

# Reality Check!

## Things to know about Family and Consumer Sciences Education

### What is FACS?

- Family and Consumer Sciences (FCS or FACS) is the comprehensive body of skills, research, and knowledge that helps people make informed decisions about their well-being, relationships, and resources to achieve optimal quality of life.



**Myth:** "FACS is an easy class to take."

**Myth:** "FACS is just a cooking and sewing class."

**Myth:** "Not any colleges offer FACS programs"

**Myth:** "College is too expensive"

**Myth:** "You won't be able to find a job in FACS Edu."

**Myth:** "This is not academically rigorous"

**Myth:** "I won't use these skills in my daily life"