

## Focus on FCCLA

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### Articles & Letters Welcome for Publication

The policy of the Michigan Association of Family, Career & Community Leaders of America is that no person shall, on the basis of race, color, national origin, sex or disability, be excluded from participation in, be denied the benefits of, or be subjected to discrimination during any program or activity or in employment.



## A Psychological What?

Amanda Grifka, State Secretary

Are some of us born more aggressive than others? How could that fight with your parents have been avoided? Why do some people stop to help a stranger who has dropped their groceries and others keep walking? Why do some people use physical actions to solve a problem whereas others try to rationally talk it out?

Since I have you wondering about these questions, I bet you're curious as to where I am going with this. Well, when most of us think about Family and Consumer Science careers, we picture a teacher, counselor, or professional speaker. However, have you ever thought about a career in psychology? You may not see the direct relation between FCS and psychology, but they are very much connected.

First off, since psychology is the study of behavior and mental processes, it can be used in almost every career. It is the second most popular college major in the United States. So, why are so many

people getting a degree in psychology? Do they find the idea of sitting in an office, notebook in hand, writing down every detail in a person's life fascinating? Unlikely. This stereotypical form of a psychologist is very rare. In fact, the most popular type of psychologist is a clinical psychologist, who uses his or her skills as a therapist, researcher, educator, or assessment specialist.

The primary focus of FCCLA is family. A social psychologist explores how our behaviors, feelings, and beliefs are influenced by our interaction with others. That being said, if you want to improve and strengthen the function of the family in our society as your career, do not rule out psychology. As a matter of fact, a social worker is even classified as a psychologist. Maybe a career in researching how attitudes, leadership, and prejudice affect family behavior is exactly the type of career that fascinates you.

There is also a developmental psychologist, which studies the growth or development that takes place from birth to death. For example, they may study how birth order or how growing up in a single parent home affects a child from birth until adulthood. One may even try to figure out how much of an impact sending a child to daycare has on them later in life. This is definitely related to Family and Consumer Sciences.

Maybe you don't want a career working with families. A cognitive psychologist studies thought processes from intelligence, happiness, memory, or decision making. If you want to make an impact on specific people, then a career as a cognitive psychologist could definitely do so. You're knowledge of why they act the way they do could be exactly the kind of information a patient is looking for.

My point is simple: a psychology career opens up many doors. Although it is not easily apparent to see how majoring in psychology will benefit your long time dream of strengthening families, making people feel better about themselves, or studying how leadership as a teenage affects adult life, it does. I challenge all FCCLA members to look at the numerous fields and subfields of psychology. You'll find that psychology and Family and Consumer Science careers are extremely closely related.





**STATE LEADERSHIP CONFERENCE**  
**APRIL 22-24, 2009**  
**VALLEY PLAZA RESORT, MIDLAND**



## Running for State Office

Ashley Fraley, State President

Being a state officer - what is it really? It is one of the best ways to really get the Ultimate Leadership

Experience! Wearing that red blazer, learning so much about the organization, and helping members get the most out of their FCCLA year...what could be more rewarding?

You could be in one of those red blazers, standing on stage helping to lead Michigan FCCLA into the future. The blazer is a great way to show your leadership. The red standing for strength, courage, and determination means so much to those who wear it and you could be one of them. All you have to do is talk to your adviser and run for state office this year at our State Leadership Conference. So prepare to wear that red blazer and get ready to help the best student lead organization around!

Learning about FCCLA can be so rewarding. You can gain that knowledge to understand the organization on a whole new level. As a state officer you get to see how the bylaws and our system is run and how it really makes everything

work well. You understand the voting process and procedures we take to ensure that we get the



most out of this amazing leadership opportunity. If this sounds exciting to you think about running this year.

Do you remember your first Fall Leadership Conference or State Leadership Conference? And how much fun it was watching those crazy kids with the red blazers on stage. They were pumping you up for your events and getting you excited about the meeting. You could do that for

other members. Members are the heart of our organization. There is no greater pleasure than seeing the difference you can make in students lives.

You can help them see how rewarding the ultimate leadership experience really is. As a state officer you and your team are responsible for making your FCCLA term the greatest one yet! From picking a theme to planning your State Leadership Meeting you get to make your year amazing for the great members of Michigan's FCCLA.

These are just some of the great things that go along with being a state officer. There is so much more that you can experience when put on that red blazer yourself. So talked to your advisors, turn in your application, and get ready for an amazing year of new friends, new fun, and new memories. Run for State office today! Information and the application are on our website at [www.mifccla.org](http://www.mifccla.org). Feel free to email me at [afraley@mifccla.org](mailto:afraley@mifccla.org) if you have any questions!

# THANK YOU

*Catherine Proulx, a retired FCCLA adviser from Byron High School, and long-time Secretary of the State Advisory Board was awarded the Honorary Life Membership at last year's State Leadership Conference. She sent a letter to you - the members of Michigan FCCLA thanking you for your support, and the honor of the award she received.*



Dear Michigan FCCLA Members:

What a very nice honor to have been granted a 'Honorary Life Membership' in Michigan FCCLA at the 2008 Spring Leadership Conference. It's hard to really know who to thank. Since 1984 when I became a FCCLA advisor I have worked with so many hardworking people: State Directors, School Administrators, Advisers, and students. I have also been a part of the FCCLA State Advisory Board since 2000. FCCLA was always a positive experience for my Byron FCCLA members. That in itself was my reason to remain an adviser until I retired from my teaching. I remained on the State Advisory Board until 2008 to help in any way I could to allow FCCLA to continue being a positive experience for so many students.

Being an adviser is not an easy job. For all the current advisers I want to thank you for taking the extra time and for all the work you do for your FCCLA members. They do benefit from being active members in the leadership experiences provided through FCCLA. To FCCLA members I wish you a great year in your chapter activities. Advice I would give to you as members is to take the time to be an "active" member. Your leadership can make a huge difference in your chapter and in your own life.

In closing, again a heartfelt thank you for the Honorary Life Membership in Michigan FCCLA. I am going to continue to help FCCLA when I can. As your logo says, FCCLA - The Ultimate Leadership Experience," keep up the good work!

Thank You  
Catherine Proulx  
Retired Byron FCCLA Adviser



## Feed the Children! National Outreach

Jaelinn Soeltner, V.P. of Membership

Throughout my years in FCCLA, I have done many great projects – from The Christmas Project, where we raised money to send children Christmas presents, to helping kindergarteners write their own names and become better listeners – but none of my projects have affected me as much as the project I did this year....which is also the National Outreach Project this year.

Feed the Children is a non-profit organization that helps families in need by bringing them food and toiletries. Feed the Children was my project this year. Two other girls and I thought of ideas to raise the money. We came up with many great ideas, but we decided to start off with a sure thing, a bake sale. We baked and baked; we had so much fun. The next fundraiser idea we had we weren't too sure about, but it ended up working in our favor. We decided to have a sit-out, and to you that may not seem like a big deal; but the sit-out was in WINTER! Besides being worried about frost bite or pneumonia, we also needed to be worried about getting donations. We needed to be pushy but not demanding and peppy but not too enthusiastic. Having the sit-out in winter was the best idea we could have had. People knew that if we were sitting out in the cold of winter, we were dedicated to this project. That reassured people that it was okay to give us a donation, it also intrigued their interest in the organization.

Creating the display was so much fun because we thought since we decided on such a big project, why not go with a big display board. So we went to our nearby lumber yard and got the biggest stuff we could get that would fit in the car (and fit the dimensions of our Chapter Service Project Display guidelines). We also got battery-operated lights to add even more effect to our board. We received gold at the State Leadership Meeting and also qualified to compete at the National Leadership Meeting in Florida.

Although our board was great and very eye-catching, it wasn't the greatest for flying; so we had to send it in the mail. Arriving in the sun and sand of Florida was great, but we couldn't really enjoy ourselves until we were sure our board had made it. We all had a sigh of relief when we came into our hotel room to a wonderfully unbroken board. While we were in Florida, our adviser gave us the best news we could hear; not only did we raise the money for Feed the Children, we were also going to get to personally deliver the food to the families that were in need. Seeing all those families touched my heart knowing how much they were in need, but it also made my heart happy knowing they were being helped by not just anyone, but by me. That was the greatest part of our project- not all the glitter or the praise of how beautiful our board was but seeing those children's faces looking up at us saying thank-you for the food we were giving them.

Feed the Children is one of the best organizations. Helping people from all over the world is the best thing anyone can do. And I got to be a

# Ever thought about Teaching Family & Consumer Sciences?

Do you like the class that your FCCLA chapter is a part of? Ever thought about being an FCCLA adviser and teacher?

You can get your degree to teach Family & Consumer Sciences from Central Michigan University and Western Michigan University, right here...close to home!

## Western Michigan University

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It's who we are. It's what we do.

part of it! That was the best experience of my life so far, and I will never forget it.

The Truck Sponsorship programs allows deliveries of 400 boxes of food, 400 boxes of personal care items, and 2 pallets of miscellaneous goods to hungry children and families in the U.S. for one week! If every FCCLA member participates, as many as 25,000 families could receive food for as little as \$2 per student! In the U.S. alone, 13 million children live in poverty-

that's 18 percent of the population! Families living in poverty often do not have enough to feed their families. A single truck sponsorship provides approximately \$35,000 to \$50,000 worth of food and other essentials (actual weight and value of product varies by shipment) to families in need.

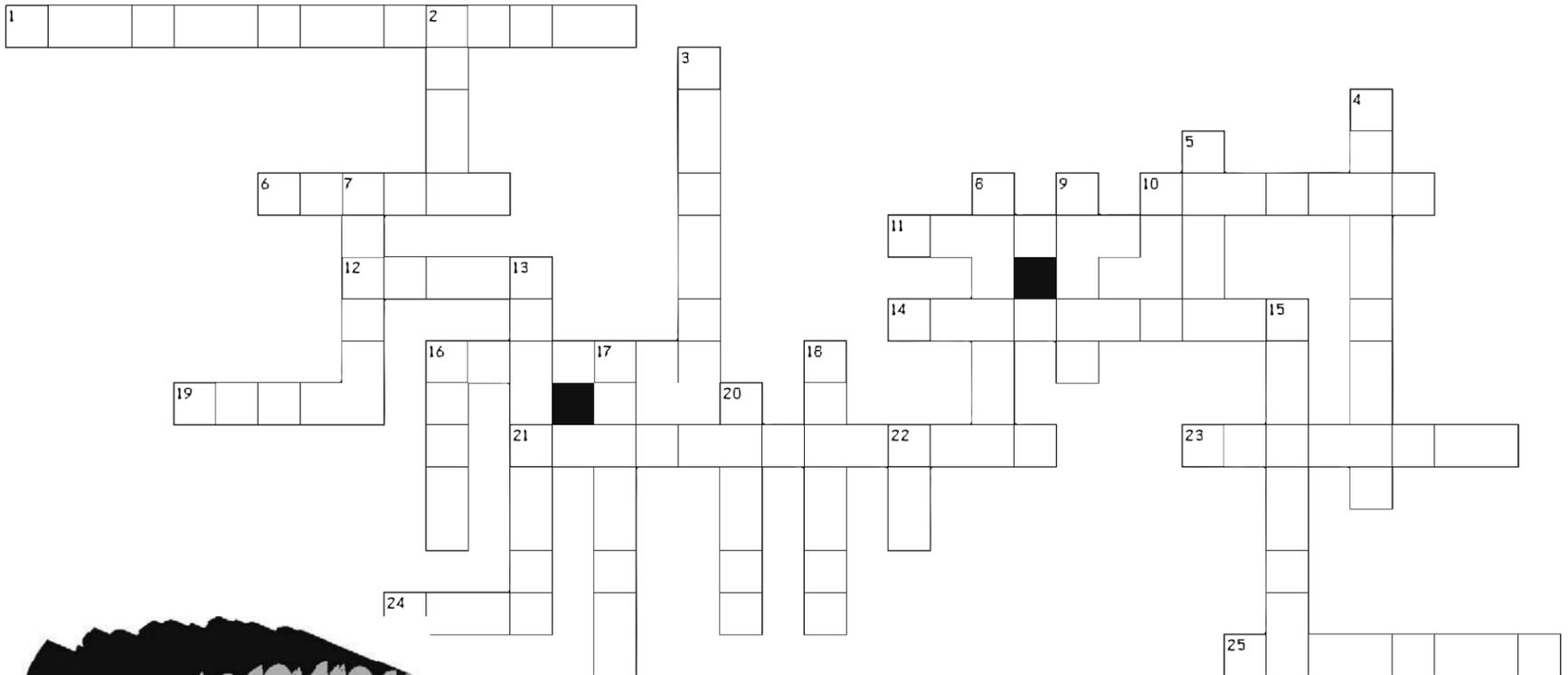
For more information on how you can participate in the National Outreach Project with Feed the Children, visit [www.fcclainc.org](http://www.fcclainc.org). If you have specific questions, you can contact Feed the Children Directly through our FCCLA contacts:

Chelsi Pitman: 1-800-627-4556 Ext. 4048 or [chelsi.pitman@feedthechildren.org](mailto:chelsi.pitman@feedthechildren.org)  
Tracy McKee: 1-800-627-4556 Ext. 4141 or [tracy.mckee@feedthechildren.org](mailto:tracy.mckee@feedthechildren.org)



# 2008 FALL LEADERSHIP CONFERENCES

Thanks for making the 2008 Fall Leadership Conferences on October 24 at Bay College in Escanaba and November 10 in Lansing some of the best Michigan FCCLA has ever had! All of the pictures are online at [www.mifccla.org](http://www.mifccla.org), but here are a few of the fun ones...



**Across**

- 1. Charity that benefits from the All American Rejects CD sale
- 6. FCCLA's central focus.
- 10. State Leadership Conference location
- 11. CMU's FCS Education contact
- 12. Teach and \_\_\_\_\_.
- 14. Alumni & \_\_\_\_\_.
- 16. Michigan FCCLA's office location.
- 19. Go \_\_\_\_\_!
- 21. The National First \_\_\_\_\_ is from Michigan.
- 23. The last step of the Planning Process
- 24. Gimme
- 25. FCCLA has a group here.

**Down**

- 2. NLC Theme is Beyond the \_\_\_\_\_.
- 3. President's hometown
- 4. Career
- 5. Families
- 7. Motivation in \_\_\_\_\_.
- 8. "To promote personal growth and leadership development through Family and Consumer Sciences Education..."
- 9. Vice President of Community Service
- 13. National Leadership Conference location
- 15. Michigan FCCLA hosted a joint conference with this organization this year.
- 16. Number of FCCLA purposes
- 17. The Fall Leadership Conferences were in Lansing and \_\_\_\_\_.
- 18. \_\_\_\_\_ is a new area for FCCLA this year.
- 20. Psychology author.
- 22. Save the