

FAMILY CONSUMER SCIENCE BS AND MINOR

Family Consumer Science

College of Allied Health & Nursing
 Department of Family Consumer Science
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 Website: <http://ahn.mnsu.edu/fcs/>

Chair: Heather Von Bank

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Accreditation. Academy of Nutrition and Dietetics (ACEND). National Council on Family Relations (NCFR). Council for the Accreditation of Educator Preparation (CAEP) and MN Board of Teaching (BOT)

The mission of the Department of Family Consumer Science is to promote the well-being of people, the enrichment of quality environments, and to prepare men and women to assume essential professional roles in a culturally diverse global society. The comprehensive program provides training for professional roles within dietetics, family and consumer sciences education, child development and family studies, and food and nutrition.

Academic Map/Degree Plan at www.mnsu.edu/programs/#All

POLICIES/INFORMATION

Declaring an FCS Major. Students may declare an FCS major at any point in their academic program. Upon declaring an FCS major, an advisor is assigned. Full admission to the department and major requires:

- A minimum of 32 earned semester credit hours.
- A minimum cumulative GPA of 2.5. FCS Education majors need a minimum GPA of 2.75.

Contact the department for application procedures.

GPA Policy. All courses required for major or minor option must be at "C" level or higher.

Course Policy. For those options requiring FCS 440 (dietetics, food and nutrition major and minor): CHEM 111 and BIOL 330 must both be completed at "C" level or higher in order to receive permission to register.

P/N Policy. All FCS courses required for an option must be taken for a grade, except where P/N grading is mandatory.

FAMILY CONSUMER SCIENCE BS

Degree completion = 120 credits

Required for Major (Option). Select one of the following options to correspond with personal and professional objectives:

CHILD DEVELOPMENT AND FAMILY STUDIES OPTION

This option helps prepare students to work with children, adults and families in a variety of human services, educational and community settings.

Required General Education

FCS 100 Personal & Family Living (3)

Major Common Core

FCS 101 Introduction to Family Consumer Science (3)

Major Restricted Electives

Family Consumer Science Electives

(choose 6 credits from the following FCS courses)

FCS 120 Clothing and People (2)
 FCS 140 Introduction to Nutrition (3)
 FCS 150 Food, Culture and You (3)
 FCS 280 Orientation to Family Consumer Science Education (2)
 FCS 331 Clothing Construction and Textiles (4)
 FCS 473 Consumer Protection (3)

Child Development and Family Studies Electives

(choose 18 credits from the following)

FCS 230 Child Care Psychology (3)
 FCS 270 Family Housing (2)
 FCS 360 Romantic Relationships (3)
 FCS 402 Play and Child Development (3)
 FCS 403 Parents and Peers and Adolescent Development (3)
 FCS 446 Lifespan Nutrition (3)
 FCS 474 Community Resources and Family Support (3)
 FCS 478 Family Finance (3)
 FCS 483 Adult and Technical Education in Family Consumer Science (2)
 FCS 494 Family Life Education Practicum (1-3)
 FCS 495 Intern: Early Child Family (3-4)
 FCS 496 Selected Topics: CDFS (2-3)
 FCS 497 Internship (1-6)
 FCS 498 Undergraduate Internship (1-6)

Major Emphasis: Child Development and Family Studies

FCS 275 Consumers in the Economy (3)
 FCS 301 Lifespan Development (3)
 FCS 303 Working With Families (3)
 FCS 400 Culturally Diverse Family Systems (3)
 FCS 401 Family Life Development (3)
 FCS 414 Family Policy and Ethics (3)
 FCS 482 Family Life Education (3)
 FCS 488 Parenting Education (3)
 FCS 496 Selected Topics: CDFS (2-3)
 HLTH 311 Family Life & Sex Education (3)

Minor

Choose 16-36 credits from any minor

Becoming a Certified Family Life Educator (CFLE)

The Child Development and Family Studies program has been approved by the National Council on Family Relations. Minnesota State Mankato graduates with an CDFS major or minor who have taken the approved courses are eligible to become Certified Family Life Educators. Being a CFLE recognizes a broad understanding of family life issues. Certification is available to professionals from all disciplines who have met the requirements.

DIETETICS OPTION

The Dietetics Option* promotes growth among students wanting to become competent dietetics professionals by providing the "highest practicable quality" advisory, academic, real-life and interactive opportunities while at Minnesota State Mankato, and by developing confidence and competence to advance after graduation to Dietetics Internship, graduate programs and/or related employment.

A student who chooses to become a Registered Dietitian Nutritionist (RDN) upon graduation from Minnesota State Mankato will also need to:

- a. Meet published requirements to receive a Verification Form from the Dietetics Director.
- b. Apply, be accepted, and complete a supervised practice program (Dietetic Internship).
- c. Pass a national registration examination.

Minnesota State Mankato faculty are committed to positioning majors for successful transition from Minnesota State Mankato to Dietetic Internship and beyond. Regular and continuous advising is recommended to be successful.

Graduates are employed as RDNs and non-RD to non-RDN nutritionists in health care; community, public health, and corporate fitness settings or as members of food management teams.

* The Dietetics Option, a Didactic Program in Dietetics (DPD) is accredited by the Accreditation Council for Education in Nutrition and Dietetics, the accrediting agency for the Academy of Nutrition and Dietetics. Academy of Nutrition and Dietetics 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606. (800-877-1600 ext. 5400) www.eatright.org/ACEND.

Required General Education

BIOL 270 Microbiology (4)
 CHEM 106 Chemistry of Life Process Part I (General) (3)
 ENG 101 Composition (4)
 IT 100 Introduction to Computing and Applications (4)
 MATH 112 College Algebra (4)
 SOC 101 Introduction to Sociology (3)

FAMILY CONSUMER SCIENCE CONTINUED

(choose 3 credits)

CMST 100 Fundamentals of Communication (3)
CMST 102 Public Speaking (3)

(choose 3 credits)

ETHN 101 Introduction to Multicultural & Ethnic Studies (3)
ETHN 150 Multi-Cultural/Ethnic Experience (3)

Prerequisites to the Major

BIOL 220 Human Anatomy (4)
BIOL 330 Principles of Human Physiology (4)
CHEM 111 Chemistry of Life Process Part II (Organic & Biochemistry) (5)
ENG 271W Technical Communication (4)
HLTH 321 Medical Terminology (3)
HLTH 475 Biostatistics (3)
HLTH 477 Behavior Change Foundations and Strategies (3)
PSYC 101 Introduction to Psychological Science (4)

Major Common Core

FCS 101 Introduction to Family Consumer Science (3)

Major Emphasis: Dietetics

(2 credits from FCS 497 required)

FCS 150 Food, Culture and You (3)
FCS 242 Nutrition for Healthcare Professionals (3)
FCS 252 Food Service Systems I (3)
FCS 340 Food Science (4)
FCS 342 Food Production Management (3)
FCS 350 Food Service Systems II (3)
FCS 420 Nutrition Assessment (3)
FCS 440 Nutrition II (3)
FCS 442 Medical Nutrition Therapy I (3)
FCS 444 Experimental Food Science (3)
FCS 446 Lifespan Nutrition (3)
FCS 447 Food Policy (3)
FCS 448 Medical Nutrition Therapy II (3)
FCS 483 Adult and Technical Education in Family Consumer Science (3)
FCS 492 Dietetics Seminar (2)
FCS 497 Internship (1-6)

FOOD AND NUTRITION OPTION

This option prepares graduates for various careers in health promotion, wellness, food service, and/or nutrition, (such as restaurant or school lunch management); research and development or quality assurance in the food industry; and/or in corporate food distribution, production, sales and service. A supervised internship during the major allows students to gain experience in a particular area of interest. While a minor is not required, it is strongly recommended in order to improve employment opportunities.

Required General Education

CHEM 106 Chemistry of Life Process Part I (General) (3)
CHEM 111 Chemistry of Life Process Part II (Organic & Biochemistry) (5)
ENG 271W Technical Communication (4)
FCS 140 Introduction to Nutrition (3)

Prerequisites to the Major

BIOL 220 Human Anatomy (4)
BIOL 330 Principles of Human Physiology (4)
HLTH 475 Biostatistics (3)

Major Common Core

FCS 101 Introduction to Family Consumer Science (3)

Major Unrestricted Electives

(choose 8 credits; at least 3 credits must be from 3-400 level courses)

BIOL 270 Microbiology (4)
BIOL 478 Food Microbiology and Sanitation (4)
FCS 100 Personal & Family Living (3)
FCS 275 Consumers in the Economy (3)
FCS 400 Culturally Diverse Family Systems (3)
FCS 417 Principles of Wellness Coaching (3)
FCS 439 Nutrition for Physical Activity and Sport (3)
FCS 473 Consumer Protection (3)
HLTH 210 First Aid & CPR (3)
HLTH 212 Consumer Health (3)
HLTH 260 Introduction to Health Education (3)
HLTH 315 Holistic Health and Wellness (3)
HLTH 321 Medical Terminology (3)

HLTH 361 Health Communication and Advocacy (4)
HLTH 380W Health Education Planning, Implementing, and Evaluating 1 (3)
HLTH 400 Women's Health (3)
HLTH 410 Current Health Issues (3)
HLTH 450 Environmental Health (3)
HLTH 451 Emotional Health and Stress (3)
HLTH 454 Chronic and Infectious Diseases (3)
HLTH 455 Health and Aging (3)
HLTH 460 Introduction to Epidemiology (3)
HLTH 465 Health Care Delivery in the United States (3)
HLTH 467 Public Health Law (3)
HLTH 480 Health Education Planning, Implementing and Evaluating 2 (3)
HLTH 481 Community Organizing for Health (3)
HLTH 488 Worksite Health Promotion (3)
HP 348 Structural Kinesiology and Biomechanics (3)
HP 414 Physiology of Exercise (3)
HP 465 Legal Aspects of Physical Education and Sport (3)
HP 466 Graded Exercise Testing and Exercise Prescription (3)

Major Emphasis: Foods and Nutrition

FCS 150 Food, Culture and You (3)
FCS 242 Nutrition for Healthcare Professionals (3)
FCS 252 Food Service Systems I (3)
FCS 340 Food Science (4)
FCS 342 Food Production Management (3)
FCS 350 Food Service Systems II (3)
FCS 420 Nutrition Assessment (3)
FCS 440 Nutrition II (3)
FCS 444 Experimental Food Science (3)
FCS 446 Lifespan Nutrition (3)
FCS 447 Food Policy (3)
FCS 483 Adult & Technical Education in Family Consumer Science (3)
FCS 497 Internship (1-6)

Required Minor: None

FAMILY CONSUMER SCIENCE MINOR

The Department of Family Consumer Science offers a flexible minor consisting of 20 semester hours of approved FCS courses or other courses approved by advisor. Students may work with an FCS advisor to select the courses that will be most helpful. However, most students will benefit from a minor with one of three focus areas below.

FOOD AND NUTRITION EMPHASIS

Students majoring in Nursing, Human Performance, Dental Hygiene, Food Science Technology, Health Science, or other similar majors can benefit from a Food and Nutrition minor.

Required Courses (18 credits)

FCS 140 Introduction to Nutrition (3)
FCS 150 Food, Culture and You (3)
FCS 242 Nutrition for Healthcare Professionals (3)
FCS 420 Nutrition Assessment (3)
FCS 440 Nutrition II (3)
FCS 446 Lifespan Nutrition (3)

Required Minor Electives

(choose a minimum of 2 credits from any 300-400 level FCS courses)

CHILD DEVELOPMENT AND FAMILY STUDIES EMPHASIS

A minor with a focus in Child Development and Family Studies is useful to a variety of students going into professions related to health and human services, especially those who will work with children and families. Students may choose any combination of 20 credits from the list of courses below for a minor. Other courses may be chosen with advisor approval. A minor in this area can enable students to become Certified Family Life Educators through National Council on Family Relations.

Minor Electives (choose 20 credits)

FCS 100 Personal & Family Living (3)
FCS 101 Introduction to Family Consumer Science (3)
FCS 230 Child Care Psychology (3)
FCS 270 Family Housing (2)
FCS 275 Consumers in the Economy (3)
FCS 301 Lifespan Development (3)
FCS 303 Working With Families (3)
FCS 400 Culturally Diverse Family Systems (3)
FCS 401 Family Life Development (3)
FCS 402 Play and Child Development (3)

FAMILY CONSUMER SCIENCE CONTINUED

FCS	403	Parents and Peers and Adolescent Development (3)
FCS	408	Family Life Dynamics (3)
FCS	414W	Family Policy and Ethics (3)
FCS	446	Lifespan Nutrition (3)
FCS	474	Community Resources and Family Support (3)
FCS	478	Family Finance (3)
FCS	482	Family Life Education (3)
FCS	483	Adult and Technical Education in Family Consumer Science (3)
FCS	488	Parenting Education (3)
FCS	496	Selected Topics: CDFS (2-3)
FCS	497	Internship (1-6)
HLTH	311	Family Life & Sex Education (3)

CONSUMER STUDIES EMPHASIS

Professionals in this business related area usually work with people in professions such helping consumers get the best product or service for their money, advocating for a good availability of choices, resolving consumer complaints to achieve fair solutions, and helping consumers with a variety of money management issues.

Core Course

FCS	101	Introduction to Family Consumer Science (3)
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Consumer Related Courses

FCS	376	Household Equipment (3)
FCS	275	Families in the Economy (3)
FCS	473	Consumer Protection (3)
FCS	474	Residential Mgmt. for Families and Special Needs People (4)
FCS	475	Family Policy (2)
FCS	478	Family Finance (2)

(May count one of the following)

FCS	140	Introduction to Nutrition (3)
FCS	120	Clothing and People (2)
FCS	270	Family Housing (2)
FCS	303	Working with Families (2)
FCS	483	Adult Education in Family Consumer Science (2)
FCS	496	Selected Topics: CDFS (2-3)
FCS	498	Internship (1-3)

Strongly Recommended Electives

MRKT	310	Principles of Marketing (3)
MRKT	316	Consumer Behavior (3)

COURSE DESCRIPTIONS

FCS 100 (3) Personal & Family Living

Emphasizes individual growth and interpersonal relationships within our diverse society. Focuses on issues such as interpersonal communication, conflict resolution, mate selection, marriage and family issues, family strengths, stress and crises, parenting decision-making and parent-child relationships, resource management, and personal and family financial issues.

Fall, Spring
GE-5

FCS 101 (3) Introduction to Family Consumer Science

An overview of the scope of family consumer sciences and the career potentials of the profession.

Fall, Spring

FCS 120 (2) Clothing and People

Relationship of clothing to people from cultural, social, psychological, economic and aesthetic perspectives.

Fall
Diverse Cultures - Purple

FCS 140 (3) Introduction to Nutrition

An introductory nutrition class which emphasizes the scientific method and natural science principles from biochemistry, physiology, chemistry, and other sciences to explain the relationships between food and its use by the human body for energy, regulation, structure, and optimal health.

Fall, Spring
GE-3 non-lab

FCS 150 (3) Food, Culture, and You

Introduces students to basic food preparation and culinary techniques. Students look at different cultures and the roles of individuals and nations in a global context using food habits as a model.

Fall, Spring

FCS 230 (3) Child Care Psychology

Principles of psychology applied to child rearing.
Diverse Cultures - Gold

FCS 242 (3) Nutrition for Healthcare Professionals

The science of six nutrition classes, including digestion through metabolism, and application of nutrition knowledge to clinical care, including weight control and common chronic conditions requiring nutrition therapy.

Prerequisite: BIOL 220, CHEM 106 or CHEM 111
Fall, Spring

FCS 252 (3) Food Service Systems I

Principles of food services operations related to menu planning, standardized recipes, production, and service in for profit and nonprofit settings. Includes the NRA ServSafe certification.

Fall

FCS 270 (2) Family Housing

Physical, psychological, social, and managerial aspects of housing. Reciprocal relationship between housing and people. Guidelines and basic principles in planning for individual and family needs.

Spring

FCS 275 (3) Consumers in the Economy

Economic decision making related to achieving maximum satisfaction from resources spent in the marketplace on housing, food, clothing, transportation, and other dimensions of the family. Basic information about the functions and responsibilities of the consumer, laws and agencies affecting consumer well-being and sources of help.

Fall

FCS 284 (3) Foundations of FCS Education

Nature and scope of Family and Consumer Sciences (FCS) education for grades 5-12. Principles and application of traditional, career/technical and critical science FCS Education perspectives studied. Presentation of varied FCS teaching methods and techniques.

Alt-Fall

FCS 301 (3) Lifespan Development

Study of the family from a historical perspective; in terms of the family system and the broader ecological system; in terms of stresses faced and coping responses. This course will address issues at each of four life stages: infancy and early childhood; the school years; transition from school to adult life; and the adult years.

Fall

FCS 303 (3) Working With Families

Study of the role of the family in the development of the young child. Provide teachers and care providers with knowledge and understanding of family systems and appropriate interactions with families. Students will participate in a service learning activity.

Fall, Spring

FCS 331 (4) Clothing Construction and Textiles

Introduction to principles and hands-on application of construction techniques for clothing and home furnishings. Emphasis on terminology, equipment, application and practice of sewing skills. Emphasis on consumer aspect of textiles and applications. Student projects will be aligned with sewing skills and experience.

Spring

FCS 340 (4) Food Science

Study of why, how, and when physical and chemical phenomena occur during the preparation of food and its products. Includes discussion and laboratory experience demonstrating how preparation methods affect food quality, composition, and nutritive value.

Prerequisite: FCS 150
Fall

FCS 342 (3) Food Production Management

Planning, preparing and serving meals with emphasis on effective management, nutritive needs, purchasing, and equipment. Includes quantity food service laboratory.

Prerequisite: FCS 252, FCS 340, FCS 350

Spring

FCS 350 (3) Food Service Systems II

Principles of food services management related to budgeting, food safety and operational sanitation, analysis and control of quality and quantity in institutional and public food service operations.

Prerequisite: FCS 252

Spring

FCS 360 (3) Romantic Relationships

This course is an in-depth examination and discussion of the many complex dynamics that make up romantic relationships. A diverse set of relationship topics are covered, including attachment, intimacy building and conflict diffusing strategies. Open discussion, critical thought, and application are encouraged via classroom and online opportunities. Summer (On Demand)

FCS 400 (3) Culturally Diverse Family Systems

An analysis of culturally diverse family systems in America; emphasis on relationships within the family and with the larger community across the family life cycle. Fall
Diverse Cultures - Purple

FCS 401 (3) Family Life Development

The course is a study of development through the family life cycle. Emphasis on developmental interaction and systems theory. Spring

FCS 402 (3) Play and Child Development

An examination of the important role that play has in the cognitive, emotional, physical, and social development of the child from birth to adolescence. Summer

FCS 403 (3) Parents and Peers and Adolescent Development

Examination of how adolescents' development are affected by their relationships with their parents and with their peers. Spring

FCS 414W (3) Family Policy and Ethics

An examination, analysis, and application of the impact of law, public policy, and ethical principles on family life. Fall, Spring
WI

FCS 417 (3) Principles of Wellness Coaching

This course contains content associated with challenging entry-level certifications for wellness coaching. Health behavior change strategies are emphasized within the context of the health coaching theory, coaching relationship skills, well-being assessment, and goal setting. Fall, Spring

FCS 420 (3) Nutrition Assessment

In-depth study and practice of nutrition assessment techniques including dietary histories, anthropometrics, physical signs and symptoms, and laboratory interpretation in various age groups and conditions. Students will use findings to determine nutritional needs and make nutritional diagnoses. Prerequisite: FCS 242
Spring

FCS 439 (3) Nutrition for Physical Activity and Sport

Provides in-depth exploration of the dietary needs of physically active individuals across the lifespan. Its laboratory component will focus on performance and interpretation of assessments commonly used to determine dietary and physiological status. Prerequisite: FCS 140 or FCS 242
Fall, Spring

FCS 440 (3) Nutrition II

An advanced nutrition course in human metabolism, emphasizing the function and interaction of nutrients in metabolic and physiologic processes. A grade of "C" must be attained in CHEM 111 and BIOL 330 before taking this course. Prerequisite: BIOL 330, CHEM 111, FCS 242
Spring

FCS 442 (3) Medical Nutrition Therapy I

The role and influence of dietetics in society, nutritional assessment and care plans, dietetic principles applied to normal and malnourished states. Case-based approach. Prerequisite: FCS 420, FCS 440, HLTH 321
Fall

FCS 444 (3) Experimental Food Science

Food quality, safety, formulation, processing, preservation, and biotechnology are explored. Original food science experiments are planned, executed, interpreted, and presented using appropriate scientific techniques. Prerequisite: ENG 271W, FCS 340, HLTH 475
Spring

FCS 446 (3) Lifespan Nutrition

Study of nutritional needs of pregnancy, infancy, childhood, and adulthood. Experience in group dynamics in providing nutritional education to a target population. Prerequisite: FCS 140 or FCS 242
Fall

FCS 447 (3) Food Policy

The development, establishment, and execution of personal, local, federal and global food issues are studied. A previous nutrition course is not required. Graduate students, with the instructor, will develop an additional project, relating the student's major interest to food policy. Prerequisite: FCS 242 and FCS 340
Spring and Summer

FCS 448 (3) Medical Nutrition Therapy II

The pathophysiological, nutrient assessment, planning and counseling aspects of biliary, surgical, endocrine, cardiovascular and renal conditions. Case-based approach. Prerequisite: FCS 442
Spring

FCS 454 (3) Sensory Evaluation and Food Product Development

Principles of sensory evaluation and application of those principles and other food science by selecting, planning, conducting, and reporting on a food product development project. Spring

FCS 473 (3) Consumer Protection

Emphasizes the analyses and assessment of the effectiveness of consumer protection efforts. Emphasis will be placed on government laws, regulations, and agencies at the federal, state and local levels. Variable

FCS 474 (3) Community Resources and Family Support

The system approach to analyzing family situations to make decisions and correlate resources in the resolution of family managerial problems. Emphasis on the application of managerial skills to lifestyle situations: young families, older adults, special needs, singles, and low income. Spring

FCS 478 (3) Family Finance

Introduce students to the how's and why's of family financial management to reduce mistakes made in successfully managing financial aspects of life. For non-business majors. Variable

FCS 482 (3) Family Life Education

Analyze issues and concerns related to family life education. Investigate teaching strategies and methods of evaluation. Preparation of appropriate lesson plans. Fall

FCS 483 (3) Adult and Technical Education in Family Consumer Science

Study of the philosophy, objectives, and implementation of adult and technical education for family consumer science professionals. Emphasis is placed on the knowledge and skills which are necessary for the process and preparation of delivering effective leader-led individual and group learning with concentration on methods, tools, and techniques employed in facilitating adult learning. Fall, Spring

FCS 484 (4) Program Development in Family Consumer Science

Philosophy, scope/sequence, curriculum, evaluation and administration of family consumer science educational programs for youth of varied abilities, interests, and socioeconomic levels. 12 hour program clinical required. Fall

FCS 487 (1-3) Topic: Family Consumer Science Education

Current issues and/or research findings to be announced as offered. May be repeated. Variable

FCS 488 (3) Parenting Education

A systems perspective on parent-child relationship. This course covers parent-child issues during the stages of human development. It also focuses on special needs children and families, cross-cultural issues and family violence. Emphasis is on research and theory and parenting education strategies. Fall

FCS 490 (1-3) Workshop

Workshop topics vary as announced in class schedule. May be repeated. Variable

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FCS 491 (1-4) In-Service

May be repeated on each new topic.

Variable

FCS 492 (2) Dietetics Seminar

Preparation for advancement in a career as a registered dietitian, including a first draft of the dietetic internship application.

Prerequisite: Graduation by the following May to December; FCS 497 or concurrent Fall

FCS 494 (1-3) Family Life Education Practicum

A scheduled, supervised work assignment that includes preparation and delivery of family life education materials within a community/organizational/corporate setting.
Fall, Spring, Summer

FCS 495 (3-4) Intern: Early Child Family

A scheduled work assignment that will include on-site experiences with parents in early childhood family education.

Fall, Spring

FCS 496 (2-3) Selected Topics: CDFS

Topics announced as offered. May be repeated.

FCS 497 (1-6) Internship

A scheduled work assignment with supervision in private business, industry and government agency appropriate to each area of concentration.

Prerequisite: Consent

Fall, Spring

FCS 498 (1-6) Undergraduate Internship

A scheduled work assignment with supervision in private business, industry, and government agency appropriate to each area of concentration.

Prerequisite: Consent

Fall, Spring

FCS 499 (1-4) Individual Study

Arranged with the instructor.

Prerequisite: Consent

Fall, Spring