

# What is FCCLA?

45-60 minutes

Time	Speaker	Slide	Section	Talking Points	Supplies
Set up				<p>Music playing as people enter</p> <p>Break participants into FCCLA families as they enter the room. Groups of 4-6 students with a chapter officer as their host.</p>	
5 min		1-2	What is FCCLA?	<p>Hi, my name is XXX I am the XXX and excited to have you in our workshop today learning a little more about FCCLA.</p> <p>FCCLA stands for Family, Career and Community Leaders of America.</p> <p>Each table is a FCCLA family. At your tables, introduce yourself and share what FCCLA represents to you.</p> <ul style="list-style-type: none"> <li>Note: if it is anticipated that participant's will struggle with this question, change it to: "Why did you choose to attend today?"</li> </ul> <p>Officers at tables host discussion (5 minutes). May start with you briefly describing what FCCLA is to you. Then, ask everyone to introduce themselves.</p> <p>Discussion prompts may be:</p> <ul style="list-style-type: none"> <li>What types of activities have you seen our FCCLA chapter conduct?</li> <li>How do you think FCCLA benefits individual?</li> <li>What do you think the acronym stands for?</li> </ul>	
		3		<p>FCCLA is a dynamic organization. A part of what makes it so special its multidimensional approach to enriching the well-being of individuals, families and communities through a focus on the family, leadership development, education, participation in competitive events and service projects.</p>	
3 min		4-5	Membership Trivia	<p>Let's start today by learning a little more about how to become a FCCLA member. We are going to do this by playing a trivia game.</p>	White board (or paper) and dry

				Discuss the directions on the PP slide.	erase marker per group
		6-7		FCCLA is a Career and Technical Student organization. Just like groups such as FFA, BPA, and Skills USA. While our name changed in 1999 to reflect our focus on families and careers, many still know us as FHA, Future Homemakers of America.	
		8-9		FCCLA is open to young men and women. Growing membership is a primary goal of our national organization.	
		10-11		FCCLA is a part of Family and Consumer Sciences. Any student who has or is taking a FCS course is eligible for membership with an organized chapter in their school.	
		12-13		By being an affiliated member, students reap many benefits. Members should be affiliated nationally by November 1 to receive maximum benefit.  Occasionally, chapters may charge a membership fee as well.	
		14-15		FCCLA provides members with skills for life necessary in the home and workplace.  If time allows, have participants brainstorm other benefits.	
6 min		16	Family Building Project	FCCLA is the only CTSO that has family as its central focus. Family is a single word with many definitions. It may mean relatives, friends, community members, pets or a combination of multiple categories.	
		17		If you attend an FCCLA event or meeting you may hear people reciting the creed. This creed helps to remind the organization members that we focus on: Family Career Community & Family And that we do that by building strong families & homes, by remembering our values and having hope in our future.	
		18--20		FCCLA helps to build healthy families and homes.  At your table, work together to define what family means to you and how you think FCCLA builds homes. Be creative to depict your groups definition using the supplies provided. Give groups 2 minutes to discuss what family means to them Give groups time (about 5 minutes) to work. While they are working, play the song "We are Family"  Discuss (either have tables pair up and talk to one another or do so as a large	Per table or group of 4: - 10 pipe cleaners - 5 sheets of tinfoil  <a href="#">We are Family</a> song

				group) <ul style="list-style-type: none"> <li>- Stress that there are multiple definitions of family; many call our FCCLA community a part of our family</li> <li>- Strong families are essential to healthy communities.</li> </ul>	
3 min		21	Leadership Development	Indicate that FCCLA's tagline is the Ultimate Leadership Experience because of the variety of dynamic ways each member builds their leadership skills.	
		22		A organizations mission helps to guide its focus. Central to our mission is the personal grown and leadership development of its members.	
		23		One way in which this happens is by our structure. Individuals may choose to run for an office at the chapter, district or state level. Montana FCCLA is divided into ten districts and we have about 68 chapters throughout the state.	
6 min		24	Teamwork activity	<p>You don't have to be an officer to be a leader though. Leadership is also developed when working together to complete projects. Two essential skills taught through FCCLA are communication (via teamwork) and creativity. Let's take a moment to explore this.</p> <p>Read the activity directions on the slide.</p> <p>Play the activity (5 min).</p> <ul style="list-style-type: none"> <li>- After each round, remove a few bags.</li> <li>- Stress that participants must continue to work together to ensure everyone gets a bag</li> <li>- Provide planning time each time they are in a group to share ideas for how to make it work next round.</li> <li>- If they ask if they can rip bags, etc – stress that the only rules are that everyone must have both feet on a bag by the countdown.</li> <li>- As you get down to only a few bags left, stress the importance of communication and working together to come up with a plan. If groups are lost give them hints such as: <ul style="list-style-type: none"> <li>- Is there a way you could make the space of the bag larger?</li> <li>- Is there a way to spread people out but still have everyone touching bag?</li> </ul> </li> </ul>	<p>Music to play – <a href="#">Everybody Dance Now</a></p> <p>1 paper sandwich bag per person</p>
2 min		25		<p>Have participants return to their seats.</p> <p>Discuss the reflection question on the slide.</p>	

				Stress that FCCLA provides many opportunities for members to identify concerns, work together and be creative to solve real-world problems.	
3 min		26	Competitive events	To expand and develop skills students have the opportunity to participate in various competitions. These are listed on the slide: STAR EVENTS, FCS Knowledge Bowl, and Skill Demonstration Events.	
		27		This is a team competition where members study then compete to test their general FCS knowledge and also their FCCLA Knowledge.  These contests are held at National cluster meetings, with winners proceeding to the National competition.	
		28		Skill Demonstration Events focus on skill development. They typically take less time to prepare. Individuals may compete at the National Cluster Meeting in the Fall or the State Leadership Conference.  STAR events focus on developing leadership and career skills through using the planning process to plan, implement and evaluate a project. Students compete at the State Leadership Conference in March with the top two winners in most categories earns a trip to the National competition.  For both types of events, there are individual or team options.  Share some of the experiences that you have had- Projects you have taken or chapter members, give them examples.	
		29		For STAR events, students implement the FCCLA planning process to complete their project.  This process is also used in service learning and many life events.	
6 min		30	Competitive Events Bingo	To get to know one another and learn more about competitive events we are going to play bingo.  Read directions on the slide.  If the group seems unfamiliar with events, consider providing a <a href="#">handout</a> .  You may need to play the first round to model how it is done and then have participants play.	1 bingo card per person 1 writing utensil per person Music  Optional: provide a list of Skill Demonstration and STAR events

				Play music while participants play the game (5 minutes).  In conclusion, Stress that FCCLA offers over 25 events each year in Montana. So, there is something for everyone.	
7 min		31	Service	An integral part of all FCCLA chapters is helping others through service learning projects.	
		32		This year, our state and national outreach project is Lead2Feed. This program has a sequence of ten activities to guide chapters through the process of implementing a project in their community that addresses hunger.  Chapters will then be encouraged to report their activities to Montana FCCLA to be recognized at State Leadership Conference.	
		33-36	National Programs	For Personal growth and personal development FCCLA has created national programs that allow students to Plan & Execute Projects and make a difference in their family school and community	
		37-40		Indicate that we are going to learn a little about the national programs through an activity at our tables.  Read directions on the slide  If a table gets done early, provide examples of things you have done or your chapter has done in a national program	1-2 set of national programs per table  4 swatters per table
4 min		41	Meetings & Events	Stress that one of the most fun aspects of FCCLA is meeting new people and the opportunity to travel to new places.	
		42-43-40		Describe state and national travel opportunities  If you are running ahead of schedule, have officers share at their tables their experience at an event.  Or, consider showing the <a href="#">2016 National FCCLA hi-lights video</a> .	
		44		Indicate that the national theme for FCCLA this year is Unlimited Possibilities.  If time allows, - Have participants create a paper airplane.	Piece of paper per person

				<ul style="list-style-type: none"> <li>- On their airplane write one way they will reach Unlimited Possibilities this year with FCCLA.</li> <li>- On "go" fly the airplane to the screen.</li> </ul>	Pen per person
		45		Indicate that more information is available on the Montana FCCLA website.	

# FCCLA Competitive Event Bingo

Name that STAR Event	Name that Skill Demonstration Event	Name the Planning Process Step	Your experience
A clothing & textiles event:	A testing event:	Step 1: 	Has participated in a STAR event:
A career development event:	Entrants share FCCLA knowledge:	Step 2: 	Has participated in a STAR event:
A foods & nutrition event:	Entrants build a homemade toy:	Step 3: 	An event you are interested in doing:
Favorite STAR event:	A testing event:	Step 4: 	A life skill you learn from STAR events?

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



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This 100% new National program teaches us how to be healthy, fit, real and resilient.