ability for self-reflective, critical and creative thinking.

Prerequisites: Junior or above status

FCS 423 PROGRAM DEVELOPMENT AND MANAGEMENT³ Credits

A study of the process involved with developing and managing program operations including development of policies and procedures, funding, grant writing, organization of personnel, menu planning, assessment, marketing, technology, community relations, and family partnerships. Integrates basic principles, strategies, knowledge, and skills necessary for developing, managing and administering successful programs/organizations from pre-planning to final operation.

Prerequisites: Junior or above status

FCS 427 WORKSITE WELLNESS³ Credits

This course covers the assessment, development/design, implementation and evaluation of worksite health promotion programs and the benefits these programs have for employees, their families, employers and society. Students will review various health risk appraisals and plan theory-based incentive programs designed to promote positive lifestyles. Students will learn how to facilitate implementation and evaluation of wellness programs for individuals and worksite locations. An examination of the physical and psychological factors that affect health throughout the life cycle will be made by applying fundamental knowledge and skills of designing, planning and evaluating a basic workplace wellness programs. Students will also conduct and report on a workplace needs assessment and prepare a proposal to implement a sustainable, comprehensive and integrated workplace health and wellness program.

FCS 434 ISSUES IN HEALTH AND HUMAN SERVICES³ Credits

Provides an opportunity to concentrate on current issues in the health and human services field including policies, programs, funding, consumer rights, and administrative issues. Significant emphasis is placed on effective grantsmanship, including writing and administering grant proposals.

FCS 435 CONSUMER SCIENCE³ Credits

Goods and services available to the individual and/or family including information analysis, consumer communication skills, commodity exchanges and merchandise standardization are analyzed to maximize financial wellness across the lifespan.

Prerequisites: Junior or above status

FCS 436 GLOBAL FOOD SYSTEMS³ Credits

Analysis of various world-wide food patterns and associated health status as well as food production and distribution patterns around the world. Understanding and appreciation of the international perspective will be approached with critical thinking strategies. Comprehensive presentations and discussions about policies and current practices for a sustainable global food system, with a focus on developing countries included. Topics include economic policy related to nutrition, health, consumption, production, natural resource management, trade, markets, gender roles, armed conflict, and ethics. Social entrepreneurship approach, case studies as well as active participation by students will be used.

Prerequisites: Junior or above status

FCS 437 FAMILY STRENGTHS³ Credits

This is an advanced study in the dynamics of successful family relationships. Investigation into the attributes of vital families which contribute toward the resolution of stressors in meaningful and positive ways. Lecture, discussion, and case study.

Prerequisites: Junior or above status

FCS 440 SPECIAL TOPICS IN FAMILY AND CONSUMER SCIENCES¹⁻⁶ Credits

Contemporary concepts and issues in Family and Consumer Sciences as well as attendance and participation in conferences and leadership development opportunities.

Prerequisites: Junior or above status

Notes: May be repeated with different emphases for up to six course credits.

FCS 447 NUTRITION FOR SPORT & WELLNESS³ Credits

A study of the nutrients and their relationship to sport and wellness. Special nutritional and training needs of athletes and all individuals who are physically active will be addressed. Major topics include the function and sources of each of the nutrients; fueling for pre-exercise, during exercise and after exercise; specific meal planning, nutrient needs for specific athletes and wellness lifestyles; and more.

Prerequisites: Junior or above status

FCS 448 EARLY CHILDHOOD PRACTICUM³ Credits

An association and application of principles, theory, philosophy, methodology, structure, function, and operation of programs for young children. The course includes practical application of knowledge base principles and best practice in the development and implementation of daily and weekly unit plans, menus, environmental design and emergent curriculum for coordination of a total program. The course requires the application of content in a qualified early childhood field experience with children of diverse ability levels.

The course should be taken simultaneously with FCS 448L.

FCS 448L EARLY CHILDHOOD PRACTICUM LABORATORY¹ Credit

Practicum field experience teaching children of diverse ability levels in a qualified early childhood environment under the supervision of a highly qualified educator.

Prerequisites: Junior or above status

Co-requisites: FCS 448

FCS 457 NUTRITION FOR COMMUNITY WELLNESS³ Credits

An evidence-based study of the science of nutrition and its relationship to improving public health. Focus will be on the campus-community based approach to improving health. Special emphasis will be on the relationship between nutritional epidemiology and research, policies, and programs regarding prevention and treatment as well as lifestyle and hereditary diseases.

FCS 467 EPIDEMIOLOGY AND GLOBAL HEALTH³ Credits

This course will provide a comprehensive understanding of sources of population data in terms of morbidity, mortality, and other vital statistics. Scientific methods for approaching population data and identifying public health problems and empirical analysis of data will be emphasized. This course will provide a purposeful and applicable sense of citizenship and civic mindedness by developing a comprehensive understanding of one's personal and social responsibility in the ethical application and advocacy of public health; locally, nationally, and globally. Critical evaluation of medical and public health literature is included.

Prerequisites: Junior or above status