

What is Power of One?

An individual self-directed program that acknowledges members who make a difference in their own lives by setting goals and taking action. Power of One is an excellent way to reinforce Family and Consumer Science TEKS. There are five units:

- A Better You
- Family Ties
- Take the Lead
- Working on Working
- Speaking out for FCCLA



**FAMILY, CAREER AND COMMUNITY
LEADERS OF AMERICA**

Look on the Texas FCCLA website for forms
and more information.

www.texasfccla.org

It is the policy of the Texas Association, Family, Career and Community Leaders of America not to discriminate on the basis of race, color or national origin, sex or handicap in its vocational programs, services or activities as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973; amended.

**FAMILY, CAREER AND COMMUNITY
LEADERS OF AMERICA**

Power of One

Advice to Advisors



www.texasfccla.org

Recognizing your Students

Some ways to get your students recognition for completing Power of One units are:

- Have students complete a Power of One unit.
- Recognizing students at your school with a bulletin board etc.
- Sending in completed form* to Region VP of Achievement for recognition at the Region Meeting.
- Sending form* to State VP of Achievement for recognition on the Texas FCCLA website.
- Buying your students Power of One pins for completing each unit.**

*Form can be found on the Texas FCCLA website, www.texasfccla.org.

**Pins available from API. Link on national FCCLA website, www.fcclainc.org.

A Better You

Improve Personal Traits by:

- Improving grades
- Supporting physical fitness

“Challenge the Hero Inside” by:

- Using a daily planner
- Trying a pedometer

Take the Lead

Improve Leadership Qualities by:

- Preparing to run for an FCCLA office
- Developing communication skills
- Recruiting new FCCLA members

“Fly to the Top” by:

- Encouraging friends to join FCCLA
- Participating in STAR Events, Proficiency Events and LEO’s

Family Ties

Working on Ways to Improve Family Relationships by:

- Getting along with your family members
- Assuming responsibilities at home

“Get Tied Up with Your Super Family” by:

- Creating a family scrapbook
- Preparing a family meal together

Working on Working

Sharpen Useful Business Skills by:

- Exploring careers in depth
- Setting up a teen business

“Strengthen Your Super Skills” by:

- Creating a job portfolio
- Participating in job shadowing

Speak Out for FCCLA

Share FCCLA Experiences with Others by:

- Speaking to local community groups about FCCLA
- Promoting FCCLA to potential members

“Represent Your Justice League” by:

- Writing an article for your local newspaper about an FCCLA event
- Making a bulletin board about your FCCLA chapter achievements