**Core Content Comprehensive Review (CCCR) Questions**

1. Discuss family heritage and history as resources.

Heritage is certain key attributes which have been passed down to us from the past generations through our forefathers, this family legacy and cultural values which were 'inherited’ from our ancestors make up present-day family practises. Family heritage which we inherit includes traditions, values, culture, language, history, lineage, bloodline, stories and personal traits, (genes) both physical and characteristic. Heritage can also refer to other assets, such as wealth, jewellery, art, craft, businesses, property and land, particularly that which has been in the family’s possession for multiple generations.

The history of movement and settlement brings integration of knowledge and experience spanning across societies of several generations. Documenting such movements adds significant value to the historical data resources, assisting people in tracing their lineage. This provides an identity for individuals and their sense of self is strengthened knowing that they understand the journey of their forefathers. Although people move to different cultural environments they still manage to maintain family customs, according to Lev Vygotsky (1896-1934) who is best known as a sociocultural theorist and educational psychologist. His theory proposes that social contact causes children's thinking and actions to shift in a gradual, step-by-step manner that varies greatly from culture to culture. Essentially, Vygotsky's theory proposes that creation is dependent on interactions with others and the resources that culture offers to aid in the formation of one's own worldview. Family relationships are different for those in culture-stricken environments, such as Eastern and Asian families. Some husbands don't stay with their wives because they may have more than one wife, they visit for conjugal purposes, and women are left to look after their children. In Western societies most families are nuclear families, they plan their lives together as a couple and for their children, they live in the same home and in some cases, both partners are gainfully employed. Adults from a nuclear relationship seek out assistance from extended family or paid childcare to look after and care for their children while they are at work (Gonzalez-Mena, J. 2016). For culture-strict families, it does not matter where they settle they continue their family customs which are passed down through generations and a lot of individuals maintain the same mind-set. The heritage of the asset of land ownership encourages individuals to still maintain strict control over their land in order to protect it against invaders whose sole aim is to squat and claim rights.

The research on resources into social-ecological systems has broadened thinking into politics, science, biology, ecology, sociology, economics and public health. Research aided in the commencement of sustainability of agricultural development and management, biodiversity conservation, and environmental management. Personal management and that of the family resources depends on the sustainability of biological and socio-ecological factors in each country, it facilitates livelihood for many and also determines the level of income a person can earn based on their field of employment. Employment is created by what the environment has to offer for development, academically inclined and skilled individuals are placed into jobs that elevate their socioeconomic status and support their goals for personal and family management. While ecology is disrupted, man has to ensure that they remain safe in their environment and protect the natural habitat for all species and for future generations (Guerrero, A. M., Bennett, et al 2018). In communities where individuals are seen as immensely skilled in their field such as farmers, village herbalists, midwives, astrologers and self-taught physicians they often aim to pass these rare skills onto their children or a well-liked pupil of theirs. With this practice, the skill is not lost forever and creates an active resource in heritage in each generation.

2. How are individual family members’ resources to the family?

An individual adds their purpose to the goals of the family unit, their priorities are based on family values and adding growth to support the future of the family. Individual members of a family have a wide range of individually unique skills, each person can contribute so much in different areas of the family network to promote success. Individual members contribute emotionally, mentally, physically, and financially and provide protection. For example, a wife and mother are a resource to the family since they look after the needs of the entire family, in recent times she would bring an income to the family to assist her husband in supporting everyone, completing chores and preparing meals for her children and husband. The father and husband may be the sole breadwinner and his resourceful contribution would be providing security and an income for his family. Grandparents are resourceful for looking after children in instances where both parents are employed. The extended family comprising of aunts and uncles may also assist in the caregiving aspect of the family such as transportation to and from day-care or school. Each member of the family can contribute to the family in their own way, children may help with chores which would assist their parents significantly. Spending quality time as a family allows each member to continue learning the personalities of each other which broadens and strengthens relationships. Children often look forward to these moments to relax and enjoy the time with their superhero parents and grandparents. Adults utilize the time to continue teaching their children morals, values, and general life skills.

In all areas of family management such as social, economic, cultural and biological, goals are set for short and long-term achievements. Parents educate their children on the practices of family strategies in the planning, organizing, implementing and evaluating processes and the ways in which these processes contribute to a framework of ideas to implement a plan of action. Framework or methodology are implemented every step of the way towards achieving goals, assessments are conducted to ensure methodologies are successful. Children who learn diligently from their parents often implement these strategies into their own lives to achieve academic success and develop professional relationships for career advancements (*A Strategic Framework for Family Services*. 2007).

Psychoanalyst Sigmund Freud (1856–1939) was one of the first and most influential theorists to research and write about the development of a sense of self and a child’s relationship with their parents especially their mother. He believed that both personality and sexual development were interrelated, he divided the maturation process into the psychosexual stages of oral, anal, phallic, latency, and genital stages. He stated that a person's self-development is associated with their development, like breastfeeding, toilet training, and sexual awareness (Freud 1905). Failure to properly engage in or disengage from a stage, according to Freud (1905), has emotional and psychological ramifications throughout adulthood. He established a link between this and the mother-child bond. An adult with an oral fixation may overeat or drink excessively. An anal fixation might result in a "neat freak" (hence the term "anal-retentive"), while a person caught in the phallic stage could develop promiscuous or emotionally immature behaviour. External stimuli often set off certain behaviours in different family members, causing them to react in a manner that may be at times surprising to others. However, in most close-knit families they work out their differences together by emotionally supporting each other (Gonzalez-Mena, J. 2016).

Jean Piaget (1896–1980) was a child development psychologist who specialized in the role of social interactions in children's development. He saw the development of self as a negotiation between the world as it appears in one's mind and the world as it is experienced socially. Carrying these beliefs of self into their adult years, individuals are able to make clear assessments of their thoughts and experiences, especially regarding their interactions with others. Learning to trust, love and form bonds is important in a family building which fosters long-lasting relationships giving the family unit its strength (Gonzalez-Mena, J. 2016). Social interaction children has with adults more so their parents and immediate caregivers plays a crucial part in how they would in turn interact with others and patterns are created in their minds which they adopt for future interactions solidifying behaviour for life.

3. Why is communication important to family resources management?

Communication is of utmost importance within the family unit when it entails decision-making among family members, concise and coherent communication is often a practice. The depth of communication within the family allows family members to develop a certain bond with each other, however, some members may not even be close to each other because they just don’t communicate with each other often enough to maintain a close relationship. Mastering communication in the family assists in sorting priorities and setting goals for purpose in life, it assists each family member to express needs, wants and concerns. Communication within the family occurs at different levels, such as between spouses, siblings or parent-child dialogues. Mastering the art of communication between each family member assists in diffusing conflicts and attempts to navigate towards understanding and harmony. Family members should learn to be open about their feelings and communicate these feelings to others in a manner that the person would understand and it would bring some sort of relief to the person venting the feelings. In many cases where couples argue, it is sometimes a case of miscommunication, or one party being too shy to say what they are feeling.

Due to strong upbringing and past experiences, adults may feel so independent in their own ways and think that even though they are in a relationship they don't feel the need to ask for their spouse's input in the decision-making process of family management. Although spouses may have a strong bond this lack of communication may always be passed off as having a strong sense of self where one partner is making all the decisions about family matters and the other partner pretty much goes with the flow, as in the case with husband and wife relations, where the wife is a housewife and the husband is the sole breadwinner (Goldsmith, E. 2012). Some ethnic communities operate in this manner, rendering the wife powerless in decision-making. In some cases, women are so accustomed to the culture from observing the female members of their family that they do not bother to step outside of that seasoned culture, they concentrate on what they are good at like using their creativity to educate their children in an environment that fosters happiness and bonding.

Goldsmith, E. (2012) “the human aspect of family resource management refers to an individual's knowledge, intelligence, creativity, motivation, language, communication skills, physical attributes, enthusiasm, energy, and senses ( sight, hearing, taste, touch and smell). Environmental resources refer to everything outside of an individual. The perfect way to execute the goals in family resource management is to engage human resources simultaneously with that of environmental resources.” Communication in the family that engages maximum resources towards understanding enables its members to interact in their immediate environment such as school, workplace, and social settings and it is most effective for those who may become leaders of their country. Looking at world leaders and their decision-making can directly be tied back to communication and socialization within their family and environment. Their culture directly dictates the ways in which they communicate in their own environment as well as with other countries.

4. Describe five types of resources (other than heritage, family members, and communication) for families.

1. Money – families depend on financial support for education, household expenses, recreation, health, and planning for the future in areas of home and vehicle acquisitions. In some homes, there may be one breadwinner and the entire family depends on that one person for financial support making it difficult at times to spend on leisure. Families with more than one breadwinner or a large income earner can spend more freely and acquire goods and services faster than their low-income counterparts acquire.

Many lower-income families strive to achieve goals in the best and most cost-effective way possible. Maslow's Hierarchy of needs states that physiological needs such as food, water, shelter, clothing and basic form of income must be met before higher-order needs are met. Biology in regards to personality dictates how an individual interacts with their environment and their ability to achieve their primary physiological needs and manage their resource in such a way as to move towards the next level. While the ideal family attempts to achieve goals with every member playing their part in goal attainment, not every family is supportive of each other. This affects practical management systems contributing to stagnant progress towards goals, causing families to remain at the basic level for many years and adding to the stress of individual family members. Humanizing management techniques entails frequent reassessments of goals, resources and the level of success attained at the time of assessment and employing the best motivational practices possible to ensure family members that goals would be met to their satisfaction (Goldsmith, E. 2012).

1. Time – a timeline is important when planning events with family members in order to achieve goals. Time management is crucial when performing daily activities, like being punctual for school or work. Adults within the family have to ensure that the younger generation has a good respect for time in their daily routines to enhance punctuality and attendance which they would learn to enhance as they grow.

Parents motivate their children to strive for excellence, especially in their academic goals. Management styles are influenced by a person's history, culture and personality. Parents who are highly motivated due to their own experience in success, often push their children to excel academically by utilizing their best practices to train their children while providing love, and physical, emotional and religious support for them in their difficult experiences. By showing compassion towards children, they are more open to guidance from their parent's management styles and as a result goal attainment is reached with minimal struggle. Adults support each other in a relationship as well, soft techniques such as family meetings, game nights, movie nights, family fun day out and agreeing to work together to build family goals through ethics are of utmost importance in goal attainments such as finances and investments. Many families are supportive of each other and many are not, it's noticeable in their unity and respect for each other and the level of goal attainment towards self-actualization (Goldsmith, E. 2012).

1. Customs/tradition/religion – as time goes by some people tend to forget the customs, traditions, and religious practises of their ancestors, most people are now exposed to diverse cultural activities and in a way, tradition become heavily mixed leaving behind authentic customs. Attire, food, traditional family gatherings, music, and religious practices have evolved significantly, so much so that the present generation knows or remembers little to nothing about their own family history. Society is now relaxed on inter-religious marriages making it easier for couples to start following an entirely new religion independent from what they grew up practising or follow their spouse’s religion. Few families still maintain their traditional customs and work hard to preserve their values in the minds of their children. They also encourage their children to attend church in an attempt to keep their customs alive by moulding certain behaviours into their minds.

Young mothers are constantly learning about childcare, they use the knowledge gained from the birth of their previous children to assist them in caring for younger ones and the learning process is ongoing. Parents from rural communities in Bangladesh have to work extremely long hours, most times pregnant women are expected to work in the fields and they are constantly tired, they are unable to do better due to the growing need for financial stability for their families. They learn to balance financial needs with wants and are better able to prepare their houses for an expanding family. Middle and urban communities are in a better position to provide for their families due to better and higher-paying jobs, they are able to send their children to the best schools and the family is focused mainly on academic achievements. In rural communities, however, most families expect that their children follow their line of work thus limiting their educational exposure, whereas other parents pray for the day that their children obtain an education, find a high-paying job and uplift their family out of poverty (Selin, H. (Ed.). 2013).

1. Language – some people came from ancestors who spoke different languages, many children learned the ancestry language and can speak it fluently but did not know how to write it. Many homes that are bilingual often attempt to teach their children their native language before they socialize in school and begin learning a new language in the event that they are migrants. Native language is part of the rich culture, customs and traditions of people who migrate to other countries, and they are often heartbroken when their children are not afforded the luxury of learning such.

Immigrant parents who prefer their children to learn the language of their land as well as the country they settle in may opt to send their children to a bilingual school. This affords the children to retain the language and cultural values of their motherland and gain a more comprehensive understanding of a sense of self.

1. Ecosystem – one's ecosystem consists of the people within the ecosystem, their environment and the interaction among people. The surrounding ecosystem in which a family grows and develops is important due to the influence people within a village would have on each other. In cases where people derive from a violent neighbourhood, it’s often believed by society that such people are socialized to behave as a product of their environment, this often causes bad stereotyping. Ecosystem can also be considered to be how families develop their environment in which to live comfortably, these developments are such things as roads, shelter (style and design of their homes), and even farming practises. Within an ecosystem, a family develops and nurtures their traditions and customs making their family unique to them.

Successful family management has these four aspects, planning, organizing, implementing and evaluating. In the decision-making process, there are two or more alternatives to choose from when planning which is the most important characteristic in the management process. Planning puts into focus the goals, and the available resources to achieve such goals awareness and the lack of empathy, support, energy, and enthusiasm all contribute to stagnant family management practices. The notion of getting things done when the time is ready sometimes is never ready. Developing and maintaining strong change techniques such as the knowledge of doing things differently, support from family members, especially from a spouse and friends and the mindset to move away from past failure can be the catalyst for positive change in family management.

Family management is successful planning involves which problem-solving skills for present situations and key elements to forecast future dilemmas. Planning assists in identifying the problems, gathering information, formulating strategies for the course of action, taking into account the consequences and the actual selection of the final action plan. Organizing is essentially teamwork, this takes place when the various tasks are divided to ensure each family member can assist in accomplishing results and goals on task completion. Parents are usually the team leaders in the family and they are the ones in charge of implementing measures for goal attainment, they would frequently have call-backs at family meetings to discuss if changes are necessary and the progress of plans. A certain amount of control is required in the use of time, resources and money when implementing planning measures, this is why it is of utmost importance to have excellent management techniques in order to prevent overspending and exhaustion of resources while protecting family welfare. The evaluation process is assessing the actual process of management and whether the desired results are fulfilled. Evaluation is measuring the achievements of plans and actions from the process of planning and implementing family goals to assess the accomplishments of proper family management techniques.

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