

# My Career in Home Economics



With a *Diploma in Home Economics*, graduates may have the possible *career options* of the following:

- Baker
- Caterer
- Interior Decorator
- Waitress
- Nutritionist
- Fashion Designer
- Fashion Journalist
- Pattern maker
- Fashion Stylist
- Photographic Stylist

NB: Although the job titles may vary, some of the tasks executed are very similar from one title to another and hence combined.

### **Careers in Home Economics**

The job descriptions and job specifications for these careers are as follows:

#### **Career Overview**

Training and specialization differ but home economists generally have training and experience in money management, consumer education, food, nutrition, housing, clothing, textiles, family studies and human development.

#### **Typical Duties:**

- Assist in making budgets and keeping financial records.
- Create fabric designs and patterns for woven, knitted and printed materials.
- Recommend any special finishes or treatments to be applied after the dying process.
- Draw ideas by hand or use computer programs.
- Treat fabrics to give a particular appearance or quality, such as stain or crease resistance.
- Create the right 'look' and mood for a photo shoot.

### **Typical Duties cont'd:**

- Dress models and make any adjustments so that clothes fit and look good.
- Assist in the kitchen; carry out basic food preparation tasks and to be responsible for hygiene and cleanliness within food preparation areas.
- Plan and supervise the design and decoration of the inside of buildings.
- Help improve people's wellbeing through healthy eating.
- Greet and serve customer.

### **Work Environment**

Work environments vary widely and depend on the particular field of specialization. Working hours will vary depending on your job, you may be asked to work weekends, nights and bank holidays.

### **Qualifications and Licenses**

Home Economics covers a wide job field, which may require you to have a good standard education such as CXC Math and English. You should also complete a related qualification such as a Diploma in Home Economics from the Samuel Jackman Prescod Polytechnic, certification through City and Guilds or C/NVQ certification.

### **Essential Qualities and Skills**

- ❖ Ability to work efficiently and keep calm, under pressure
- ❖ High standard of personal hygiene
- ❖ Awareness of health and safety
- ❖ Communication skills and the ability to follow instructions
- ❖ Willingness to work flexible and long hours in a stressful environment
- ❖ Ability to deal with suffering, distress and sometimes death
- ❖ Good color vision to match shades
- ❖ Commercial understanding for what will sell
- ❖ Good IT skills.
- ❖ Creative flair and an eye for pattern, detail, shape, proportion and color
- ❖ Good understanding of garment construction and costing

❖ Good concentration levels

### **References**

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<http://www.slideshare.net/wallypitt/careers-in-home-economics-37277796> Retrieved March 2016