



**Family, Career and Community Leaders
of America, Inc.**

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Member Handbook 09-10

Oklahoma FCCLA

www.okfccla.net

District Competitive Events

Date:
Time:
Location:

Regional Competitive Events

Date:
Time:
Location:

Important Dates to Remember

State and National Officer Applications

Due: December 15, 2009

FCCLA Week

Date: February 8-14, 2010

FCCLA State Competitive Events

Date: April 9-10, 2010
Location: Stillwater, OK

FCCLA State Convention

Date: April 16, 2010
Location: Cox Center
Oklahoma City, OK

FCCLA National Leadership Meeting

Date: July 3-9, 2010
Location: Chicago, IL

FCCLA Membership Information

Part I – FCCLA Knowledge

Family, Career and Community Leaders of America

FCCLA is a nonprofit national career and technical education student organization for young men and women in family and consumer sciences education in public and private schools through grade 12.

Everyone is part of a family, and FCCLA is the only national career and technical student organization with the family as its central focus. Since 1945 FCCLA members have been making a difference in their families, careers and communities by addressing important personal, work and societal issues through family and consumer sciences education. Today over 219,724 members in 6,542 chapters are active in a network of associations in 50 states as well as in the District of Columbia, the Virgin Islands and Puerto Rico.

Chapter projects focus on a variety of youth concerns, including teen pregnancy, parenting, family relationships, substance abuse, peer pressure, environment, nutrition and fitness, teen violence and career exploration.

Involvement in FCCLA offers members the opportunity to expand their leadership potential and develop skills for life—planning, goal setting, problem solving, decision making and interpersonal communication—necessary in the home and workplace.

Membership Dues

Annual dues are from September 1 through August 31

Member \$14.00
(National = \$9.00 + State = \$5.00)

The Creed

A statement in principles that represents the belief of our organization.

We are the Family, Career and Community Leaders of America.
We face the future with warm courage and high hope.

For we have the clear consciousness of seeking old and precious values.
For we are the builders of homes,
Homes for America's future,
Homes where living will be the expression of everything that is good and fair,
Homes where truth and love and security and faith will be realities, not dreams.

We are the Family, Career and Community Leaders of America.
We face the future with warm courage and high hope.

Motto

"Toward New Horizons"

Theme
2009-2010

Each chapter chooses a theme.

Part III—STAR Events (continued)

JOB READINESS EVENTS (Occupational only):

Cake Decorating—an *individual event*, allows the participant to demonstrate the ability to decorate a cake in a specified amount of time.

Child Care Teacher Aid—an *individual event*, allows the participant to demonstrate proper hand washing, safety and diaper changing techniques.

Financial Fitness—an *individual event*, recognizes participants for their ability to use their mathematical skills to issue checks, complete deposit slips, and keep a balanced register.

Hospital Bed Making— an *individual event*, allows the participant to demonstrate the ability to make a hospital bed properly in a specified amount of time.

Job Interview Contest—an *individual event*, recognizes participants for their ability to utilize their interpersonal and communication skills to effectively participate in an interview and convey understanding of job requirements.

Laundry Sorting and Folding—an *individual event*, allows the participant to demonstrate the ability to sort, fold, or hang selected item of laundry in specified amount of time.

Prepared Speech Contest—an *individual event*, recognizes participants for their ability to prepare and present clearly and effectively a series of thoughts relating to the theme, "Career and Technology Education: Preparing for Tomorrow."

Sandwich Making—an *individual event*, allows the participant to demonstrate the ability to prepare and garnish sandwiches and display them on a plate and tray in a specified amount of time.

Table Setting—an *individual event*, allows the participant to demonstrate the ability to set tables quietly and with maximum efficiency in a specified amount of time.

Part I—FCCLA Knowledge (continued)

FCCLA Flower

Red Rose The red rose represents the organization because it gives joy through its beauty and fragrance. It symbolizes a desire for beauty in everyday living.

Colors

Red Suggests strength, courage and determination —personal qualities leading to happiness through a positive self-image.

White Symbolizes sincerity of purpose and integrity of action, qualities that will help individuals build a better tomorrow.

FCCLA Mission

To promote personal growth and leadership development through family and consumer sciences education. Focusing on the multiple roles of family member, wage earner and community leader, members develop skills for life through:

- character development;
- creative and critical thinking;
- interpersonal communication;
- practical knowledge; and
- vocational preparation.

FCCLA Purposes

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

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 education and related occupations.

Region

Southern Region — Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, **Oklahoma**, Puerto Rico, South Carolina, Tennessee, Texas, Virginia, Virgin Islands

Part II—FCCLA National Programs

Career Connection

Students develop projects that guide them to discover strengths, target career goals and create a plan for achieving the lifestyle they desire.

Community Service Award

Students develop a project that uses family and consumer sciences skills to address a community need.

Dynamic Leadership

Students develop projects that involve leadership skills to help them become strong leaders for families, careers and communities.

Families First

Students develop projects that help them gain a better understanding of how families work and learn skills to become strong family members.

FCCLA Facts (Families Acting for Community Traffic Safety)

Students develop projects to reduce impaired driving and in-

Part III—STAR Events (continued)

Recycle and Redesign—is an *individual event* that recognizes participants who apply recycling and redesign skills learned in Family and Consumer Sciences courses and create a display using samples of their skills. Participants select a used fashion or home apparel item to recycle into a new product. Participants will create a brand new object or garment, not simply embellish an old one. However, participants may use additional fabrics, trims, and notions if needed to redesign and creatively embellish the new product.

Teach and Train—an *individual event*, recognizes participants who demonstrate their ability to explore and experience the career of teaching or training. Participants must prepare a portfolio of the teaching/training career, prepare and execute a complete lesson/workshop plan and an oral presentation. Senior and occupational participants will also complete a shadowing experience of a “best practices” educator.

STATE EVENTS:

Children’s Literature—an *individual event, occupational* child care student demonstrates acceptable and creative technique for presenting children’s literature. **(Tech only)**

Creed Speaking and Interpretation—an *individual event*, participants demonstrate the ability to recite and interpret the meaning of the FCCLA Creed.

Culinary Arts Grill—an *individual event, occupational* food service student replicates an authentic work environment. **(Tech only)**

Culinary Arts Pantry—an *individual event, occupational* food service student replicates an authentic work environment. **(Tech only)**

New Member Facts—an *individual event*, allows participants to show their knowledge of the FCCLA organization by completing a written test.

Part III—STAR Events

Job Interview—an *individual event*, recognizes participants who use Family and Consumer Sciences and/or related occupations skills to develop a *portfolio*, participate in an interview and communicate a personal understanding of job requirements.

Life Event Planning—an *individual or team event* that recognizes participants who apply skills learned in Family and Consumer Sciences courses to manage the costs of an event. An event is defined here as any upcoming occasion that will bring changes and/or new experiences and accompanying financial challenges.

National Programs in Action—an *individual or team event*, recognizes participants who explain how the *planning process* was used to plan and implement a *national program* project.

Parliamentary Procedure—a *team event*, recognizes chapters that develop a working knowledge of parliamentary law and the ability to conduct an FCCLA business meeting.

Promote and Publicize FCCLA!—an *individual or team event* that recognizes participants who develop an FCCLA promotion and publicity campaign to raise awareness and educate the school, parents, and members of the community about the importance of FCCLA and Family and Consumer Sciences education. The goal of this event is to provide FCCLA members with communications experience to make a difference by increasing membership, developing partnerships, gaining Alumni & Associate involvement, promoting FACS education, gathering school and community support for their chapter, and contributing to the longevity of the organization and the relevance of its opportunities for members. Additionally, this event will increase member awareness of careers in communications and public relations.

Part II—FCCLA National Programs (continued)

Financial Fitness

Students develop projects to educate their peers in money management areas.

Japanese Exchange Program

Students may apply for scholarships in a summer exchange program.

Leaders at Work

Students develop on-the-job projects to polish leadership skills (communication, interpersonal, management, entrepreneurship) and prepare for a family and consumer sciences career.

Power of One

Students develop individual self-improvement projects.

STOP the Violence—Students Taking On Prevention

Students develop projects to educate their peers to recognize, report and reduce the potential for youth violence.

STOP the Violence is a national FCCLA peer education program that provides young people with attitudes, skills and resources to address youth violence prevention.

Student Body

Students develop projects to educate their peers about Nutrition, fitness and self-esteem.

Part III—STAR Events

STAR Events (Students Taking Action with Recognition) are recognized for proficiency and achievement in chapter and individual projects, leadership skills, and *occupational* preparation.

NATIONAL STAR EVENTS:

Applied Technology—an *individual or team event*, recognizes participants who develop a project using *technology* that addresses a concern related to Family and Consumer Sciences and/or related occupations and integrates and applies *content* from academic subjects.

Career Investigation (*Comprehensive only*)-

An *individual event*, recognizes participants for their ability to perform self-assessments, research and explore a career, set career goals, create a plan for achieving goals, and describe the relationship of Family and Consumer Sciences coursework to the selected career.

Chapter Service Project—a *team event*, recognizes chapters that develop and implement an *in-depth service project* that makes a worthwhile contribution to *families*, schools and *communities*. Students must use Family and Consumer Sciences and/or related occupations skills to address and take action on a *community* need.

Chapter Showcase—a *team event*, recognizes chapters that develop and implement a well-balanced program of work and promote FCCLA and Family and Consumer Sciences and/or related occupations skills to the *community*.

Culinary Arts—a *team event*, recognizes participants enrolled in *occupational* culinary arts/food service training programs for their ability to work as members of a *team* to produce a quality meal using industrial culinary arts/food service techniques and equipment. (*Tech only*)

Early Childhood—an *individual event*, recognizes participants who demonstrate their ability to use knowledge and skills gained through an occupational early childhood program. (*Tech only*)

Entrepreneurship—an *individual or team event*, recognizes participants who develop a plan for a small business using Family and Consumer Sciences skills and *sound business practices*. Participants are evaluated on the business plan and an oral presentation and are not required to have implemented the plan. The business must relate to an area of Family and Consumer Sciences Education or related occupations.

Fashion Construction—is an *individual event* that recognizes participants who apply Fashion Construction skills learned in Family and Consumer Sciences courses and create a display using samples of their skills. Participants construct in advance a garment or ensemble that dresses both the upper and lower body of a child or adult. Garment/ensemble must include at least eight fashion construction techniques. Display finished product along with appropriate accessories.

Focus on Children—an *individual or team event*, recognizes participants who use Family and Consumer Sciences skills to plan and conduct a child development project that has a positive impact on children and the community. Child development encompasses birth through adolescence. Participants must prepare a display and an oral presentation.

Hospitality—an *individual or team event* using skills gained from enrollment in a hospitality program.

Illustrated Talk—an *individual or team event*, recognizes participants who make an oral presentation about issues concerning Family and Consumer Sciences and/or related occupations. Participants use *visuals* to illustrate the presentation.

Interior Design—an *individual or team event*, recognizes participants who apply interior design skills learned in Family and Consumer Sciences courses to design interiors to meet the living space needs of clients. In advance, participants will create a floor plan, an elevation and a furniture/interior plan addressing the specifics of the design scenario. Participants must prepare a file folder, an oral presentation, and visuals.

Interpersonal Communications—an *individual or team event*, recognizes participants who use Family and Consumer Sciences and/or related occupations skills and apply communication techniques to develop a project designed to strengthen communication in a chosen category: *community, employment, relationships, family, peer groups* or school groups.