Part 1: Managing Human Resources

**Your Name: Your Chosen Family's Name:**

**Instructions**: Conduct an analysis of the human resources that are available to your project family. You should consider both the internal human resources (within the family system) and external human resources (outside of the family system). Type "not applicable" for a family member who does not provide a resource. For example an infant will not provide cognitive resources. Complete the chart below, then answer the reflection questions that are presented below the chart.

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| **Internal Human Resources** | | | | |
| **Name of family member** | **Cognitive resources this member provides the family unit.** | **Affective resources this member provides the family unit.** | **Psychomotor resources this member provides the family unit.** | **Other types of resources this member provides the family unit, if any.** |
| Jenny Rawlings-Mother | Reconcilliation and emotional support | Financial support | Cooking and laundry | Moral guidance and spiritual support |
| Matt Rawlings- Father | Leadership and discipline | Financial and medical support | General home appliances repair and taking out the trash | Chairing family meetings |
| Rawlings Junior-Baby | N/A | N/A | N/A | N/A |
| Molly Scott- Teen daughter | Active team play | N/A | Tidying the house and walking the dog | Taking minutes during family meetings |
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**Part 1 Reflection Questions**

1. What are external human resources that the family often uses? Provide details. (These are services that the family accesses from people outside of the family.)

They include counseling and therapy, fitness training and spiritual guidance

1. Does the family use more internal human resources or external resources? Explain with details from the family. Why do you think this is?

Yes. More internal human resources are used due to easy access and lesser costly compared to the external resources that the family has to pay for. An example is physical training and therapy. Another reason comes about due to requirements for social distancing due to the pandemic.

1. Name three human resources that the family currently isn't using but would be beneficial to the family's general functioning and management. Explain your selections.

Seeking therapy to help process overwhelming emotions of parenting during lockdown was constantly ignored. This would be beneficial to help tackle challenges and reduce spousal conflict thereby creating a healthy emotional environment for every family member especially the children

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Part 2: Managing Environmental Resources

**Instructions**: Gather and assess community environmental resources your project-family may need to employ on a regular basis. You will create a list of credible tools and provide a short description of each tool and why it may be helpful for the family.

**Complete the chart of the following page with the resources you have curated below:**

* **Energy Audit Tool**: Using your favorite web browser, perform an internet search for "Do It Yourself Energy Audit" and to locate a tool to guide you through the evaluation of your home's energy usage. Locate one Energy Audit tool which you feel would be support the family’s needs or ability.
  + You may also find examples on the following websites:
    - Energy Star, the government website at <http://www.energystar.gov> and search for an energy audit form.
    - The government's do-it-yourself energy saver website The Home Energy Saver at <http://hes.lbl.gov/>
* **Recycling Services:** Using your favorite web browser, conduct an internet search for “recycling services or recycling practices” in your community.Choose a local recycling service that fits your family’s needs or ability.
* **Environmental Protection Agency (EPA):** Using your favorite web browser, conduct an internet search for the EPA in your community or state. Locate one resource from the EPA which may benefit your project-family’s needs or ability.
* **Poison Control:** Using your favorite web browser, conduct an internet search for the Poison Control information in your community or state. Locate one resource from Poison Control which may benefit your project-family’s needs or ability.
* **Consumer Product Safety Commission:** Using your favorite web browser, conduct an internet search for the Consumer Product Safety Commission. Locate the Recall information that would be appropriate for your project-family’s needs or ability.

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| **Environmental Resource Title/Name/Location** | **Links: Website and Resource Required** | **Describe how will this be the most useful to your project-family?** |
| *EXAMPLE: ABC Environmental Service*  *12345 N. South Street, Alphabet, MN* | [*www.abcenvironmentalservice.com*](http://www.abcenvironmentalservice.com)  [*www.abcenvironmentalservice.com/tool*](http://www.abcenvironmentalservice.com/tool) | *The family will be able to use this tool to assess their home’s energy usage and how they may be able to save money in the long term with small changes to their homes; such as with changing light bulbs.* |
| Recycling services | Garbage trucks for collection and transportation | This will help the family to maintain cleanliness and hygiene in their homes |
| Poison control | National pesticide information centre | Report any cases of home poisoning for timely intervention |
| Environmental protection | Environmental Protection Agency | The family will be updated on any new methods of environmental protection during lockdown |
| Consumer product safety | Consumer product safety commission | The family will be assured of safety of their consumables so as not to be exposed to stale produce and faulty equipment |
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