**[120-day assignment] – FLE 706-4.A CCCR-2 Study Review Questions (Expanded Answers)**

**Review your 30-day responses to CCCR. Expand responses with additional learning and contextualization in your profession, life goals, and service.**

1. **Discuss family heritage and history as resources.**

Family heritage and history are invaluable resources that can be used to benefit upcoming or new families. We all come to this world with a heritage from the people who lived before us, people who through their beliefs, their social status, their work and play and dreams shaped the values and patterns of our present existence. As an individual your journey cannot be defined by the span of a single generation; you must be able to find out the facts about your roots by researching historical information, learning the significant events that past family members been through, their value system and finding out if it has changed throughout the different generations and also learning all the family traits and accomplishments.

Family history provides a deep sense of identity, continuity, and connection to our roots. Understanding where we come from offers insight into the values, struggles, and triumphs of our grandparents and generations before, which can serve as guiding principles in our own lives. Being aware of this allows self understanding through the exploration of your family’s past, learning about the challenges and success of previous generations which can reveal patterns that may influence your behavior, decisions, and attitudes today. For example, I’ve discovered that our walk with God is a strong trait in my family that inspires me to live a peaceful and convicted life while achieving my goals. This also guides my value system ensuring I make the right decisions, how I deal with others and ensure that my actions are aligned with a deeper sense of purpose.

 Based on my family history, they have been a very laid back persona when it comes to the professional aspect. That is something I have noticed and I am not really in agreement with it. Whether or not I agree it is important to notice this about your family history to be able to break a certain pattern that you do not agree with. According to this article written from The National Library of Medicine, “family influence and academic satisfaction were positively correlated with career decision self-efficacy and happiness.” (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8197847/>). Relating to this within the aspect of spirituality, as they would consider this more important than the career path, seeing both my sibling and I following the path of serving and honouring God and developing a relationship with God is something that brings them peace and happiness.

When it comes to serving, I have definitely developed the skill of giving and passionate for helping others in many ways. So for example through community engagement, being able to contribute in a meaningful way is a habit I cherish. I do plan to continue that legacy to honour my family's charitable work and leadership to continue impacting my community. According to my life goals, I grew up in a family that focused more on the present than setting goals to try to achieve them to make the future better for themselves and family. However due to my studies and life experiences I am currently and will continue to implement setting life goals that allows better alignment to the future aspirations and achievements. For example if education was highly valued in my family, you might be motivated to pursue advanced degrees or encourage the same in future generations. Legacy building is critical to a family's history, knowing where you come from allows you to consciously shape the legacy you leave behind. By integrating the lessons and values from my family into my life, it creates a bridge between the past and the future, ensuring that my family’s heritage continues to inspire and guide future generations.

1. **How are individual family members resources to the family?**

 Each individual has their own unique personalities, when there is now a family unit this allows a combination of personalities and temperaments being a challenge. As parents, interacting with your children you see gifts that are now appearing as they get older. Each child is a challenge to raise because of their individuality, there are gifts a parent does not recognize in their personalities when they are growing up. However, as individuals, if people who live together understand even a little about what makes others tick, they become more tolerant and are better able to challenge and encourage each other by appreciating their individuality.

Individual family members are vital resources to the family, providing diverse forms of support, from emotional encouragement and caregiving to sharing knowledge, skills, and financial resources. For example, in a professional context, understanding dynamics can improve family support systems and workplace relationships. “Family dynamics are crucial in shaping individuals and influencing their overall well-being. The support provided by family members, as well as the conflicts and relationships within the family, can have a profound impact on one’s mental and emotional health.” (<https://firstlightrecovery.com/family-dynamics/>). “A supportive family environment can enhance emotional well-being, while dysfunctional dynamics can contribute to issues like anxiety, depression, and behavioral problems.” (<https://soconnbehavioralhealth.net/understanding-the-dynamics-of-family-systems-in-therapy/>). By acknowledging the impact of family dynamics on workplace performance, organizations can foster a more empathetic, inclusive, and productive work environment, helping employees feel valued and supported in both their personal and professional lives. In terms of life goals, recognizing the contributions of family members fosters a deeper appreciation for interdependence, encouraging one to leverage these relationships for mutual growth and resilience. In service to others, this understanding promotes a more inclusive perspective, recognizing the value of each individual's contribution to collective well-being, whether in family settings, community outreach, or professional environments. By drawing on the strengths of family members, we learn to build stronger, more interconnected communities that thrive on diversity, support, and shared purpose.

1. **Why is communication important to family resources management?**

 Communication is important to family resource management when used correctly. A home becomes a source of affirmation and personal growth when family members talk about their needs, speak truthfully about the facts, and accept one another’s foibles as neutral ground. An example of using communication correctly is not allowing confrontation to escalate into conflict. Rather than allowing disagreements to escalate into conflicts that damage relationships, using humor or approaching issues with empathy can defuse tension and foster a culture of mutual respect. This approach helps maintain a balance between addressing conflicts and preserving the family's emotional bonds, which is crucial for long-term harmony and growth. Family conflict will be revealed based on how family members respond to it. It can either reveal the depth of our commitment to each other or expose its limitations.

 It is effective because it lays the foundation for trust, understanding, and cooperation among family members. When family members communicate openly about their needs, challenges, and goals, they create a home environment that supports affirmation and personal growth. Clear and honest communication helps to identify and allocate resources—such as time, money, and emotional support—more efficiently, ensuring that each person's needs are met and that the family functions cohesively.

An important aspect of communication in family resource management is the ability to handle confrontation constructively. Effective communication encourages family members to express their concerns and feelings without fear of judgment, promoting a sense of belonging and safety. Within my professional context, these principles translate into team dynamics and leadership. Just as in families, clear and constructive communication in the workplace helps ensure that resources (like time, expertise, and effort) are allocated effectively, and that everyone’s contributions are recognized and valued. Managing confrontation with empathy and humor can prevent workplace conflicts from escalating, maintain team morale, and foster a positive work environment.

From the perspective of my life goals and service, honing communication skills in family settings can build emotional intelligence, resilience, and leadership capabilities. By learning to navigate family dynamics with clarity, empathy, and respect, I have become better equipped to serve others—whether in professional roles, community engagement, or broader social contexts. Effective communication is a vital tool for bridging gaps, building stronger connections, and ensuring that both personal and shared goals are met, ultimately enhancing both individual and collective well-being.

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

 Being able to manage finances is another type of resource that needs to be managed by families to allow their families to excel. However the british theologian C. H. Spurgeon stated, “it is not how much we have but how much we enjoy that makes us happy.” As a family it is important to understand that money should not be the focus but parents should raise their children to cooperate, to serve and to be kind to others. Another type of resource is making sure to coordinate family time, the important issues do not come crashing into our schedules the way business calls or conflict do. It is critical for families to be mindful of the constant and exhausting distractions faced on a daily basis and focus on spending time with family.

There is also an importance in clarifying family values and there are six truths for teaching your child value, according to Paul Lewis, “40 Ways to Teach Your Child Values” one that stood out to me was the that children ultimately make their own choices, do not measure your parenting performance solely by how well your child complies with each of you preferences. Another type of resource is evaluating your family’s priorities. This is based on the clarification of what your values esteemed through friendship and in love and lastly make sure to set goals in key areas. As a family managing means setting goals to work towards, setting personal goals, practical goals and interpersonal goals. Goal setting is most effective when it is not just an occasional affair but a way of going, and knows that in the flow of getting there he may discover an uncharted tributary to the wide sea.

Financial resources provide the means to support family members, save for future expenses, and invest in opportunities for growth, such as higher education or business ventures. Studies demonstrate, poverty harms children’s development and that providing families with low incomes with financial resources can improve children’s development, including through increased birth weight, improved school achievement, reductions in juvenile crime and psychiatric disorders, and increased earnings and lower risk of heart attacks and strokes in adulthood.(<https://www.cbpp.org/research/income-security/three-reasons-why-providing-cash-to-families-with-children-is-a-sound>).

Time is a finite resource spent together strengthens bonds, enhances communication, and fosters emotional well-being. According to \_\_\_\_, spending time helps with family’s mental health, children perform well academically, lowers behavioural issues for children, boosts self confidence, teaches effective conflict resolution, reduces stress and among others promotes adaptability and strength. (<https://highlandspringsclinic.org/the-top-ten-benefits-of-spending-time-with-family/>).

Emotional resources encompass creating a nurturing environment where family members feel safe to express their feelings and seek comfort. Developing emotional differentiation refers to managing their own emotional response, parents should know how to remain calm and supportive, allowing their child to navigate their feelings. This helps the parent maintain their emotional balance and models effective emotional management for the child. (<https://www.psychologytoday.com/intl/blog/your-emotional-meter/202311/understanding-bowen-family-systems-theory>). Access to educational resources enhance knowledge, skills, and opportunities for all members, allowing them to pursue their interests, advance their careers, and make informed decisions. Parents involved in their child’s schooling, students get better grades, score higher on standardized tests, and drop out less often, as well as have better attendance records, higher aspirations, and more positive attitudes about school and homework.(<https://trestlelink.org/wp-content/uploads/2024/02/fia_nlarticle_v4i2.pdf>). Health and wellness resources ensure that family members maintain their physical and mental well-being, which is essential for a fulfilling life. Maintaining a healthy lifestyle is essential for the entire family. Regular exercise, balanced nutrition, and adequate sleep contribute to physical well-being. (<https://fastercapital.com/topics/the-importance-of-family-health.html>). Promoting healthy habits contributes to the overall vitality and longevity of the family unit.

Reference

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8197847/>