

LIFE SKILLS MINOR



SACRAMENTO STATE

In Workflow

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Approval Path

1. 2026-04-27T18:29:03Z
Emily Oertling (oertling): Approved for FACS Committee Chair
2. 2026-04-27T18:39:29Z
Lynn Hanna (lhanna): Approved for FACS Chair
3. 2026-05-08T18:42:52Z
Bao Lo (lo): Rollback to Initiator
4. 2026-05-13T16:31:12Z
Emily Oertling (oertling): Approved for FACS Committee Chair
5. 2026-05-14T18:25:35Z
Lynn Hanna (lhanna): Approved for FACS Chair
6. 2026-05-15T17:12:54Z
Bao Lo (lo): Approved for SSIS College Committee Chair
7. 2026-05-15T17:19:00Z
Emily Wickelgren (wickelgr): Approved for SSIS Dean

New Program Proposal

Date Submitted: 2026-05-13T00:31:42Z

Viewing: Life Skills Minor

Last edit: 2026-05-14T18:25:27Z

Changes proposed by: Lynn Hanna (211893605)

Academic Group: (College)

Social Sciences & Interdisciplinary Studies

Academic Organization: (Department)

Family and Consumer Sciences

Catalog Year Effective:

2027-2028 Catalog

NOTE: This degree major program will be subject to program review evaluation within six years after implementation.

Individual(s) primarily responsible for drafting the proposed degree major program:

Name (First Last)	Email	Phone 999-999-9999
Lynn Hanna	lhanna@csus.edu	9162786393

Program Snapshot**Type of Program:**

Minor

Title of the Program:

Life Skills Minor

Designation: (degree terminology)

Minor

Delivery Mode:

Hybrid

Please see the CSU/CIP Code Crosswalk: https://www.calstate.edu/csu-system/administration/academic-affairs/academic-programs-innovation-and-faculty-development/Documents/CSU_Codes_to_CIP_2020.pdf

Is this a pilot program?

No

Provide a clear, concise overview of the program proposal (new or change) and provide a justification. For NEW programs describe the purpose and focus of the program, identify the target student population(s), and highlight key strengths and distinguishing features of the program.

This minor is an interdisciplinary approach to providing comprehensive basic needs life skills to Sacramento State students. The focus would be on helping students sustainably and effectively manage their needs for sustenance, shelter, clothing, relationships, wellbeing and resources.

We propose 5 general categories of courses for which there are many interdisciplinary options to choose among.

University Learning Goals**Undergraduate Learning Goals:**

Knowledge of human cultures and the physical and natural world

Intellectual and practical skills

Personal and social responsibility

Integrative learning

Will this program be required as part of a teaching credential program, a single subject, or multiple subject waiver program (e.g., Liberal Studies, Biology) or other school personnel preparation program (e.g., School of Nursing)?

No

Curriculum Alignment and Assessment**Program Goals**

Provide a brief statement of the program's overarching goals and priorities: • Describe the program's mission, focus, and intended impact on students. • Identify broad areas of emphasis (e.g., career preparation, research, community engagement, leadership development). • Goals may be aspirational or developmental and do not need to be directly measurable.

Program Learning Outcomes

Provide measurable, program-specific learning outcomes that reflect the most important competencies students will demonstrate upon completion of the program. Programs are expected to assess and use PLOs for continuous improvement.

Program Learning Outcomes

Learning Outcome
Students will be able to:
Demonstrate decisions about clothing and fashion through a lens of sustainability
Demonstrate critical thinking in managing resources (e.g. housing, financial, support services etc.)
Describe relationships among individuals in the context of an aspect of the lifespan

Identify behaviors to support wellbeing

Demonstrate decisions about nutrition and food through a lens of sustainability

Learning Outcomes Display

Course Code	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5
FASH 30					
FASH 31					
FASH 32					
FASH 33					
FASH 137					
FSHD 50					
FSHD 51					
FSHD 52					
FSHD 152					
FSHD 159					
GERO 10					
GERO 11					
PSYC 148					
PSYC 149					
PSYC 150					
SOC 5					
SOC 166					
NUFD 5					
NUFD 9					
NUFD 10					
NUFD 112					
NUFD 114					
ECON 139					
FACS 140					
FACS 141					
HTM 54					
WGS 138					
ALS 102					
ALS 103					
ALS 104					
FSHD 108					
FSHD 150					
FSHD 154					

GERO 121					
GERO 123					
GERO 124					
HTM 185					
PSYC 106					
PSYC 134					
PSYC 137					
PSYC 144					
PSYC 151					
PSYC 152					
PUBH 50					
PUBH 122					
PUBH 134					
SOC 144					
WGS 133					

Please attach a Comprehensive Program Assessment Plan

Assessment not required.docx

Please attach a Curriculum Map Matrix

matrix map not required.docx

Please attach a Five-Year Budget Projection. For NEW programs, also attach a Budget Narrative.

Budget projection not required.docx

Catalog Description (catalog copy):

The interdisciplinary Life Skills minor provides foundational knowledge and skills for meeting basic needs and wellbeing. It incorporates strategies for resource management, obtaining nourishing food, sustainable choices for clothing, understanding healthy relationships, and developing skills to promote wellbeing.

Admission and Continuation Requirements (catalog copy): minimum GPA and prerequisites (if applicable), required coursework or preparation, portfolio, test scores, and/or letters of recommendation. For graduate programs: expectations for a relevant bachelor's degree (required or preferred disciplines, prerequisite knowledge, or equivalent experience), include evidence that program requirements conform to the minimum requirements for the culminating experience, as specified in Title 5 Section 40510 The Master's Degree and Section 40511 The Doctoral Degree.

There are no prerequisites or conditions for declaring the minor.

Program Requirements (catalog copy):

Code	Title	Units
Choose one course from each category with a minimum of 6 units being upper division for a total of 15 units (15 Units)		
Fashion and Clothing (choose one)		3
FASH 30	Fashion and Human Environment *	
FASH 31	Textile Science: Fibers and Fabrics *	
FASH 32	Apparel Construction 1: Fundamentals	
FASH 33	Fashion Sustainability, Global Impact, and Critical Thinking *	
FASH 137	Fashion and Dress in Society and Culture ✎ *	
Relationships and Families (choose one)		3
FSHD 50	The Family and Social Issues 🌐 *	
FSHD 51	Intimate Relationships	
FSHD 52	The Child In The Family	
FSHD 152	Adolescent Development	

FSHD 159	Adulthood and Aging in Human Development	
GERO 10	Aging Issues in Contemporary Society *	
GERO 11	Older Adult Services and Strategies *	
PSYC 148	Child Psychology	
PSYC 149	Psychology of Adolescence	
PSYC 150	Psychological Aspects of Aging	
SOC 5	Exploring Issues Facing Contemporary Families	
SOC 166	The Family	
Nutrition and Food (choose one)		3
NUFD 5	Science of Food *	
NUFD 9	Food Safety and Sanitation	
NUFD 10	Introduction to Nutrition *	
NUFD 112	Current Topics in Nutritional Sciences  *	
NUFD 114	Cultural and Social Aspects of Food  *	
Resource Management (choose one)		3
ECON 139	Economics of Personal Finance *	
FACS 140	Family Resource Management	
FACS 141	Family Finance	
HTM 54	Critical Thinking in Tourism *	
WGS 138	Women and Work 	
Life Skills and Wellbeing (choose one)		3
ALS 102	Individual, Community, and Citizenship *	
ALS 103	Creativity, Meaning, and Criticism *	
ALS 104	Happiness, Well-Being and the Good Life *	
FSHD 108	Family Communication	
FSHD 150	Family Stress and Coping: Multicultural Focus   *	
FSHD 154	Issues in Parenting	
GERO 121	Strategies for Optimal Aging	
GERO 123	Research on Aging & the Life Course *	
GERO 124	Perspectives on Death and Dying	
HTM 185	The Art and Science of Experience Design  *	
PSYC 106	Motivation	
PSYC 134	Psychology of Human Sexuality *	
PSYC 137	Stress Management *	
PSYC 144	Psychology of Happiness	
PSYC 151	Psychological Aspects of Death and Dying	
PSYC 152	Psychological Aspects of Health, Wellness, and Illness	
PUBH 50	Healthy Lifestyles	
PUBH 122	Health Psychology	
PUBH 134	Understanding Human Sexuality *	
SOC 144	Sociology of Health and Illness	
WGS 133	Gender & Health *	

*Course meets General Education and/or Graduation Requirements

Reviewer Comments:

Bao Lo (lo) (Fri, 08 May 2026 18:42:52 GMT): Rollback: Please see email.

Key: 629