

# All about FCCLA

Updated 2013



FCCLA Logo and Tagline

## National Outreach Program

Each year Family, Career and Community Leaders of America, (FCCLA) establishes a National Outreach Project with a partner organization to reach to the community and help work towards a cause.

For the years 2011-2016 FCCLA's National Outreach Program organization is Share our Strength: No Kid Hungry.

## FCCLA in Utah

For the 2013-2014 school year our state officers have come up our state theme, and motto. The theme for the year is "Adventure is Out There!" and our motto is "Reach for the Sky"

FCCLA Colors: Red & White

Flower: Rose

Tagline: "The Ultimate Leadership Experience"

Motto: "Toward New Horizons"

## General Info

Family, Career, and Community Leaders of America is a national organization focusing on Family and Consumer Sciences. It is the only organization to have the family as the central focus.

The national headquarters for FCCLA is located in Virginia, but it is easy to be connected with all the latest news through the national website ([fcclainc.org](http://fcclainc.org)) or our Utah state website ([utahfccla.org](http://utahfccla.org)).

FCCLA has an official magazine that spotlights the achievements of members throughout the nation and keeps you up to date with all things FCCLA- this magazine is called Teen Times.

Did you know that each year there is a national FCCLA week? This year national FCCLA week is February 9<sup>th</sup>-15<sup>th</sup> 2014. Be sure to plan something great for this week!

## History

Before FCCLA was known as FCCLA the name of the organization was Future Homemakers of America or FHA. FHA was founded at a convention in Chicago in June of 1945.

The name FHA stayed until it was voted to be changed in 1999 when it became Family, Career, and Community Leaders of America as we know it today.

## Membership

With more than 220,000 members in 7,000 chapters FCCLA is an organization set on accomplishing great things. FCCLA uses three R's when talking about membership: Recruit, Retain, and Recognize.

## Youth Leadership

There are ten national officers, or members of the National Executive Council. Each of them are high school students and they have unique roles, responsibilities, and titles. They are elected at National Leadership conference and serve for a one year term.

Each state also has elected officers, known as state officers. These youth come from all corners of their state and represent the state at all area, state, and national meetings. Utah has 11 wonderful State Officers.

## National Programs

There are 8 National Programs that can be connected to projects, STAR Events, classes, and awards at conferences. These programs are nationally recognized throughout the organization:

<p><b>Career Connection:</b></p> <p>A national program that guides young people to link their options and skills for success in careers, families, and communities.</p>	<p><b>Community Service:</b></p> <p>A national program that guides students to develop, plan, carry out, and evaluate projects that improve the quality of life in their communities.</p>
<p><b>FACTS:</b></p> <p>Families Acting for Community Traffic Safety. A national peer education program through which young people strive to save lives through sober driving, seat belt use, and safe driving habits.</p>	<p><b>Families First:</b></p> <p>A national peer education program through which young people get a better understanding of how families work and learn skills to become strong family members. This program is divided into 5 units: Families Today, You-Me-Us, Meet the Challenge, Balancing Family and Career, and Parent Practice.</p>
<p><b>Financial Fitness:</b></p> <p>A national peer education program that involves youth teaching other young people how to make, save, and spend money wisely.</p>	<p><b>Power of One:</b></p> <p>A national program that helps students find and use their personal power. Members set goals, work to achieve them, and enjoy the results. There are 5 units in the Power of One program: A Better You, Family Ties, Working on Working, Take the Lead, and Speak Out for FCCLA.</p>
<p><b>STOP the Violence:</b></p> <p>Students Taking On Prevention. A national peer education program that empowers youth with attitudes, skills, and resources to recognize, report and reduce youth violence.</p>	<p><b>Student Body:</b></p> <p>A national peer education program with three units: to help young people to learn to (1) eat right, (2) be fit, and (3) make healthy choices.</p>



## Purposes

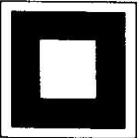
There are 8 purposes of FCCLA:

1. To provide opportunities for personal development and preparation for adult life.
2. To strengthen the function of the family as a basic unit of society.
3. To encourage democracy through cooperative action in the home and community.
4. To encourage individual and group involvement in helping achieve global cooperation and harmony.
5. To promote greater understanding between youth and adults.
6. To provide opportunities for making decisions and for assuming responsibilities.
7. To prepare for the multiple roles of men and women in today's society.
8. To promote family and consumer sciences and related occupations



## Planning Process

Whenever a new project is started the Planning Process is used. This tool is designed to help plan everything throughout the entire length of the project.



You begin the Planning Process by identifying concerns, from there you set a goal of what you would like to do. Next, you would form a plan that helps you achieve the goal. Then you follow your plan and act. When everything is done, you follow up- to see what went well, and what you could have changed to do better.



## National Leadership Conference

Alumni & Associates are part of a network of adults who believe in Family, Career and Community Leaders of America. Former members of FCCLA, Future Homemakers of America, HERO, and New Homemakers of America are encouraged to stay involved.

## National Leadership Conference

The National Leadership Conference is held each year. Finalists at State competitions for STAR Events travel to the designated state to compete at the national level. This year nationals will be held in San Antonio, Texas on July 6<sup>th</sup>-10<sup>th</sup>.



STAR Events (Students Taking Action with Recognition) are competitive events in which members are recognized for proficiency and achievement in chapter and individual projects, leadership skills, and career preparation. Each star event are completed as either an individual or team event.

Students choose an event, then develop a project that they compete with at area competition (usually in February) and state competition (usually March). Finalists at state competitions have the opportunity to compete at nationals, usually held in July. Currently there are 33 competitive events available:

- Advocacy
- Applied Math for Culinary Management
- Career Investigation
- Chapter in Review Display
- Chapter in Review Portfolio
- Chapter Service Project Display
- Chapter Service Project Portfolio
- Culinary Arts
- Early Childhood Education
- Entrepreneurship
- Environmental Ambassador
- Fashion Construction
- Fashion Design
- Focus on Design
- Food Innovations
- Hospitality, Tourism, & Recreation
- Illustrated Talk
- Interior Design
- Interpersonal Communication
- Job Interview
- Leadership
- Life Event Planning
- National Programs in Action
- Nutrition and Wellness
- Parliamentary Procedure
- Promote & Publicize FCCLA
- Recycle & Redesign
- Sports Nutrition
- Teach & Train
- FCCLA Chapter Website
- Digital Stories for Change
- No Kid Hungry: National Outreach Project
- Virtual Poster





## Set up:

- Empty the blocks onto a flat surface.
- Use the loading tray to build the tower by placing rows of three blocks at right angles from each other.
- Carefully place the tower upright, and remove the loading tray.

## Instructions:

- On your turn, remove a block from anywhere on the tower except the top row. Remember, you may only use one hand!
- Read the FCCLA question out loud and then answer the question:
  - If you get the answer right, place the block on the top of the tower.
  - If you get the answer wrong, other players answer the question, but keep the block in front of you and do not re-stack it.
- Keep removing and stacking blocks until the tower falls.

## Winning:

- After the tower has fallen, count the blocks in front of you. The person with the least amount of blocks wins!

### Reminders:

- Do not remove the same block twice. To prevent this, choose the blocks that are not at the upper part of the tower.



1. What is the name of the National Outreach Project? **[Share our Strength: No Child Hungry]**
2. How many National Executive Council Members (National Officers) are there? **[10]**
3. How is Financial Fitness described? **[A national peer education program that involves youth teaching other young people how to make, save, and spend money wisely.]**
4. What does STAR (as in STAR Events) stand for? **[Students Taking Action with Recognition]**
5. What does FCCLA stand for? **[Family, Career, and Community Leaders of America]**
6. Where is the next National Leadership Conference? **[July 6<sup>th</sup>-10<sup>th</sup>]**
7. What are 2 of the 5 units of Power of One? **[A better You, Family ties, Working on working, Take the Lead, and Speak Out for FCCLA.]**
8. What does STOP (as in STOP the violence) stand for? **[Students Taking on Prevention]**
9. What is the Power of One program? **[A better You, Family ties, working on working, Take the Lead, and Speak Out for FCCLA.]**
10. What are two goals of the Family First program? **[Families today, you-me-us, meet the challenge, balancing family and career, and parent practice]**
11. What are the three units of Student Body? **[eat right, be fit, and make healthy choices]**
12. What are the three R's of membership? **[Recruit, Retain, Recognize]**
13. What are 2 of the 5 units of Power of One? (Be sure to not repeat answers.) **[A better You, Family ties, Working on working, Take the Lead, and Speak Out for FCCLA.]**
14. What is the Student Body program? **[a national peer education program with three units: eat right, be fit, and make healthy choices]**
15. How can you describe the Career Connection Program? **[A national program that guides young people to link their options and skills for success in careers, families, and communities.]**
16. How many have joined nationally? **[220,000]**
17. What is the name of FCCLA's official magazine? **[Teen Times]**
18. When is National FCCLA week? **[February 9-15, 2014]**
19. FCCLA is the only organization to have the \_\_\_\_\_ as the central focus. **[family]**
20. How many chapters have joined nationally? **[7,000]**
21. How would someone continue to be involved in FCCLA after high school? **[Alumni & Associates]**
22. How many STAR Events are there currently? **[33]**
23. How many state officers do we have this year? **[11]**
24. What are the two FCCLA Colors? **[red & white]**
25. What are the names of 4 STAR Events? (Make sure you don't repeat answers that have already been used.) **[Refer to list at the end of 'All about FCCLA']**
26. What is the national FCCLA website? **[fcclainc.org]**
27. What is our state FCCLA Website? **[utahfccla.org]**
28. What is the name of our schools' chapter of FCCLA?
29. What are three reasons to join FCCLA? (There are many!)
30. What are the names of 4 STAR Events? (Make sure you don't repeat answers that have already been used.) **[Refer to list at the end of 'All about FCCLA']**
31. How many National Programs are there total? **[8]**
32. What are the names of 4 STAR Events? (Make sure you don't repeat answers that have already been used.) **[Refer to list at the end of 'All about FCCLA']**
33. STAR Events are completed as either a \_\_\_\_\_ or \_\_\_\_\_. **[individual or team]**
34. What is one purpose of FCCLA? **[to provide opportunities for personal development and preparation for adult life. 2. To strengthen the function of the family as a basic unit of society. 3. To encourage democracy through cooperative action in the home and community. 4. To encourage individual and group involvement in helping achieve global cooperation and harmony. 5. To promote greater understanding between youth and adults. 6. To provide opportunities for making decisions and for assuming responsibilities. 7. To prepare for the multiple roles of men and women in today's society. 8. To promote family and consumer sciences and related occupations.]**
35. In which state is National FCCLA Headquarters? **[Virginia]**
36. In what month is area conference held? **[Usually February]**
37. In what month is State conference usually held? **[Usually March, sometimes April]**
38. In what month is National Leadership Conference held? **[July]**
39. What was the name of this organization before it became FCCLA? **[Future Homemakers of America, FHA]**
40. What is the official flower of FCCLA? **[Rose]**
41. What is the tagline of FCCLA? **[The Ultimate Leadership Experience]**
42. What 'process' has FCCLA established to help you with a project from start to finish? **[Planning Process]**
43. What is the name of one of the steps in the Planning Process? **[Identify concerns, set a goal, form a plan, act, follow up]**
44. What is the name of one of the steps in the Planning Process? **[Identify concerns, set a goal, form a plan, act, follow up]**
45. Who are our school's FCCLA adviser(s)?
46. What is the Utah FCCLA theme for this year? **[Adventure is Out There]**
47. What is the Utah FCCLA motto for this year? **[Reach for the Sky]**
48. In what year was FCCLA founded? (Hint: The name was not FCCLA at first.) **[1945]**

1. What is the name of the National Outreach Project?

5. What does FCCLA stand for?

9. What is the Power of One program?

13. What are 2 of the five units of Power of One? (Be sure to not repeat answers.)

17. What is the name of FCCLA's official magazine?

21. How would someone continue to be involved in FCCLA after high school?

25. What are the names of 4 star events? (Make sure you don't repeat answers that have already been used.)

29. What are three reasons to join FCCLA? (There are many!)

33. STAR Events are completed as either a \_\_\_\_\_ or \_\_\_\_\_.

37. In what month is state conference usually held?

41. What is the tagline of FCCLA?

45. Who are our school's FCCLA adviser(s)?

2. How many National Executive Council Members (National Officers) are there?

6. Where is the next National Leadership Conference?

10. What are two goals of the Family First program?

14. What is the Student Body program?

18. When is National FCCLA week?

22. How many STAR Events are there currently?

26. What is the national FCCLA website?

30. What are the names of 4 star events? (Make sure you don't repeat answers that have already been used.)

34. What is one purpose of FCCLA?

38. In what month is National Leadership Conference held?

42. What 'process' has FCCLA established to help you with a project from start to finish?

46. What is the Utah FCCLA theme for this year?

3. How is Financial Fitness described?

7. What are 2 of the 5 units of Power of One? (Use the answers not given already.)

11. What are the three units of Student Body?

15. How can you describe the Career Connection program?

19. FCCLA is the only organization to have the \_\_\_\_\_ as the central focus.

23. How many state officers do we have this year?

27. What is our state FCCLA website?

31. How many National Programs are there total?

35. In which state is National FCCLA Headquarters?

39. What was the name of this organization before it became FCCLA?

43. What is a name of one of the steps in the Planning Process?

47. What is the Utah FCCLA motto for this year?

4. What does STAR (as in STAR Events) stand for?

8. What does STOP (as in STOP the Violence) stand for?

12. What are the 3 R's of membership?

16. How many members have joined nationally?

20. How many chapters have joined nationally?

24. What are the two FCCLA colors?

28. What is the name of our school's chapter of FCCLA?

32. What are the names of 4 star events? (Make sure you don't repeat answers that have already been used.)

36. In what month is area conference held?

40. What is the official flower of FCCLA?

44. What is a name of one of the steps in the Planning Process?

48. In what year was FCCLA founded? (Hint: the name was not FCCLA at first.)