



# RESOURCE GUIDE

The Ultimate Leadership Experience

## 2019-2020



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# STAY CONNECTED



@MontanaFCCLA



@montanafccla



Montana FCCLA



mtfccla



Montana Family, Career and  
Community Leaders of America



Montana FCCLA: [www.mtfccla.org](http://www.mtfccla.org)

National FCCLA: [www.fcclainc.org](http://www.fcclainc.org)



Montana FCCLA State Leadership Team  
Box 11409

Bozeman, MT 59719  
406.229.2017

National FCCLA Headquarters  
1910 Association Drive  
Reston, VA 20191  
703.716.1308



2019-2020 THEME



# 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 leaders, members develop skills for life through –

- Character Development
- Creative and Critical Thinking
- Interpersonal Communication
- Practical Knowledge and
- Career Preparation.



# CREED

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.



# 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 woman in today’s society.
8. To promote Family and Consumer Sciences education and related occupations.



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## STATE LEADERSHIP TEAM



Megan Vincent  
 State Adviser  
 mvincent2@mt.gov  
 406.444.3599  
 FCS Programming



Whitney Whittecar  
 State Director  
 director@mtfclla.org  
 406.229.2017  
 FCCLA Programming



Stacy Aaberg  
 State Officer Adviser  
 stacy.aaberg@  
 conradschools.org  
 State Officer Programming

Connie Dempster, Bookkeeper, fccla@assoc-mgt.com, 406.259.7300

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## BOARD OF DIRECTORS

Cathe Felz, President  
 fcclacathe@gmail.com

Rachel Juel  
 racheljuel2014@gmail.com

Kacie Perkins, Secretary  
 kperkins@pchs.dl.k12.mt.us

Ben Costin, SEC President  
 fcclaben@gmail.com

Kim Konen, Vice President  
 kkonen@bchsmt.com

Elle Buhl, SEC VP of Finance  
 fcclaelle@gmail.com

Lindsay Walter, Treasurer  
 lindsayrwalter@gmail.com

Megan Vincent, OPI FCS Education Specialist  
 mvincent2@mt.gov

Lindy Hockenbary  
 lindy@intechgratedpd.org

Nicole Wanago, MSU Teacher Educator  
 nicole.wanago@montana.edu



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# STATE EXECUTIVE COUNCIL



**ELLE BUHL**

District 1  
VP of Finance  
fcclaelle@gmail.com  
Adviser: Stacy Aaberg  
stacy.aaberg@conradschools.org  
Conrad FCCLA



**SABRINA HAHN**

District 2  
VP of Public Relations  
fcclasabrina@gmail.com  
Adviser: Shae Bruursema  
sbruursema@townsend.k12.mt.us  
Broadwater High FCCLA

**BEN COSTIN**

District 3/9  
President  
fcclaben@gmail.com  
Adviser: Darlene Kolczak  
darkolczak@yahoo.com  
Malta FCCLA



**JORDAN COOKMAN**

District 4  
VP of Programs  
fcclajordancookman@gmail.com  
Adviser: Kim Knoche  
kknoche@forsyth.k12.mt.us  
Forsyth FCCLA



**JENNA PAUL**

District 5  
VP of Membership  
fcclajenna@gmail.com  
Adviser: Stephanie Robertus  
srobertus@plevna.k12.mt.us  
Plevna FCCLA



**JASMINE MCCLURE**

District 6/7  
1st Vice President  
fcclajasmine@gmail.com  
Adviser: Joy Larson  
joylarson@fts.d.org  
Frenchtown FCCLA

**HUNTER MOORE**

District 8  
2nd VP/Parliamentary Law  
fcclahunter@gmail.com  
Adviser: Beth Linquist  
bethlinquist@hotmail.com  
Plentywood FCCLA



**RAILEIGH STROMMEN**

District 10  
VP of Community Outreach  
fcclaraileigh@gmail.com  
Adviser: Lorie Martinez  
LM14\_19@yahoo.com  
Columbus FCCLA



**ELIZABETH HAMILTON**

District 11  
VP of Competitive Events  
fcclabeth@gmail.com  
Adviser: Rachel Minert  
rachel.minert@sheridan.k12.mt.us  
Sheridan FCCLA



# MONTANA FCCLA DISTRICTS

## District 1

CJ: Kaitlyn Lyders  
 Choteau: Tami Krone  
 Conrad: Stacy Aaberg  
 Cut Bank: Rachel Brown  
 Dutton/Brady: Keely McDonald  
 Fairfield: Cindy Artist  
 Power: Carly Beck  
 Sunburst: Elizabeth Smith  
 Valier: Jill Espeseth

## District 2

Belgrade: Melanie Young  
 Bozeman: Bethany Ringer & Joanna Krogstad  
 Capital High: Kristin Basinger  
 Park High: Brittney Hampson  
 Manhattan: Jordan Harler  
 Three Forks: Cathe Felz  
 Broadwater: Shae Bruursema  
 White Sulphur Springs: Katie Hanson

## District 3/9

Chinook: Hope Hamilton  
 Fergus: Teresa Vaughn  
 Great Falls CMR: Danielle Stark  
 Great Falls High: Laurie Kessner & Kathy Goodman  
 Havre: Marit Ita  
 Malta: Darlene Kolczak  
 Moore: Mandy Eike  
 North Star: Marqje Chinadle  
 Rocky Boy: Deanna Rodriguez

## District 4

Billings Skyview: Cindy Bergum & Lindi DeMars  
 Billings Sr: Jennifer Charlton  
 Billings West: Jillian Miller  
 Colstrip: Mindy Kohn  
 Forsyth: Kim Knoche  
 Hardin: Mary Torske  
 Huntley: Erin Derrickson  
 Lockwood: Ashley Koss  
 Roundup: Sherry Pertile  
 Shepherd: Edie Vogel

## District 5

Baker: Pam Beach  
 Carter County: Amy Walker  
 Dawson County: Espie Bayla  
 Fairview: Angie Hopes  
 Garfield County: Barb Clark  
 Plevna: Stephanie Robertus  
 Sidney: Jeanne Lang  
 Terry: Vicky Tusler  
 Wibaux: Adele Stenson

## District 6/7

Arlee: Leslie Jackson  
 Columbia Falls: Lindsey Henning  
 Flathead High: Michelle Mussman & Jennifer Duke  
 Frenchtown: Vacant  
 Hot Springs: Brenda Haase  
 Powell County: Kacie Perkins  
 Ronan: Katie Umbriaco  
 Stevensville: Amy Paxton

## District 8

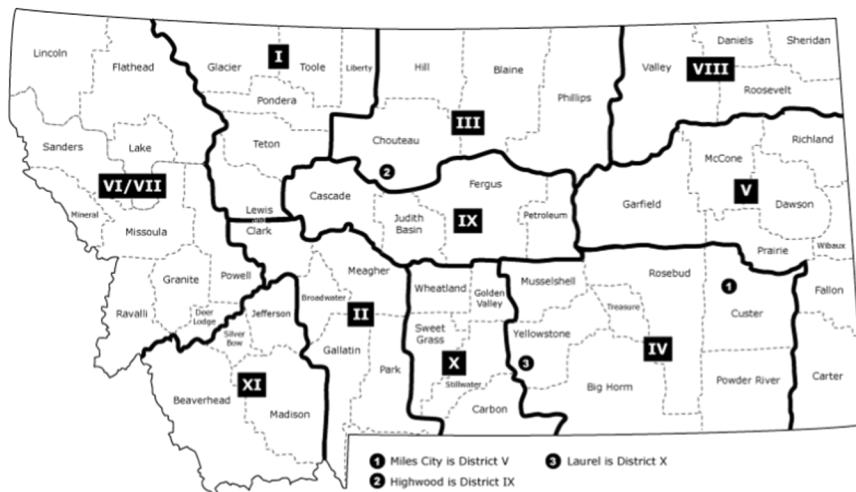
Glasgow: Karleen Fossum  
 Plentywood: Beth Linquist  
 Poplar: Jeanine Granada  
 Scobey: Connie Wittak

## District 10

Absarokee: Carolyn Story  
 Bridger: Vicki Kaufman  
 Columbus: Lorie Martinez  
 Harlowton: Linda Eklund & Sandy Woldstad  
 Laurel: Lisa Terry & Kristin Dolechek  
 Park City: Contrella Peterson  
 Red Lodge: Jenny Zimmerman  
 Reed Point: Sarah Milligan

## District 11

Beaverhead: Kim Konen  
 Butte: Patty Saylor  
 Ennis: Jamie Diehl  
 Jefferson High: Cassidy Parsons  
 Sheridan: Rachel Minert



District meeting dates are scheduled in the fall of each school year. Contact your district president to learn more details.

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# RUN FOR DISTRICT OFFICE

## BENEFITS:

- Meet new people and have fun
- Build your résumé
- Enhance your leadership skills
- Additional leadership training opportunities



## HOW TO APPLY:

- Learn what offices are available in your district and their duties. Consult your district constitution or ask your district president.
- Complete membership affiliation (all candidates must be members before running for office).
- Review the office requirements and eligibility (see the application)
- Complete the online application; demographic and essay questions and a signature page. Applications should be submitted two weeks prior to the district meeting.
- Study for the written test to be given at the district meeting. Study guide available.
- Prepare for the oral interview that will happen at the district meeting.

**SUBMIT DISTRICT OFFICER APPLICATIONS TWO WEEKS BEFORE YOUR DISTRICT MEETING ONLINE AT [WWW.MTFCCLA.ORG](http://WWW.MTFCCLA.ORG)**

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# ADVISER MENTOR PROGRAM

## A Phased Approach to FCCLA

A program designed to support new and experienced advisers by providing enhanced training, meaningful discussions and a phased approach to building a FCCLA program.

### WHO CAN BE A MENTOR?

FCCLA adviser with 6+ years experience who wants to strengthen Montana FCCLA by supporting new advisers.

### WHO CAN BE A MENTEE?

FCCLA Adviser with under 5 years experience who wants to gradually build a FCCLA program and receive support.

### BENEFITS:

- Professional growth
- Friendship
- Letter to your administrator
- OPI Renewal Credits

For additional information, visit: [mtfccla.org/resources/a-phased-approach-to-fccla-mentor-program](http://mtfccla.org/resources/a-phased-approach-to-fccla-mentor-program)

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# MEMBERSHIP AFFILIATION

Family, Career and Community Leaders of America (FCCLA) is a dynamic and effective national student organization that helps young men and women become leaders and address important personal, family, work and societal issues through Family and Consumer Sciences Education. FCCLA: The Ultimate Leadership Experience is unique among youth organizations because its programs are planned and run by members. It is the only career and technical student organization with family as its central focus.

## ELIGIBILITY

Any student who has taken or is taking a course in Family and Consumer Sciences through grade twelve shall be eligible for active membership in an organized chapter within the school.

## TYPES OF MEMBERSHIP

Comprehensive: Any eligible member.

Occupational: A student who has taken a high school course in a specific FCS area or program of study that concentrates on in-class learning and on-the-job training in preparation for paid employment in that subject area. The chapter adviser may apply to Montana FCCLA to affiliate those members as occupational. Occupational courses are approved by the Montana Office of Public Instruction. Course examples include ProStart for advanced Culinary Arts classes and running child care classes within advanced Child Development/Early Childhood Education classes.

## DUES & AFFILIATION

\$9

National Dues:  
Minimum of 12  
members (\$108)



\$9

State Dues:  
No minimum number  
of members.

If a chapter does not have 12 members initially, members can be added throughout the year.

Affiliate Online:

<http://www.fcclainc.org/membership/join-fccla.php>

## MEMBERSHIP CAMPAIGN



Go For the Red is an FCCLA membership campaign that provides incentives for members and chapters working to increase membership. Go For the Red empowers students to recruit, retain, and recognize members. Individual and chapter prizes are available.







# Membership Campaign



### Our goals for this year's membership drive are:

(e.g., 90% retention rate, X number of new members, % rate of new members, etc.)

### Target groups we will recruit:

(e.g., former members, students in FCS classes, students who have taken FCS classes but aren't members, etc.)

### Five key messages we want potential members to know about our chapter?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

### Methods we will use to reach potential members:

### Incentives we will offer:

- To new members \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- To current members for recruiting new members \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Ways we will involve new members right away:



Membership strength results from recruiting, retaining, and recognizing members all year long. It is important to have some events for all chapter members every month! Try the following ideas (or create your own) to include membership activities throughout the school year!

## August

- Form membership committee.
- Committee and chapter leaders meet to plan membership efforts for year.
- Set membership goal.
- Committee prepares membership recruitment campaign.
- Affiliate current members.
- Chapter prepares fundraising plans for an upcoming National Fall Conference or Capitol Leadership.

## September

- Conduct a membership recruitment campaign to sign up returning and new members.
- Chapter leaders speak in Family and Consumer Sciences classes.
- Hold first meeting(s) to build the chapter and consider the year's program of work.
- Affiliate online in the FCCLA Portal.
- Download the new Competitive Events Guide and help students choose events and start projects.
- Check the FCCLA website for the latest national program information, recognition opportunities, and deadlines.
- Attend Capitol Leadership.

## October

- Sponsor a special event, celebration, or trip for paid members.
- Conduct a hands-on chapter project created and carried out by a majority of members.
- Extend personal invitations to students who have not yet joined the chapter.
- Attend a district/region or state leadership event.

## November

- Attend the National Fall Conference.
- Chapter leaders speak in a Family and Consumer Sciences class.
- Submit additional member names and dues payments.
- Continue to involve members in projects that build the chapter's image in the school and community.

## December

- Celebrate the chapter team with service projects and a social event. Invite potential members to attend and join the chapter.
- Set up a gift exchange activity for Family and Consumer Sciences students who have not yet joined the chapter. Present small gifts throughout the month. Just before holiday break, reveal that gifts are from FCCLA chapter, which offers many more "gifts" and rewards all year long.
- Celebrate FCCLA at the Table on FCS Day, December 3rd.

## January

- Conduct a New Year's membership campaign to sign up new members.
- Chapter leaders present to a second semester Family and Consumer Sciences class.
- Start the year right with an exciting chapter meeting and more hands-on chapter projects created and carried out by a majority of members.
- Check the FCCLA website for the latest national program information, recognition opportunities, available scholarships and deadlines.
- Attend the Chapter Adviser Summit.



Membership strength results from recruiting, retaining, and recognizing members all year long. It is important to have some events for all chapter members every month! Try the following ideas (or create your own) to include membership activities throughout the school year!

## February

- Submit additional member names and dues payment.
- Encourage people to join the chapter during National FCCLA Week and CTE Month.
- Continue to involve members in projects that build the chapter's image in the school and community.
- Check the FCCLA website for deadlines and prepare award applications for recognition in FCCLA national programs.
- Celebrate FCS Educator Day on the Wednesday of FCCLA week!

## March

- Chapter leaders speak in Family and Consumer Sciences class.
- Chapter leaders speak to younger students who are preparing to sign up for next year's classes.
- Conduct a hands-on chapter project created and carried out by a majority of members.
- Submit FCCLA national program award applications electronically for recognition by March 1.
- Submit additional member names and dues payments.
- Apply for various scholarships by March 1; check the FCCLA website for current information.
- Chapter prepares fundraising plans for the National Leadership Conference.

## April

- Continue to involve members in projects that build the chapter's image in the school and community.
- Participate in the state meeting (March–May).
- Submit Summary report forms electronically for recognition by April 1.
- Submit application for membership campaign awards by April 1.

## May

- Host a chapter recognition event and invite parents, administrators, supporters, and potential members.
- Evaluate the year's accomplishments and record suggestions for future chapter success.
- Make plans to carry the chapter through the summer and into next year.
- Submit final member names and dues payments no later than May 31.
- Make sure dues for all members trying to reach national STAR Events are sent no later than May 1.

## June-July

- Celebrate with other leaders at the National Leadership Conference.
- Chapter leaders attending NLC pursue leadership training by enrolling in the FCCLA Leadership Academy and start planning for next year.
- Participate in local events to publicize and promote FCCLA!

# 2019-20 EVENT CALENDAR

## AUGUST

01 : Online Membership Affiliation Opens

## SEPTEMBER

15 : Leadership Rally Registration Closes  
18 : Mentor Program Sign-up Due  
25 : District 4 Meeting, Hardin  
29 : BOD Meeting, Fairmont Hot Springs  
29-30 : Fall Leadership Rally, Fairmont Hot Springs

## OCTOBER

SEPT 30-2 : National FCCLA Capitol Leadership, Washington D.C.  
29 : District 5 Meeting, Glendive  
31 : LifeSmarts Knowledge Bowl Team Smarts Quiz and Online Qualification

## NOVEMBER

TBD : District 3/9 Meeting  
05 : District 10 Meeting, Billings  
05 : District 11 Meeting, Butte  
06 : District 2 Meeting, Townsend  
13 : District 6/7 Meeting, Frenchtown  
19 : District 1 Meeting, Conrad  
20 : District 8 Meeting, Plentywood  
15-17 : National Fall Conference, Dallas, TX

## DECEMBER



03 : FCS Dine In Day  
06 : Applications for MDT Vision Zero Grants Due  
15 : Mentor Program Mid-Year Report Due

## JANUARY

13 : Japanese Exchange Scholarship Due  
26-27 : SEC & BOD Meeting, Bozeman  
30-FEB 2 : State Adviser Management Meeting & Chapter Adviser Summit, Washington D.C.

## FEBRUARY

01 : Montana NOC Application Due  
01 : National Adviser Mentor & Master Adviser Nominations Due  
07 : State Leadership Conference Registration Due  
10-14 : National FCCLA Week and Montana FCCLA Kindness Week  
15 : Montana FCCLA Award Applications Due (Scholarships, Chapter STAR, Ultimate Leader, Adviser Awards)

## MARCH

01 : Power of One Recognition Due  
01 : National FCCLA Scholarships Due  
02 : National Program Award Applications Due  
19-20 : State Leadership Conference, Bozeman

## APRIL

01 : National FCCLA Adult Award Applications Due  
01 : Membership Campaign Award Submissions Due



## MAY

15 : National Leadership Meeting Lodging & STAR Registration Due  
15 : Mentor Program End-of-Year Report Due  
17-20 : National FCCLA Industry Immersion, Chicago, IL  
31 : Membership Affiliation Final Deadline

## JUNE

TBD : SEC & BOD Meetings

## JULY

5-9 : National Leadership Conference, Washington D.C.







# FCCLA WEEK FEBRUARY 10-14

## NATIONAL FCCLA

### What's Your FCCLA Story?

Kick off FCCLA week by sharing with your classmates why and how you have built your leadership story through FCCLA.

#MyFCCLAStory

### Your Future Career Story

Show others how FCCLA career pathways have prepared you for your future! Develop a personal dream/goal board and share how FCCLA has helped you by giving you a strong foundation for your future career.

#MyFCCLAFuture

### FCS Educators Inspiring Stories

Take part in Family and Consumer Sciences Educator Day and share the stories of FCS educators who have inspired you.

#FCCLAEducatorsInspire

### Celebrate Your Family's Story

Take time to show your appreciation for your family. Share the story of how your family has supported you in your FCCLA leadership journey.

#FCCLACelebratesFamily

### Leaders in Red

Showcase your FCCLA spirit by rocking the red. Red out and decorate your day with red clothing, signs, food and decorations.

#FCCLARocksRed



## MONTANA FCCLA

### Kindness is Our Superpower

Everyone has the chance to be the "1" in kind! Create a bulletin board that you and your classmates can take photos in front of all week long! .

#mtfcclakindness #fcclaweek

### Kindness is Our Future

Organize a campus-wide clean up day to show kindness to our environment. Create posters with inspirational quotes for display.

#mtfcclakindness #fcclaweek

### Celebrate Our Chapter Advisers

Show your chapter adviser appreciation for all their amazing work by presenting them with a certificate or other token of gratitude.

#mtfcclakindness #fcclaweek

### Kindness For Our Friends

Invite new friends, teachers, administrators, or community leaders to learn more about FCCLA and all the incredible things your chapter is doing!

#mtfcclakindness #fcclaweek

### Kindness For Ourselves

Show you and your chapter members the love by taking care of yourselves! Organize a yoga class or a healthy lunch.

#mtfcclakindness #fcclaweek





# MARKETING CALENDAR

## OCTOBER: YOUR LEADERSHIP STORY

#FCCLALeads #beafriend

Share Your Leadership Story and practice standing up for yourself and others. Show others that #FCCLALeads and be a leader in your community and school.

Actions to consider: “ Catch” others being leaders and celebrate them; educate your peers on goal setting through Power of One; lead a Unite in Orange event on October 24th to bring awareness to bullying prevention; being a leader means balancing your health and wellness – take a day and celebrate you!

## NOVEMBER: YOUR SERVICE STORY

#FCCLAserves #givingtuesday #fcclacommunity #fcclaimpact

Your Service Story will reflect how you treat and serve others. Develop your service story by giving back and investing yourself in others. You have the power to change lives through servant leadership and make a difference in the life of an individual and impact those in your community.

Actions to consider: As you kick off the holiday season, show why you’re thankful for FCCLA’s role in helping you develop your service story; submit your stories for Teen Times, FCCLA in Action; help others write their story by creating a fundraising project to support FCCLA; *find a need in your community and host a Resilient You community service project.*

## DECEMBER: YOUR FAMILY STORY

#FCCLAFamily

What do you want Your family Story to be? Encourage others to celebrate time spent with family members and set personal goals for their vision for their families.

Actions to consider: Share your family’s favorite recipe and redo the recipe to be an updated version (share submissions on Instagram or host a chapter holiday party using the recipes); Send inspirational holiday cards; design a poster of your family values/goals; plan and prepare a meal with your family; share your favorite family holiday traditions on social media.

## JANUARY: YOUR HEALTH & WELLNESS STORY

#FCCLAGetshealthy

Start the New Year with a New You plan and create Your health and wellness Story. #FCCLAGetshealthy by focusing on mental health and healthy nutrition. Educate others to be healthy, fit, real and resilient.

Actions to consider: Focus on positive wellbeing and mental health. Try these Daily Goals: Mindful Monday – Mental health awareness, Training Tuesday: Focus on physical activity, Water Wednesday: Track your water intake, Try It Thursday: Try a new fruit or vegetable that you have never tried before, Family & Friends Friday: Focus on healthy relationships





# MARKETING CALENDAR

## FEBRUARY: CELEBRATE THE IMPACT OF YOUR STORY

#CelebrateFCCLA #FCCLAweek #mtfcclakindness

Participate in FCCLA Week and show your FCCLA spirit to encourage others to join. Celebrate Your Story and #CelebrateFCCLA.

Actions to consider: Celebrate CTE Month in your school; implement FCCLA week activities and share on social media; share scholarship opportunities with your members; **participate in MT FCCLA's Kindness Week.**

## MARCH: YOUR CAREER STORY

#FCCLAcareers

Own Your Story and future career! Prepare by exploring FCS Career Pathways and utilizing all that FCCLA has to offer members. Participate in Competitive Events, National Programs, attend workshops, obtain leadership training and explore #FCCLAcareers to help you reach your goals.

Actions to consider: Encourage your chapter to host a career fair at your school highlighting how FCS relates to careers and how FCCLA helps members prepare to experience career success; host a Career Day by contacting a local industry professional and asking them to share their career that represents FCS; consider shadowing a person in a career field that interests you; **attend SLC!**

## APRIL: YOUR FINANCIAL STORY

#FCCLAFinance

Financial literacy is the key to success in your families and future careers. Use your #FCCLAFinance knowledge to create Your Strong Finance Story and ensure your strong financial future.

Actions to consider: Prepare a budget for summer savings and spending; track spending habits; plan a budget for next year with your leadership team; create an FCCLA Saves Campaign and encourage all members to start or open a savings account.

## MAY: DEVELOP YOUR GLOBAL IMPACT STORY

#FCCLAImpact

Each of us will leave a footprint on our world through how we use and treat our resources. What do you plan to do to make sure that today's world is better because of your actions? Your global Impact Story of everyday use and care of our world will make an impact on the history of our planet. Make a difference by setting an example for your peers and leading efforts to make sustainable choices.

Actions to consider: Seek ways to use sustainable resources; host a summer farewell for graduating seniors with tips on how they can impact global health through their actions; plant a community garden.



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# STATEWIDE FUNDRAISER



## BÉQUET CONFECTIONS

Béquet Confections is located in Bozeman Montana and has been creating award-winning gourmet caramel since 2001. The Montana-based artisan company only makes caramels and has won eight national awards!

### PROFIT MARGINS

Chapters will receive a 45-53% return depending on the product mix sold. Béquet Confections now offers bags of caramels in 4oz, 8oz, and 16oz bags, as well as their delicious caramel sauce! The variety of products allow sales to be offered at a variety of price points.

**QUESTIONS?** Contact Diane at Béquet Confections [fundraising@bequetconfections.com](mailto:fundraising@bequetconfections.com)



[www.bequetconfections.com](http://www.bequetconfections.com)

### TIMELINE

Selling of Béquet Caramel can occur at ANY TIME throughout the year. It is recommended that chapters conduct sales over a two week time period to maximize sales opportunity. .

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## SHOP & SUPPORT MONTANA FCCLA

**amazon**smile  
You shop. Amazon gives.

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to Montana FCCLA.

Montana FCCLA Direct Link:  
<https://smile.amazon.com/ch/46-3232552>





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# AWARDS

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## STAR CHAPTER

Honors chapters with well-rounded programs of work.

## THE ULTIMATE LEADER

Members who exhibit leadership skills and whose actions exemplify the purposes of FCCLA.

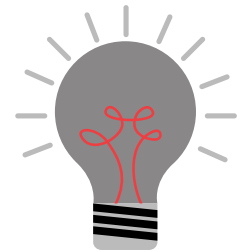


## ADVISER OF THE YEAR

A chapter adviser who inspires members to achieve their goals and builds a strong program.

## NEW ADVISER OF THE YEAR

A chapter adviser in their first five years who is investing in themselves while building a program.



See [www.mtfccla.org](http://www.mtfccla.org) for application and award information. Nominations due February 15.



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## SCHOLARSHIPS AVAILABLE

### MARIE MOEBUS SCHOLARSHIPS

\$500 scholarships for students attending Montana State University pursuing one of the following degrees: Human Development & Family Science, Human Development (minor), Foods & Nutrition, Early Childhood Education & Child Services, Sustainable Food Systems.

### SAY YES TO FCS EDUCATION

\$500 renewable scholarships for students pursuing a degree (major or minor) in Family & Consumer Sciences Education at Montana State University.

### MT FCCLA LEADERSHIP

A \$300 scholarship recognizing a student who exemplifies the purposes of Montana FCCLA.

A \$300 scholarship is awarded by the Association of Family & Consumer Sciences-Montana Affiliate to recognize a student who exemplifies the purposes of FCCLA and is pursuing a career in a Family & Consumer Sciences related field.



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# NATIONAL PROGRAMS



Learn how to explore career pathways & skills for success in families, careers, & communities.



Take action in your community and discover the difference you can make.



Put the brakes on impaired driving & traffic crashes. Help your friends arrive alive!



Discover how you can strengthen family relationships through this peer education program.



Manage your money! Use this program to help earn, save, & spend your money wisely.



This newly revamped national program will give yourself the power to make a positive change in your families & communities.



Empower youth with attitudes, skills, & resources to recognize, report, & reduce youth violence.



Discover ways to promote health, fitness, and resiliency in your families, schools, and communities.

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## 2019-2020 STATE OUTREACH PROJECT

# Resilient You: Positively Impacting Wellbeing

In 2019, Montana FCCLA adopted the Resilient You: Positively Impacting Wellbeing as its State Outreach Project. Through educational programming and service learning, we believe our chapters can make an impact within their local school districts and/or communities. Each chapter is encouraged to develop a project that is meaningful and impactful to their specific region in Montana.

# STATE OUTREACH PROJECT DESCRIPTION

## RESILIENCE, N.

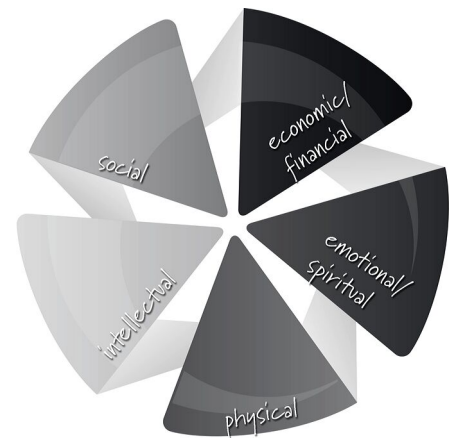
re·sil·ience | \ ri-'zil-yən(t)s

1. an ability to recover from or adjust to difficulties or change; toughness, grit.
2. the capability of a substance or object to spring back into shape; elasticity.
3. the choice to respond and live in ways that support positive wellbeing;

*Resilient You*

At Montana State University (MSU), the Health and Human Development Department has created a wellbeing model, shown here. This graphic illustrates five domains of wellbeing. These domains are interconnected, yet distinctly different. During the lifespan, resiliency can be developed throughout any of these domains.

Wellbeing can be influenced among the individual, families, and community. We challenge chapters to consider promoting and impacting wellbeing.



## GETTING STARTED

### Mapping the Community:

It may be helpful to begin brainstorming by surveying the community for other groups or organizations that are working to impact emotional wellness. This can be a formal survey, or just a brainstorming session with chapter members. What is happening in your school? Are other organizations doing something to positively impact emotional wellness?

\*For additional tips, strategies, and resources, check out Unit 1 of the Community Service National Program.

### Looking for Missing Pieces

After gaining a better understanding of what awesome things are happening in your school and community, now it's time to consider what is missing. This is the opportunity for your chapter to make an impact! Are there people in your community that need supplies, or encouragement? Make a list of topic/project ideas.

\*For additional content or ideas, check out Unit 4 of the Student Body National Program.

### Action Planning

Now it's time to put the FCCLA Planning Process into use. Use the following sheet to continue to identify a concern, set a specific goal, and form a plan. When your chapter is working on planning your State Outreach Project, be sure to look at the reporting elements. These elements should be evident throughout the project; it will make completing the report a breeze.



# GRANT OPPORTUNITIES

## Resource Fair for Early Childhood Development Promotion

FCCLA and the Montana Children's Trust Fund are partnering together to promote understanding of early childhood development and increase access to family-strengthening resources in rural Montana.



Up to six mini-grants of up to \$500 will be awarded to chapters to host a family-fun resource fair in their rural or tribal community. The Children's Trust Fund created a Brain Builder resource fair toolkit to help chapters plan, implement, and evaluate their resource fair. Learn more at [www.mtfcccla.org/brain-builders](http://www.mtfcccla.org/brain-builders).

### QUESTIONS?

Contact Melissa Lavinder, Children's Trust Fund Grants Manager, by email at [mlavinder@mt.gov](mailto:mlavinder@mt.gov) or phone, (406) 444-3002.

Priority application due: October 15.

## Traffic Safety Curriculum



The Montana Department of Transportation (MDT) and Montana Family Career and Community Leaders of America have partnered for another year to promote traffic safety projects. Grants will be awarded to chapters who plan and carry out projects that help their peers make good decisions to reduce the number of deaths on Montana's roads.

Chapters may apply receive up to \$1000 for curriculum. from MDT. These funds are sponsored by the National Highway Traffic Safety Administration. Visit [www.mtfcccla.org/community-outreach/state-outreach-projects/](http://www.mtfcccla.org/community-outreach/state-outreach-projects/) to apply.

Applications will be accepted on a rolling basis until December 6.

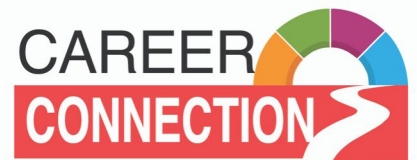
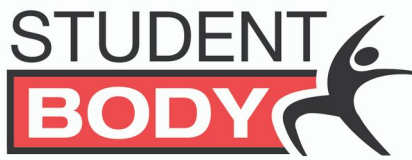




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# STATE OUTREACH PROJECT

## National Program Curriculum



National FCCLA Programs can help with guiding the process of developing a topic or idea for each chapter's State Outreach Project. Student Body, Unit 4: The Resilient You, has many lesson plans, activities, and service learning project ideas that can be used not only in FCCLA chapters, but in the FCS classroom as well. Community Service provides tools to help guide students to develop, plan, carry out, and evaluate service projects. Finally, modules within Career Connection remind students that not only is FCS a robust field, many skills learned while participating in service projects will prepare them for the workforce.

### Related STAR Events

Many of the topic of the State Outreach Project could be used for a student(s) STAR Event. Below is a list of ideas, but is not representative of all the potential categories that could be explored.

- Chapter Service Project Display and Portfolio
- Digital Stories For Change (online only)
- Focus on Children
- National Programs In Action
- Nutrition & Wellness
- Public Policy Advocate (formerly Advocacy)
- Sustainability Challenge
- Teach & Train

### Educator Professional Development

We know that the first step to addressing anything that might be impacting students' emotional health is to encourage them to confide in a trusted adult.

Trusted adults need training.



The Office of Public Instruction offers a learning opportunity webinar through the Teacher Learning Hub. This online-only, free resource provides educators with critical information to help students that may be experiencing challenges at school or home. By enrolling, educators earn 1 OPI renewal credit. Check out this link for additional information: <https://mtplportal.org/catalog/4727-2/>

# NATIONAL PROGRAMS & PARTNER PROJECTS



## DID YOU KNOW?

FCCLA is proud to partner with like-minded organizations to offer exciting sponsored initiatives to chapters. Take a look through the opportunities below to learn fun ways your chapter can build skills and earn awards!

## FCCLA/KNOWLEDGE MATTERS SIMULATION



Members can compete in the FCCLA/Knowledge Matters Virtual Business Challenge – Personal Finance. The contest is free and encourages members to test their skills in personal finance. Gather your team and compete in the Fall 2019 and/or Spring 2020 competition rounds for a chance at up to **\$1,000!** Learn more at: <http://fcclainc.org/programs/fccla-knowledge-matters-simulation.php>

## JAPANESE EXCHANGE PROGRAM



Learn what it means to be a family on the other side of the world with FCCLA's Japanese Exchange program. Every summer, the Kikkoman Corporation provides 14 scholarships, administered by YFU, to FCCLA members to spend six weeks in Japan living with a Japanese host family. The application deadline is January 13, 2020. Learn more at: <http://fcclainc.org/programs/japanese-exchange.php>

## TAKING DOWN TOBACCO 101



Free online trainings from the Campaign for Tobacco-Free Kids, with support from the CVS Health Foundation, offer FCCLA members the tools and knowledge to #BeTheFirst tobacco-free generation. Chapter members build advocacy and public speaking skills by leading Taking Down Tobacco 101 trainings for their peers and community. During the fall contest period, the first 25 members, advisers, or chapters to lead a training and submit a report earn **\$100**; chapters who train over 75 youth will be entered for one of three **\$1,000** prizes! The contest closes December 6, 2019. Learn more at: <http://fcclainc.org/programs/taking-down-tobacco.php>

## FACTS - STATE LEVEL AWARDS



Thanks to generous support from FCCLA partners, Ford Driving Skills for Life (Ford DSFL) and the Governors Highway Safety Association (GHSA), the top FACTS chapter in each state will be awarded **\$500** and will be considered for additional national awards! To enter your project, apply for a FACTS program award via the FCCLA Affiliation Portal. All FACTS applications will be reviewed by traffic safety experts at your state's Office of Highway Safety. Visit FCCLA's website to learn how to apply by March 2, 2020: <http://fcclainc.org/programs/awards-scholarships.php>

Questions? Contact us at [info@fcclainc.org](mailto:info@fcclainc.org) or call 703.476.4900

# NATIONAL PROGRAMS & PARTNER PROJECTS



## SAFE RIDES SAVE LIVES PSA CONTEST



Safe Rides Save Lives is an opportunity for members to create an engaging, 25-second Public Service Announcement (PSA) video to convince their peers to make smart choices on the road. Cash prizes are awarded to the top three submissions, including a **\$3,500** prize for first place! This year's theme is speed prevention, focused on raising awareness of the dangers of speeding and encouraging peers to slow down on the road. Video submissions are due March 2, 2020. Learn more at: <http://fcclainc.org/programs/saferides-savelives/>

## NATIONAL OUTREACH PROGRAM



The Lead4Change Student Leadership Program is the nation's leading and fastest growing free leadership and service program, road-tested by more than 1.5 million students since 2012. Aligned to education standards and 21st century skills, Lead4Change will create a transformation in your students and real change in your community. Lead4Change provides leadership lessons with a community service project framework. The Lead4Change Challenge awards teams up to **\$10,000** for their school or charity. And service projects are often used for STAR events - with many teams becoming State and National winners! Challenge entries are due February 7 and May 15, 2020. Learn more at [Lead4Change.org](http://Lead4Change.org).

## ACCESS FROM AT&T



Spread the word about Access from AT&T, an affordable internet service available for low-income families in 21 states across the country. Sign up to host an outreach event at your next back-to-school night, football game, or other community-wide event. The first 48 chapters to report their event back to National FCCLA will earn **\$250**! This simple and effective service project is the perfect way to kick off the new school year. Learn more at <http://fcclainc.org/programs/community-service.php>.

## THE IMPACT FUND



Designed by the National Executive Council to advance FCCLA and Family and Consumer Sciences by providing opportunities for members to take action and to perpetuate a legacy that exemplifies our mission, purposes, and initiatives. Funds will be used to grant chapters financial resources for individual and chapter use as well as support initiatives of the National Executive Council. The IMPACT fund is supported by members, supporters, and partners of Family, Career and Community Leaders of America. FCCLA is committed to helping our chapters that have been displaced or may have lost possessions because of recent natural disasters. To learn how to apply, visit [fcclainc.org](http://fcclainc.org).

Questions? Contact us at [info@fcclainc.org](mailto:info@fcclainc.org) or call 703.476.4900

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# TRACKING SERVICE HOURS

Did you know that Montana FCCLA chapters conducted over 60,000 service hours in the last five years? Or, that several FCCLA members received college scholarships as a result of being able to report how much service they conducted?

Tracking service hours has numerous member and chapter benefits.

- Members have valuable data to include in scholarship and resume applications.
- Chapters have documented hours to use when promoting FCCLA in their local community
- Awards may be given to members based upon service and leadership
- Recognition individuals are eligible for Montana FCCLA awards

And, for Montana FCCLA, this data is an important component of our ability to sustain current funding and foster relationships with new partners.

## TYPES OF ACTIVITIES

- Direct Service - activities that require you to have direct contact with people.
- Indirect Service - your work behind the scenes to channel resources to the project rather than working directly with an individual who may need the service.
- Advocacy - service experience that requires you to lend your voice and talents to the effort to address a problem.
- Leadership - roles you serve that supports FCCLA programming at local, district, state and national levels.
- Fundraising - fundraising that support FCCLA chapter activities.
- Work experience - work you do that builds your human capital and prepares you for a future career; this can be work for pay or unpaid and should be related to a FCS Career Pathway.

## TRACKING & REPORTING IS EASY!

Have all affiliated members track their service hours using the templates provided by Montana FCCLA.

TIP: Document hours during chapter meetings.

TIP: Have a student officer responsible for tracking hours.

By the 5th of every month, total your chapter hours and report total chapter hours on the Montana FCCLA website.

Tip: If you miss a deadline, that's okay. Hours can be entered at anytime.





# COMPETITIVE EVENTS

State Leadership Conference: March 19-20, 2020

## SKILL DEMONSTRATION EVENTS

**PURPOSE:** Provide opportunities for members to demonstrate college and career-ready skills in Family & Consumer Sciences and related occupations.

**AWARD:** Gold, Silver, Bronze or Certificate of Participation.  
Trophy for 1st place finisher with a silver or gold score.

**COMPETITION LEVEL:** Culminates at the State Leadership Conference

**EVENTS OFFERED:**

#teachFCS	Impromptu Speaking
Culinary Knife Skills	Interior Design Skills
Fashion Sketch	Interviewing Skills
FCCLA Creed Speaking & Interpretation	Toys That Teach
	FCCLA Knowledge Challenge Test

## STAR EVENTS

**PURPOSE:** 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.

**AWARD:** Gold, Silver, Bronze or Certificate of Participation.  
Plaque for 1st and 2nd place entrants scoring 85+



**COMPETITION LEVEL:** Entrants may qualify to represent Montana at the National Leadership Conference July 5-9, 2020 in Washington D.C.

### EVENTS OFFERED:

- |   |                                   |                            |
|---|-----------------------------------|----------------------------|
| Baking & Pastry                             | Fashion Design                    | Nutrition & Wellness       |
| Career Investigation                        | Focus On Children                 | Parliamentary Procedure    |
| Chapter in Review Display & Portfolio       | Food Innovations                  | Professional Presentation  |
| Chapter Service Project Display & Portfolio | Hospitality, Tourism & Recreation | Promote & Publicize FCCLA! |
| Culinary Arts                               | Interior Design                   | Public Policy Advocate     |
| Culinary Math Management                    | Interpersonal Communications      | Repurpose & Redesign       |
| Early Childhood Education                   | Job Interview                     | Say Yes to FCS Education   |
| Entrepreneurship                            | Leadership                        | Sports Nutrition           |
| Event Management                            | National Programs In Action       | Sustainability Challenge   |
| Fashion Construction                        |                                   | Teach & Train              |



# The FCCLA Planning Process for Individual and Team Action

The *Planning Process* is a decision-making tool that supports the organization’s overall philosophy about youth-centered leadership and personal growth. It can be used to determine group action in a chapter or class or to plan individual projects.



Go to <http://fcclainc.org/programs/resources.php> to download a blank FCCLA Planning Process template. This template may be modified, but all headings must be used, in the correct order. The FCCLA logo, STAR Events logo, and Planning Process graphics are encouraged but not required.



## IDENTIFY CONCERNS

The circle represents a continuous flow of ideas and has no beginning or end. As a target, it symbolizes zeroing in on the one idea around which you would like to build a project.

- Brainstorm to generate ideas, or state the activity or problem you want to address if already determined.
- Evaluate your list and narrow it down to a workable idea or project that interests and concerns the majority or all of your members.



## SET A GOAL

The arrow stands for deciding which direction you will take. It points toward the goal or end result.

- Get a clear mental picture of what you want to accomplish, and write your ideas down as your goal.
- Make sure your goal is one that can be achieved and evaluated.
- Consider resources available to you.



## FORM A PLAN

The square represents the coming together of ideas—the who, what, where, when, and how of your plan.

- Decide what needs to be done to reach your goal.
- Figure out the who, what, where, when, and how.
- List the abilities, skills, and knowledge required on your part.
- List other available resources, such as people, places, publications, and funds.
- Make a workable timetable to keep track of your progress.
- List possible barriers you might face, and develop plans if necessary.
- Decide ways to recognize your accomplishments along the way.



## ACT

The different squares in this symbol represent the activities to be carried out to meet your goal. It represents acting on the plan.

- Carry out your group or individual plan.
- Use *family* and *community* members, advisers, committees, task forces, and advisory groups when needed.



## FOLLOW UP

The broken squares suggest examining the project piece by piece. This symbol also represents a “window” through which to review and evaluate the plan.

- Determine if your goal was met.
- List ways you would improve your project or plan for future reference.
- Share and publicize your efforts with others, including the media if appropriate.
- Recognize members and thank people involved with your project.

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# STATE LEADERSHIP CONFERENCE

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MONTANA STATE UNIVERSITY  
MARCH 19-20, 2020



## WAYS TO PARTICIPATE:

- Leadership Seminar
- STAR or Skill Demonstration Event
- STAR Event Room Timer
- Event Assistant
- Capture Crew
- Maximize Your Leadership Presenter

## REGISTRATION FEES:

Registration Fee:  
STAR & Skill Demonstration Event Fee: \$7 per person  
Leadership Seminar: \$25 per person

## IMPORTANT DATES:

**February 7:** Registration Closes  
**February 10-14:** National FCCLA Week and Montana FCCLA Kindness Week  
**February 15:** Montana FCCLA Award Applications Due (Scholarships, Chapter STAR, Ultimate Leader, Adviser Awards)  
**March 1:** National FCCLA Scholarships Due  
**March 2:** National Program Award Applications Due



DAVID EDWARD GARCIA, KEYNOTE SPEAKER

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# STATE LEADERSHIP CONFERENCE

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## HOTEL INFORMATION

### C'MON INN - MT FCCLA HEADQUARTERS



6139 E Valley Center Rd  
Double Room – Flat rate of \$110 plus tax  
(up to 4 people allowed per room)  
Phone: 406-587-3555  
4 miles to MSU  
50 rooms Thursday and Friday



### COMFORT INN

1370 N 7th Ave  
Double Room – Flat rate of \$94.00 plus tax  
(up to 4 people allowed per room)  
Phone: 406-587-2322  
2 miles to MSU  
20 rooms Thursday, 20 rooms Friday  
Released March 1, 2020

### COUNTRY INN & SUITES

5997 E Valley Center Rd  
Double Room – Flat rate of \$95.00 plus tax  
(up to 4 people allowed per room)  
Phone: 406-586-2230  
3 miles to MSU  
48 rooms Thursday, 48 rooms Friday  
Released January 19, 2020

### HOMEWOOD SUITES

1023 Baxter Ln  
Double Room – Flat rate of \$113.00 plus tax  
(up to 4 people allowed per room)  
Phone: 406-587-8180  
2 miles to MSU  
35 rooms Thursday, 20 rooms Friday  
Released February 17, 2020



### HAMPTON INN

75 Baxter Ln  
Double Room – Flat rate of \$113.00 plus tax  
(up to 4 people allowed per room)  
Phone: 406-522-8000  
2 miles to MSU  
20 rooms Thursday, 20 rooms Friday  
Released February 28, 2020



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## ALL PROPERTIES PROVIDE BREAKFAST

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# STATE LEADERSHIP CONFERENCE

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## TENTATIVE AGENDA

### THURSDAY, MARCH 19

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- 12:00 - 1:30 Chapter Registration and Competitive Event Material Drop-off
- 12:30 - 1:30 Event Consultant & Capture Crew Orientations
- 2:00 - 3:30 Opening General Session
- 3:45 - 4:45 Career Connection Workshops
- 3:45 - 6:00 State Officer Activities - Officer interviews, Rehearsal, & Dinner
- 4:00 - 6:00 Chapter Adviser Activities - Business Meeting, Competitive Event Lead & Assistant Meeting, & Recognition Dinner
- 4:45 - 6:00 Delegate Dinner
- 6:15 - 7:30 General Session - Recognition

### FRIDAY, MARCH 20

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- 6:30 - 7:15 Breakfast at hotel
- 7:15 - 8:00 Travel to Montana State University
- 8:00 - 8:30 Competitive Event Lead & Assistant Lead Set-up
- 8:00 - 2:00 Competitive Event Material Storage
- 8:30 - 9:00 Evaluator Orientation
- 8:30 - 11:15 Maximize Your Leadership Workshops
- 9:00 - 2:00 STAR & Skill Demonstration Event Competition
- 9:00 - 4:00 Incoming Officer Training
- 9:30 - 11:30 Leadership Seminar
- 11:45 - 1:30 Delegate Lunch
- 1:00 - 4:45 College & Career Readiness Fair
- 1:00 - 2:45 Maximize Your Leadership Workshops
- 3:00 - 4:30 District Officer Training
- 3:15 - 4:15 Chapter Adviser Roundtables
- 5:00 - 8:00 Closing Banquet
- 8:30 - 11:00 Special Event





# DRESS CODE

One of the eight purposes of FCCLA is as follows: “To prepare for the multiple roles of men and women in today’s society.” Therefore, an important part of the educational experiences provided by FCCLA includes developing an understanding of appropriate behavior and dress for business meetings and functions.

This dress code applies to Montana FCCLA events only. Please refer to the National FCCLA dress code for all National FCCLA Meetings.

## STATE LEADERSHIP CONFERENCE

- FCCLA red blazer
- Red, black, or white polo or professional white shirt (may include FCCLA logo)
- Black or khaki bottoms (slacks, skirt, sheath dress)
- Dress shoes
- Chapter polo’s in the school colors may be worn if they have a collar and the FCCLA emblem.

## STAR Events

Follow STAR event specifications and wear appropriate clothes for the nature of the presentation (includes professional attire)

## Advisers/Chaperones/Guests

Business professional

## DISTRICT MEETINGS

State Leadership Conference approved attire, OR:

- Collared shirts
- Slacks or khakis
- Skirt with blouse
- Dress shoes
- Neck tie and sport coat

## ALL ATTENDEES

Jeans or denim of any color, t-shirts, athletic wear, hats/caps, or flips flops are not acceptable at any Montana FCCLA event, unless otherwise communicated.







# FCCLA Program of Work

### Goals for our chapter are:

*(Include goals for student growth and local chapter, district, state, and national participation. Include fund-raising projects and how the money will be used. Identify intracurricular activities.)*

### Plans for achieving chapter goals:

*(Include details on who will be responsible, timeline to follow, etc.)*

### Evaluation:

*(Include details on how accomplishments will be measured.)*

\_\_\_\_\_  
Adviser's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
President's Signature

\_\_\_\_\_  
Date



# FCCLA Program of Work

July	August
September	October
November	December



# FCCLA Program of Work

January	February
March	April
May	June

# FCCLA Planning Process

	<b>Identify Concerns</b>
	<b>Set a Goal</b>
	<b>Form a Plan</b>
	<ul style="list-style-type: none"> <li>• who</li> <li>• what</li> <li>• where</li> <li>• when</li> <li>• why</li> <li>• how</li> </ul>
	<b>Act</b>
	<b>Follow Up</b>
	<p>What could have gone better? What did you learn?</p>

# Say Yes to FCS



## Top 5 Reasons to Become a Family and Consumer Sciences (FCS) Educator

- 1** You **want to make a difference** in people's lives.
- 2** You **enjoy helping others develop skills** to be successful at home and work.
- 3** You **like flexibility and variety** in your work.
- 4** You **are patient, nurturing, creative, organized, and self-motivated.**
- 5** **There is a shortage of FCS educators**, which means jobs are available throughout the country!