

TEXAS FCCLA PROFILE

FCCLA Is...

1. the only in-school student organization with the family as its central focus
2. a career and technical student organization that functions as an integral part of the family and consumer sciences education curriculum and operates within the school system
3. an opportunity for active student participation at local, state, and national levels

Family, Career and Community Leaders of America (FCCLA) is a nonprofit national Career and Technical Student Organization for young men and women in Family and Consumer Sciences education in public and private schools through grade 12.

FCCLA: *The Ultimate Leadership Experience* has more than 220,000 members and more than 7,000 advisers from 53 state associations including Washington D.C., Puerto Rico and the Virgin Islands. The organization has involved more than 10 million youth since its founding in 1945.

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
- career preparation

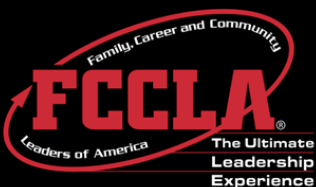
Purposes

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 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



Texas Regions

The Texas Association is divided into five subsequent regions to meet the needs of students across the state. Each region holds a Regional Conference in January or February before the State Conference in April.



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FCCLA FACTS

TAGLINE

The Ultimate Leadership Experience

MOTTO

Toward New Horizons

COLORS

Red and White

FLOWER

Red Rose

FOUNDED

July 1945

MEMBER BENEFITS

- Receive *Teen Times* magazine
- Attend regional, state, and national trainings, workshops, and conferences
- Networking opportunities
- Access to scholarships, grants, awards, and recognition
- Access to national program and partner resources
- Compete in STAR Events
- Participate in Leadership Enhancement Opportunities (LEO)



Ten national student officers are elected by the voting delegates at the national leadership meeting and together make up the National Executive Council. Texas has 18 regional officers in each of the five Texas regions. Three of the officers from each region serve as state officers.

The National Board of Directors and the Texas Board of Directors is composed of adult representatives from education and business and has youth representation on the board.

The Texas Association and local chapters elect their own youth officers. Texas programs are under the direction of the staff of the association, and the state Board of Directors. Chapter advisors are family and consumer sciences teachers.

FINANCIAL & COOPERATIVE

FCCLA is supported primarily by student membership dues. Additional funds are raised by individuals and corporations. FCCLA is endorsed by the US Department of Education and the American Association of Family and Consumer Sciences and in Texas, the Texas Education Agency.



TEXAS FCCLA SPONSORS

- AllState Insurance
- Blue Bell Creameries
- Lieutenant Governor David Dewhurst
 - Culinary Institute of America
 - CJ Davidson
 - French Culinary Institute
 - Galveston College
- Houston Livestock Show and Rodeo
- Johnson and Wales University
 - Sam and Juanita Rizzo
 - Texas Farm Bureau
 - Texas A&M Kingsville
- Agricultural Workers Mutual Auto Insurance Company
- Consumer Credit Counseling Services
 - Frost Bank, Austin
- Del Sol Food Company, Brenham
 - Houston Rockets
 - Le Cordon Bleu
 - La Quinta, LP
- National Safety Council
- San Antonio Spurs
- Texas Beef Council
 - Austin Toros



NATIONAL PROGRAMS



A national program that guides young people to link their options and skills for success in careers, families, and communities



A unit within Career Connection that motivates students to prepare for career success and recognizes FCCLA members who create projects to strengthen leadership skills on the job.



A national program that guides students to develop, plan, carry out, and evaluate projects that improve the quality of life in their communities.



National competitive events that encourage individual and group involvement.



National competitive events in which members are recognized for proficiency and achievement in chapter and individual projects, leadership skills, and career preparation.



A national peer education program through which young people strive to save lives through seat belt use, safe driving habits, and sober driving.



A national peer education program through which students gain a better understanding of how families work and learn skills to become strong family members.



A unit within Families First where FCCLA members are selected for scholarships to travel to Japan for 4 to 6 weeks and live with a Japanese host family.



A unit within Families First where members gain the skills necessary to evaluate our current relationships, develop and maintain healthy relationships, and understand how to improve healthy ones or end unhealthy ones.



A national peer education program that involves students teaching other young people how to make, save and spend money wisely.



A national program that helps students find and use their personal power by setting goals, working to achieve them, and enjoying their results.



A national peer education program that empowers students with attitudes, skills and resources to recognize, report, and reduce youth violence.



A national peer education program that helps students learn to eat right, be fit, and make healthy choices.



Helps students learn about leadership; recognize the lifelong benefits of leadership skills; practice leadership skills through FCCLA involvement; and become strong leaders for families, careers and communities through various national programs.

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Visit www.texasfccla.org to find more resources and information on National and State Programs.

CAREER CONNECTION



Career Connection is an FCCLA national program that guides youth to link their options and skills for success in families, careers, and communities. Through individual, cooperative, and competitive activities, members— discover their strengths, target career goals, and initiate a plan for achieving the lifestyle they desire.

Career Connection Units:

Career Connection guides students to develop, plan, carry out, and evaluate projects. The projects improve the quality of life in Six units. Students focus activities on different aspects of career development. Students can choose a unit, then plan and carry out related projects that strengthen their awareness of skills needed for careers. Each unit includes information, related activity ideas, at least 14 specific project suggestions, three or four reproducible project tools, and more, that can be found on the Career Connection/Leaders at Work CD.

- **PLUG IN** to Careers — Understand work and the Career Connection Program
- **SIGN ON** to the Career Connection — Link personal interests, skills, and goals to career clusters
- **PROGRAM** Career Steps — Prepare with education, leadership, and work experience
- **LINK UP** to Jobs — Learn to find and land a job
- **ACCESS SKILLS** for Career Success— Practice being productive on the job and promotable
- **INTEGRATE** Work and Life — Manage interconnected roles in families, careers, and communities.

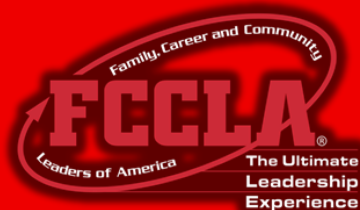
Awards:

FCCLA offers national recognition to chapters that complete FCCLA Career Connection projects. This honor includes cash awards and special recognition at the National Leadership Conference and in the *Teen Times* magazine. Chapters apply for recognition for their hard work and innovative projects with the National Career Connection Program Award Application available on the FCCLA Website under Awards/Scholarships.

- High School Award — \$1,000
- Middle School Award — \$1,000
- Runner-Up Award — \$500

Deadline: Award Applications must be submitted online to FCCLA national headquarters by March 1. The online award system will automatically close March 1, 11:59 p.m.

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COMMUNITY SERVICE

The FCCLA Community Service Program guides students to develop, plan, carry out, and evaluate projects that improve the quality of life in their communities. Through their projects, members experience character development and improve critical and creative thinking, interpersonal communication, practical knowledge, and career preparation. The program—

- helps young people build skills for family, career, and community roles
- provides youth-centered learning experiences related to Family and Consumer Sciences Education
- encourages young people to develop the positive character traits of trustworthiness, respect, responsibility, fairness, caring, and citizenship.

2011-12 National Outreach Project:

The national association has partnered with the Share Our Strength's for the 2011-12 national outreach project. Their goal is to work with groups to end childhood hunger in America by 2015. See <http://www.strength.org>. There will be a focus on the Great American Bake Sale.

What is the Texas Service Learning Project?

Prepare "Love-Packs" full of games, educational materials, books, pillows, bracelets, healthy snack bags for various age groups. The "Love-Packs" will be donated to shelters and other groups in the Dallas area.

Above and Beyond Our Earth- Environmental Awareness:

FCCLA is addressing environmental issues that adversely impact human health and well-being by encouraging members to facilitate environmentally aware projects. Texas' environmental initiative "Above and Beyond Our Earth" strives to do just that while recognizing chapters who make a difference in their communities and schools.

Awards:

FCCLA offers national recognition to chapters that complete FCCLA Community Service projects. This honor includes cash awards and special recognition at the National Leadership Conference and in Teen Times magazine. Chapters apply for recognition for their hard work and innovative projects with the National Community Service Program Award Application.

- High School Award — \$1,000
- Middle School Award — \$1,000
- First Runner-Up Award — \$500
- Second Runner-Up Award—\$100
- Third Runner-Up Award—\$100

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COMPETITIVE EVENTS



Participation in competitive events provides students with experiences to learn how to organize a project, work and learn with others and have pride in accomplishment. While each event has a specific focus, the competitive event experience can provide opportunities for student members to:

- Explore careers
- Develop leadership skills
- Learn through a variety of instructional and assessment strategies
- Develop partnerships with businesses and communities

Texas Proficiency Events, Leadership Enhancement Opportunities and National STAR (Students Taking Action for Recognition) Events and FCCLA Knowledge Bowl add value to the Family and Consumer Sciences classroom by challenging students to take responsibility for learning and preparing them for success in the 21st Century.

STAR Events:

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. STAR Events offer individual skill development and application of learning through the following activities:

- cooperative – teams work to accomplish specific goals
- individualized – an individual member works alone to accomplish specific goals
- competitive – individual or team performance measured by an established set of criteria.



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|-----------------------------------|----------------------------|-------------------------------------|--------------------------------|
| • Advocacy | • Culinary Arts | • Food Innovations | • Life Event Planning |
| • Applied Technology | • Early Childhood | • Hospitality, Tourism & Recreation | • National Programs in Action |
| • Career Investigation | • Entrepreneurship | • Illustrated Talk | • Nutrition and Wellness |
| • Chapter Service Project Display | • Environmental Ambassador | • Interior Design | • Parliamentary Procedure |
| • Chapter Service Project Manual | • Fashion Construction | • Interpersonal Communications | • Promote and Publicize FCCLA! |
| • Chapter Showcase Display | • Fashion Design | • Job Interview | • Recycle and Redesign |
| • Chapter Showcase Manual | • Focus on Children | • Leadership | • Teach and Train |

FCS Knowledge Bowl

The Family and Consumer Sciences Knowledge Bowl is a team competition that challenges students' knowledge of all aspects of Family and Consumer Sciences. Study up so you can be part of this competition!

Level 1: FCCLA members take an online test to help their chapter qualify to send a team to a National Cluster Meeting.

Level 2: Qualifying teams of five members each complete a written test which highlights individuals strengths at the National Cluster Meeting they choose to attend.

Level 3: Teams that advance from Level 2 compete head-to-head in this buzzer round of competition on Saturday of the National Cluster Meetings.

Level 4: The last 15 teams standing battle through the buzzers during the final level of competition at the National Leadership Conference

Texas Proficiency Events:

Proficiency Events are competitive events in which members are recognized for proficiency and achievement in chapter and individual projects, leadership skills and occupational preparation. This event does not advance to the national level.

Members can participate in the following events on the region and state levels.

- **Mystery Basket-** An individual event recognizing participant's enrolled in occupational food service training programs for their ability to display knowledge and skill based learning of the Culinary Arts.
- **Serving Up Success-** An individual event that introduces students to the food and beverage industry. It has three parts: pre-event interview, restaurant serving simulation and a situation question.

Leadership Enhancement Opportunities (LEO):

Leadership Enhancement Opportunities are objective tests focusing on FCCLA programs and curriculum content from Family and Consumer Sciences Courses. Members can participate on the local, regional, and state levels.

- | | | |
|---------------------|------------------------------|---------------------------|
| • Child Development | • Creed, Purpose and Mission | • Interior Design |
| • Consumer Math | • Early Childhood | • Job Interview |
| • Consumer Quiz | • Etiquette | • Parliamentary Procedure |
| • Culinary Arts | • Hospitality | • Step One |



Youth leaders can help families promote basic safety attitudes that last a lifetime. FACTS—Families Acting for Community Traffic Safety—is a national FCCLA peer education program through which young people strive to save lives through sober driving, seat belt use, and safe driving habits.

Through FCCLA's FACTS program, young people learn the realities of traffic safety. They discover that safety is a family matter. Their FACTS projects can reach their peers, children, and adults with traffic safety messages and activities. Youth-created FACTS projects relate to the following units—

- **Think SMART** — Promote attitudes and provide events that keep young people from driving when under the influence of alcohol and other drugs
- **Buckle UP** — Promote the benefits and safe use of seat belts, child safety seats, booster seats, and air bags
- **Arrive Alive** — Promote safe driving habits, especially for less-experienced drivers.
- **Speak Up** — Promote the empowerment of teens to speak up for their safety.
- **Bridge the Gap** — Promote conversation and training for parents of teens as they work together to enhance traffic safety.

Partners:

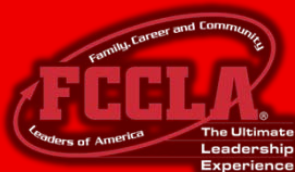
- HBO Family, www.hbofamily.com
- Local law enforcement, fire fighters, and medical personnel
- National Highway Traffic Safety Administration (NHTSA), www.nhtsa.gov
- National Organizations for Youth Safety (NOYS), www.noys.org
- National Sleep Foundation
- Recording Artists, Actors and Athletes Against Drunk Driving (RADD), www.radd.org

Awards:

FCCLA offers national recognition to chapters that complete FCCLA FACTS projects. This honor includes cash awards and special recognition at the National Leadership Conference and in the *Teen Times* magazine. Chapters apply for recognition for their hard work and innovative projects with the National FACTS Program Award Application available on the FCCLA Web site under Awards/Scholarships.

- High School Award — \$1,000
- Middle School Award — \$1,000

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FAMILIES FIRST

Families First is a national FCCLA peer education program through which youth gain a better understanding of how families work and learn skills to become strong family members. Its goals are to help youth become strong family members and leaders for today and tomorrow and also to strengthen the family as the basic unit of society.

Families First Units:

To help members focus their projects, Families First offers five units. Members may complete projects in one or several units. There is no particular order to them; although, "Families Today" might be a good place to start. It covers topics that provide a general overview of families and related issues—

- **Families Today** — Understand and celebrate families
- **You-Me-Us** — Strengthen family relationships
- **Meet the Challenge** — Overcome obstacles together
- **Balancing Family and Career** — Manage multiple responsibilities
- **Parent Practice** — Learn to nurture children.

Japanese Exchange Program:

Japanese Exchange Program is a unit of Families First where members can experience other cultures and family relationships, sponsored by Kikkoman Corporation. Members who are sophomores or juniors can apply for a Japanese Exchange Scholarship to spend four- to six-weeks as an exchange student with a Japanese host family.



Healthy Relationships:

Healthy Relationships is a unit within Families First where members gain the skills necessary to evaluate our current relationships, develop and maintain healthy relationships, and understand how to improve healthy ones or end unhealthy ones.



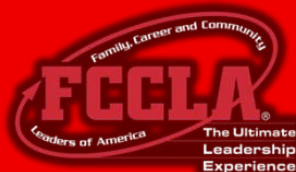
Awards:

FCCLA offers national recognition to chapters that complete FCCLA Families First projects. This honor includes cash awards and special recognition at the National Leadership Conference and in the Teen Times magazine.

- High School Award — \$1,000
- Middle School Award — \$1,000
- Runner-Up Award — \$500

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Financial Fitness is a national FCCLA peer education program that involves youth teaching one another how to make, save, and spend money wisely. Through FCCLA's Financial Fitness program, youth plan and carry out projects that help them and their peers learn to become wise financial managers and smart consumers.

Financial Fitness Goals:

- Inform and inspire teens to sharpen their skills in money management, consumerism, and financial planning.
- Create a national network of young people who use teen-to-teen communications to share information.
- Provide teenagers with an opportunity to develop communication and leadership skills by being peer educators.

Financial Fitness Units:

Each youth-created Financial Fitness project relates to one of the following five units—

- Banking Basics — Conquer bank accounts, credit, and investments
- Cash Control — Track and plan personal spending
- Making Money — Sharpen on-the-job financial fitness
- Consumer Clout — Become a savvy spender
- Financing Your Future — Apply financial skills to real life.

Awards:

FCCLA offers national recognition to chapters that complete either FCCLA Financial Fitness projects or Family Economics and Financial Education (FEFE) projects. FCCLA and FEFE joined together with the goal of strengthening families by improving financial literacy. FEFE sponsors awards to encourage the use of FEFE curriculum materials to prepare members to plan, carry out, and evaluate FCCLA national Financial Fitness projects. These honors include cash awards and special recognition at the National Leadership Conference and in the Teen Times magazine. Chapters apply for recognition for their hard work and innovative projects with the National Financial Fitness and FEFE Program Award Applications available on the FCCLA website under Awards/Scholarships.

Financial Fitness cash awards include:

High School Award — \$1,000
Middle School Award — \$1,000
Runner-Up Award — \$500

FEFE cash awards include:

High School Award — \$1,000
High School Runner-Up Award — \$500

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Power of One helps students find and use their personal power. Members set their own goals, work to achieve them, and enjoy the results. The skills members learn in Power of One help them now and in the future in school, with friends and family, in their future at college, and on the job.

Power of One Units:

Power of One gives youth the POWER to fulfill their dreams by creating self-directed projects that focus on—

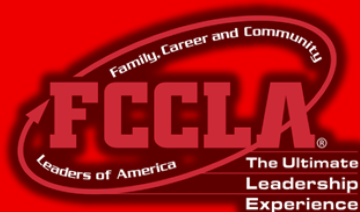
- **A Better You** — Improve personal traits
- **Family Ties** — Get along better with family members
- **Working on Working** — Explore work options, prepare for a career, or sharpen skills useful in business
- **Take the Lead** — Develop leadership qualities
- **Speak Out for FCCLA** — Tell others about positive experiences in FCCLA.

Awards:

FCCLA offers national recognition to members who complete all five FCCLA Power of One units. This honor includes special recognition on the FCCLA Web site. To gain recognition for Power of One accomplishments, send the Five Unit Recognition Application to your state adviser (by the state deadline).

Deadline: A list of Power of One applicants is due electronically to FCCLA national headquarters from state advisors by April 1.

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STOP the Violence is a national program that empowers youth with attitudes, skills, and resources in order to recognize, report, and reduce youth violence. FCCLA members use peer education to—

- reach their peers with violence prevention education
- recognize warning signs of potential youth violence
- encourage young people to report troubling behavior
- collaborate with school and community resources to address youth violence
- develop and implement local action projects to reduce the potential for violence in their school.

Trainings:

Texas holds training for STOP the Violence peer educators at the Peer Education Conference every fall. Students from across the state may register to become officially certified as a peer educator for STOP the Violence and other program areas chosen to focus on for the school year.

Partners:

- Hamilton Fish Institute (HFI), www.hamfish.org
- Health Resources and Services Administration (HRSA), www.hrsa.gov
- i-Safe, www.isafe.org
- National Organizations for Youth Safety, (NOYS), www.noys.org
- US Department of Justice, Office of Juvenile Justice and Delinquency Prevention (OJJDP), www.usdoj.gov
- Wanda's Song, The Readings, www.thereadings.net

Awards:

FCCLA offers national recognition to chapters that complete FCCLA STOP the Violence projects. This honor includes cash awards and special recognition at the National Leadership Conference, online, and in the Teen Times magazine. Chapters apply for recognition for their hard work and innovative projects with the National STOP the Violence Program Award Application.

- High School Award — \$1,000
- Middle School Award — \$1,000
- Runner-Up Award — \$500

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STUDENT BODY

Student Body is a national FCCLA peer education program that helps young people learn to eat right, be fit, and make healthy choices. Its goals are to—

- help young people make informed, responsible decisions about their health
- provide youth opportunities to teach others and develop healthy lifestyles, as well as communication and leadership skills.

Student Body Units:

To help members focus their projects, Student Body addresses three units. Members may complete projects in one or several units—

- **Eat Right** — Explore good nutrition, eating disorders, healthy snacks, supplements, vegetarianism, and more
- **Be Fit** — Take action related to lifelong exercise habits, obesity, sports training, and other topics
- **Make Healthy Choices** — Choose a positive lifestyle by avoiding drugs, alcohol, and tobacco; managing stress; building self esteem; and practicing good character.

Partners:

- Action for Healthy Kids, www.actionforhealthykids.org
- American Cancer Society, www.cancer.org
- March of Dimes, www.marchofdimes.com
- National Day to Prevent Teen Pregnancy, www.teenpregnancy.org
- National Dairy Council, www.nationaldairycouncil.org
- National Sleep Foundation, www.sleepfoundation.org

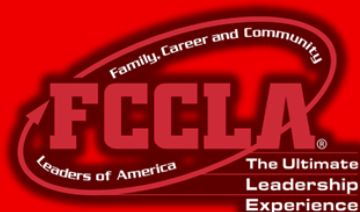
Awards:

FCCLA offers national recognition to chapters that complete FCCLA Student Body projects. This honor includes cash awards and special recognition at the National Leadership Conference and in the Teen Times magazine. Chapters apply for recognition for their hard work and innovative projects with the National Student Body Program Award Application.

- High School Award — \$1,000
- Middle School Award — \$1,000
- Runner-Up Award — \$500

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