



# State Only STAR Event Guidelines

The following state only events will be offered to students at the State Leadership Conference and do **NOT** advance to the National Leadership Conference.

| EVENT                              | LEVEL 1  |         | LEVEL 2 / LEVEL 3 |         |
|------------------------------------|--|---------|-------------------|---------|
|                                    | Individual   | Team    | Individual        | Team    |
| Community Service Challenge        |  | ✓ (2-4) |                   | ✓ (2-4) |
| Creative Teaching                  |  |         | ✓                 | ✓ (1-2) |
| FCCLA Scrapbook                    | <i>One team entry (of 1-4 students) per school</i> |         |                   |         |
| Healthy Lifestyle Challenge        |  | ✓ (2-4) |                   | ✓ (2-4) |
| Project Exhibit                    | ✓  | ✓ (1-4) |                   | ✓ (1-4) |
| Serving Up Success                 | ✓  |         | ✓                 |         |
| Toys That Teach (Storybook or Toy) | ✓  |         | ✓                 |         |

  

| EVENT          | LEVEL 1 / LEVEL 2 |         | LEVEL 3    |         |
|----------------|-------------------|---------|------------|---------|
|                | Individual        | Team    | Individual | Team    |
| Cupcake Battle |                   | ✓ (1-2) |            | ✓ (1-2) |

The following are general guidelines for State Only STAR Events:

- Students may enter only one STAR Event (State or National). In addition, they may enter the FCCLA Scrapbook Competition, Door Sign Competition and participate in the Power of One program.
- There are no minimum or maximum numbers of students who can be involved from a chapter in any event Chapters can have one or more entries in any of these events.
- All students will be required to pre-register for a specific event. This includes the FCCLA Scrapbook Competition.
- All students that participate will be given a Gold (100-85), Silver (84-70) or Bronze (69-0) rating.
- Each student that receives a Gold, Silver, or Bronze rating will receive a medal and a certificate.
- An overall state winner will not be identified in the State STAR Events. **There is no national competition for these events.**
- **All competition participants must attend a mandatory registration conference on site prior to competition, as listed in the State Leadership Conference Program.**

**Level 1 = up to grade 8**  
**Level 2 = grades 9-10**  
**Level 3 = grades 11-12**



# Healthy Lifestyle Challenge

*Michigan FCCLA State STAR Event*

***This is a Michigan-Only STAR Event.  
No competition will be available at the National Leadership Conference.***

**H**ealthy Lifestyle Challenge, a team event, recognizes participants who develop a project in response to a case study situation related to healthy lifestyles provided to them at the State Leadership Conference.

## **EVENT CATEGORIES**

- Level 1 – up to grade 8
- Levels 2-3 – grades 9-12

## **ELIGIBILITY**

1. Chapters may submit any number of teams in this event.
2. Teams of two to four people may enter this event.
3. Participation is open to any national affiliated FCCLA chapter member.

## **PROCEDURES & TIME REQUIREMENTS**

1. All participants must attend the orientation session on Wednesday evening at the State Leadership Conference.
2. Participants will check in to the designated room at their scheduled time.
3. Participants will be given a challenge in the form of a case study. The team will then have 30 minutes to discuss the challenge and prepare their solution. All visual aids must be prepared during this time.
4. Participants will have up to 10 minutes to present their solution to evaluators.

## **GENERAL INFORMATION**

1. Teams must bring FCCLA planning process sheets and purposes to be used in presentation.
2. Teams must supply their own materials to work with (poster board, markers, crayons, scissors, construction paper, tape, etc.)
3. Only visual aids prepared during the time allotted will be allowed.
4. The content of the Healthy Lifestyle Challenge will closely relate to the National Student Body Program. Familiarity with this program may be of assistance to members in preparing for this State STAR Event.

## **PROHIBITED MATERIALS**

- Glitter may not be used
- Any visual aids or elements that have been prepared prior to competition
- Any visual aids or elements that have been commercially prepared or produced

# Healthy Lifestyle Challenge

## Point Summary Form

Name of Participant(s): \_\_\_\_\_ Category: \_\_\_\_\_ Level 1 \_\_\_\_\_ Levels 2-3 \_\_\_\_\_

### EVENT COORDINATOR DIRECTIONS:

1. Please make sure all information on the label is correct. If a participant does not show, please write "No Show" across the top and return it with the other forms to tabulation.
2. At the end of the students' presentation, verify evaluator scores and fill in information below. Calculate the final score and ask for evaluators' verification. Place this form in front of the completed score sheets and paper clip all items related to the presentation together.
3. At the end of competition in the room, double check all scores, names, and team numbers to ensure accuracy. Turn in to tabulation before going to lunch.
4. Please check with tabulation if there are any questions regarding the evaluation process.

| EVENT COORDINATOR (0 to 10 possible points)  |  |  |  | POINTS   |
|--|--|--|--|--|
| <b>Followed Directions</b><br>0 or 5 points  | <b>0</b><br>Did not follow directions  |  | <b>5</b><br>Followed all directions  |  |
| <b>Dress Code</b><br>0-5 points  | <b>0-1</b><br>Inappropriate dress; did not adhere to dress code for this event | <b>2-3-4</b><br>Participant partially followed dress code for this event | <b>5</b><br>Participant wore professional and appropriate apparel in accordance with the dress code for this event |  |
| <b>EVALUATOR'S SCORES</b><br><br>Evaluator 1 _____ Initials _____<br>Evaluator 2 _____ Initials _____<br>Evaluator 3 _____ Initials _____<br><br>Total Score _____ divided by number of Evaluators<br>_____ = <b>AVERAGE EVALUATOR SCORE</b> |  |  |  | <b>AVERAGE EVALUATOR SCORE</b><br>(90 points possible) |
| <b>ANY USE OF PROHIBITED MATERIALS</b><br>-10 point deduction  |  |  |  |  |
| <b>FINAL SCORE</b><br>(Average Evaluator Score + Event Coordinator's Total)  |  |  |  |  |

### RATING ACHIEVED:

Circle One:

**Gold (100-85)**

**Silver (84-70)**

**Bronze (69 and lower)**

\_\_\_\_\_  
Event Coordinator

# Healthy Lifestyle Challenge

## Rubric

Name of Participant(s): \_\_\_\_\_ Category: \_\_\_\_\_ Level 1 \_\_\_\_\_ Levels 2-3

| <b>RELATIONSHIP TO FCCLA</b>  | <b>POOR</b> | <b>FAIR</b> | <b>GOOD</b> | <b>VERY GOOD</b> | <b>EXCELLENT</b> | <b>SCORE</b> |
|---|-------------|-------------|-------------|------------------|------------------|--------------|
| Use of FCCLA Planning Process   | 0-2         | 3-4         | 5-6         | 7-8              | 9-10             |              |
| Related to FCCLA's Purposes   | 0-2         | 3-4         | 5-6         | 7-8              | 9-10             |              |
| <b>VALUE OF PROJECT</b>   | <b>POOR</b> | <b>FAIR</b> | <b>GOOD</b> | <b>VERY GOOD</b> | <b>EXCELLENT</b> | <b>SCORE</b> |
| Demonstrates content knowledge, content matches the topic selected, response to the case is appropriate   | 0-2         | 3-4         | 5-6         | 7-8              | 9-10             |              |
| <b>PRESENTATION DELIVERY</b>  | <b>POOR</b> | <b>FAIR</b> | <b>GOOD</b> | <b>VERY GOOD</b> | <b>EXCELLENT</b> | <b>SCORE</b> |
| Organized oral presentation; presentation is logical, provides clarity, and shows creativity  | 0-3         | 4-6         | 7-9         | 10-12            | 13-15            |              |
| Presentation is convincing and effective, Preparation of content is organized & clearly demonstrating a process for solving the problem/challenge         | 0-3         | 4-6         | 7-9         | 10-12            | 13-15            |              |
| Visuals provide appropriate content & are legible and visible to audience   | 0-1         | 2           | 3           | 4                | 5                |              |
| Used appropriate gestures, eye-contact, grammar, & pronunciation, pitch, tempo, and volume  | 0-1         | 2           | 3           | 4                | 5                |              |
| <b>RELATION TO CURRICULUM</b>   | <b>POOR</b> | <b>FAIR</b> | <b>GOOD</b> | <b>VERY GOOD</b> | <b>EXCELLENT</b> | <b>SCORE</b> |
| Goals of the project are clearly stated and reflect content of the family & consumer science, early childhood, teacher preparation, or related curriculum | 0-2         | 3-4         | 5-6         | 7-8              | 9-10             |              |
| Provided clear and informed responses to evaluator's questions  | 0-2         | 3-4         | 5-6         | 7-8              | 9-10             |              |

**VERIFICATION OF SCORE** (please initial):  
 Evaluator \_\_\_\_\_ Event Coordinator \_\_\_\_\_

**TOTAL**  
(90 points possible)

**Evaluators, please write comments below**