



Focus on FCCLA

Michigan FCCLA

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Articles & Letters Welcome for Publication

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Power of One is for You!

Lynn-Marie Tomlinson, State President

It's that time of year when people make New Year's resolutions. Promises to make changes and/or reach goals for the upcoming year. FCCLA's national program, Power of One, can help you reach some of those bigger resolutions by providing you with strategies to assist you.

Power of One helps you find and use your own personal power. You learn how to set your own goals, work to achieve them, and enjoy the results. The skills you learn in Power of One will help you now, and in the future. You will use these skills in school, with friends and family, in your future at college, and on the job.

There are five units of the program:

- 1) A Better You
- 2) Family Ties
- 3) Working on Working
- 4) Take the Lead
- 5) Speak Out for FCCLA

While working on these individual units, it will give you the power to fulfill your goals by creating your own projects that focus on areas of your life that can benefit from some direction or improvement.

"A Better You" will guide you to improving personal traits. In this unit you can choose a personal trait that you would like to improve such as, improving study habits, getting more sleep, and speaking positively to your peers.

In the unit, "Family Ties" the goal is to get along better with family members. So,

you can pick a member of your immediate or extended family that you may have a strained relationship with and choose to work on building a better relationship with that person.

Do you wonder what career path you should take? Have you wondered which direction you might take when it comes to choosing a career? Well, the Power of One unit, "Working on Working" provides you with the opportunity to explore work options and prepare for a career and even sharpen skills that will be useful in the business world!

Want to jump start developing your leadership qualities? Use the "Take the Lead" unit to set a goal to become an active leader in your chapter at school, or any other extra-curricular activity. Join a committee for one of your chapter's projects or National Programs and discover your leadership abilities!

The last unit, "Speak Out for FCCLA" gives you the opportunity to share your knowledge of an experience with FCCLA to your peers. It's a way to promote your chapter and gain new members by telling them about the "Ultimate Leadership Experience!"

FCCLA affiliated members that complete all five units of the Power of One will receive recognition at the State and National Level. Check out the information on the Michigan FCCLA website at: www.mifccla.org/students/powerofone.html to learn more about the Power of One.

The deadline for your adviser to submit your Five Unit Recognition Form to Michigan FCCLA is March 1st.



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Gimme Five Membership Award

Rebecca Carson, First Vice President

Whether you decide to attend the State Leadership Conference or not, your whole chapter can receive the “Gimme 5!” award by simply increasing your membership with 5 more affiliated members! It’s almost as easy as 1 2 3, just add the 4 and the 5, and your chapter will receive a plaque for your classroom and be recognized at the State Leadership Conference Banquet, in the program, and on mifccla.org. Don’t worry if you are a new chapter; you can still earn the “Gimme 5!” membership award too! By recruiting 5 more members than the minimum amount required (12), your chapter will earn all the same benefits of the “Gimme 5!” membership award. Also, your chapter will

automatically receive the award without filling out any forms or paperwork. No stress on you and no stress on your adviser. Make recruiting fun and exciting by adding raffles to monthly meetings, a special recruitment day where everyone who brings a new friend will receive a prize, or even something as simple as supplying delicious treats during your meetings. Who doesn’t enjoy some good food? More ideas can be found at mifccla.org under the recruitment tab. Get your recruitment game on and increase your membership by March 1st! Good Luck, and I’ll see you all at the State Leadership Conference in April.



FCCLA Week

February 8-14, 2015

Join FCCLA members, advisers and supporters from across the country from February 8-14 in a nation-wide celebration of all things FCCLA! Also be sure to use #FCCLAWEEK on social media to join the conversation!

Monday Feb. 9: Media Blitz
 Tuesday, Feb. 10: Partner Advocacy
 Wednesday, Feb. 11: Red Out for FCCLA
 Thursday, Feb. 12: The Ultimate TBT
 Friday, Feb. 13: Member Recognition

Visit fclainc.org/content/fccla-week for resources and ideas to make this the best FCCLA week ever!

Active Leaders FCCLA
TOGETHER FCCLA
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The Second “C”

Gavin Yates, Vice President of Membership

Along with family values, career readiness, and leadership, FCCLA and their members value their community. Whether they are participating in a community service challenge or actively involved in their school, FCCLA members are a huge part of their community. Some members would love to be more involved in their communities but don’t know where to start or what to do. I’m challenging you FCCLA members, to not take your community for granted, but to get involved.

raise money for a cause in their community. Other chapters do can drives, bottle pickups, car washes, and other initiatives. A great way to get involved in your community is to have your chapter start a chapter service project. If they already have a service project don’t just watch your chapter members have all the fun, participate!

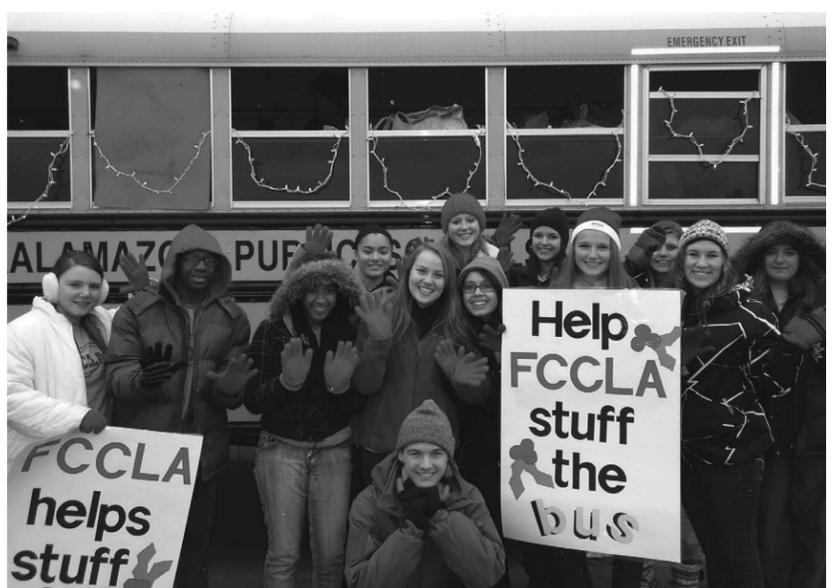
One of the most obvious ways for an FCCLA member to get involved in their community is to create or participate in a chapter service project. A chapter service project is a project involving a whole chapter. A chapter will create an in-depth service project that uses Family and Consumer Science, and Career and Technical Education skills towards the betterment of their community. Some chapters create a 5k race that will

If your chapter doesn’t currently have a service project in the planning, get involved in the community on your own. It may seem hard as high school students to have a big impact on your community, but actually there are many opportunities for high schoolers to get involved. There are many clubs other than FCCLA that value community service that high schoolers can join.



One of the most prestigious is National Honor Society, but there are additional clubs that contribute to your community as well. Even just getting involved with events around your school or volunteering to work the concession stands is a great way to help your community. Even if you are not involved in clubs other than FCCLA you can do so much more for your community. Collect empty cans and bottles and return them for money and donate it to the food pantry, volunteer at a soup kitchen, help the elderly cross the street. Get involved!

FCCLA is a great way for students to get involved, but the opportunities for community service are endless. Whatever you do, no matter how



small, it does make a difference. A community would not work if there weren’t people like FCCLA members who volunteer and work towards the betterment of their community. Community service is something that all FCCLA members should be involved in and value.





Soar at the State Leadership Conference

Tiffany Chiang, Vice President of Competitive Events

The State Leadership Conference (SLC) is a great way to show off what you really love to do. It is a chance for you to be recognized for the skills you've learned in your Family & Consumer Science classes. You also have the opportunity to showcase the work you and your chapter have completed in your community. At SLC you will have an opportunity to present what you love to do with a STAR event. You can choose from a wide range of topics concerning the family, the community, and children. A few of my personal favorite STAR Events are: Focus on Children, Recycle and Redesign, and Toys That Teach. Not only are you recognized for your participation in STAR events, you can also earn an award for participating in a National Program like the Power of One. Power of One is a program in which you use the planning process to complete five units to help you become a better you. It is a great way to demonstrate your ability to set a personal goal and achieve it.



There are also chapter awards you can receive recognition for. These awards include: the Gimme Five Award, the State Community Service Award and the Five Star Chapter Award. To receive the Gimme Five Award, you need to increase your membership by five members. To obtain the Community Service Award, you need to complete one or more community service projects involving the national outreach programs like No Kid Hungry. And, to receive the Five Star Chapter award, you need to have a well-rounded program of work for your chapter. So, start getting your chapter involved by recruiting members, and participating in your chapter's program of work.

SLC is not all about awards. At the conference, there will be an

amazing banquet, cool workshops, and an awesome dance party. During your time at the SLC, you will compete with students from all over Michigan and become friends with students who share similar interests. You will attend and participate in some fun and interactive workshops, hear an awesome keynote speaker, and vote for next year's State Executive Council. I personally think that a very important part of SLC will be the people you meet. You become friends at the conference and can stay connected with them through social media and instant messaging.

The State Leadership Conference is something you will not soon forget. If you score well enough on your STAR Event project, you will have an opportunity to represent your school, city and the state of Michigan at the National Leadership Conference (NLC). The NLC will take place this year in Washington DC, from July 5th to July 9th. The State Leadership Conference is the place where I fell in love with FCCLA; I hope it does the same for you!

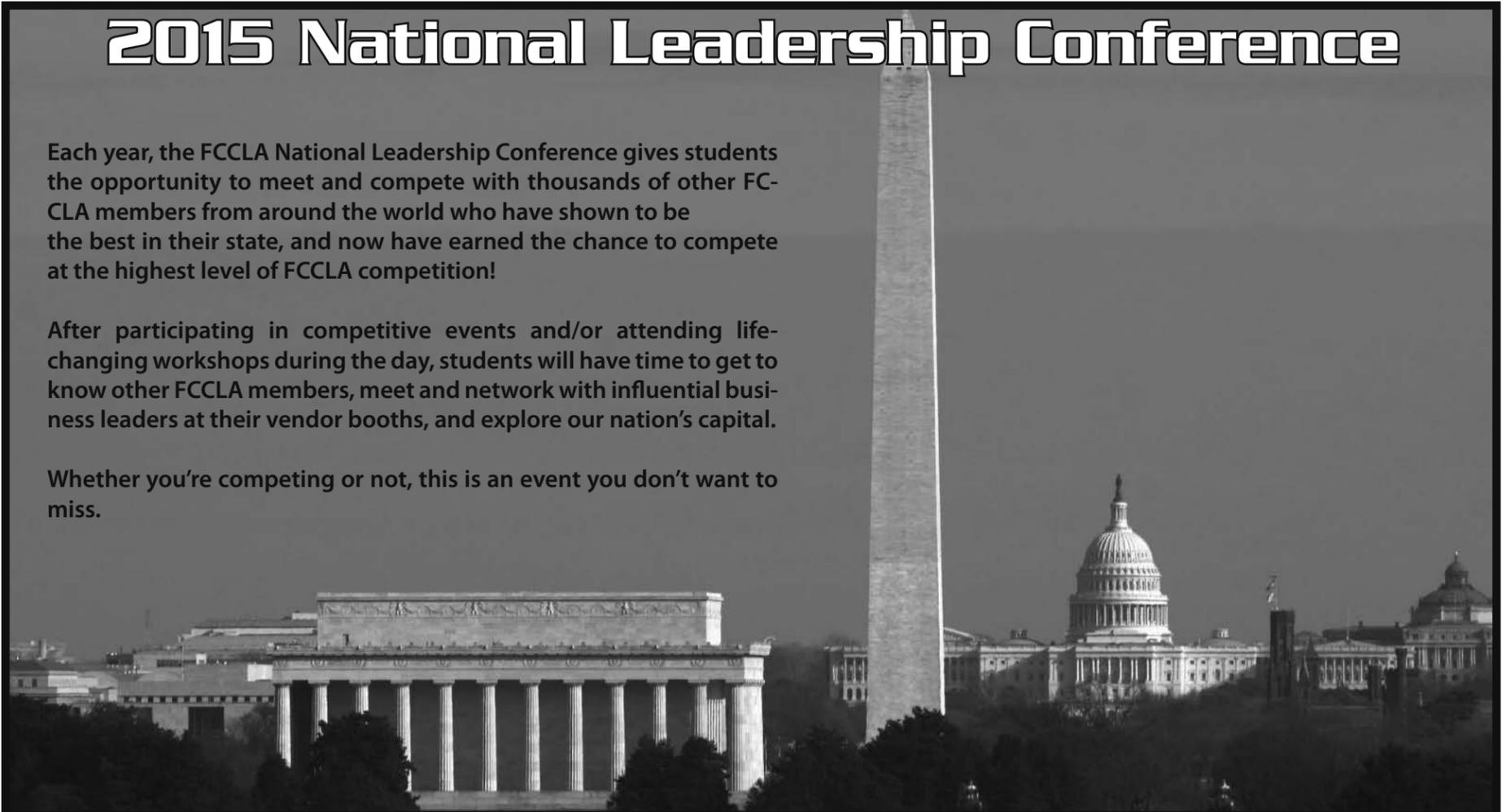


2015 National Leadership Conference

Each year, the FCCLA National Leadership Conference gives students the opportunity to meet and compete with thousands of other FCCLA members from around the world who have shown to be the best in their state, and now have earned the chance to compete at the highest level of FCCLA competition!

After participating in competitive events and/or attending life-changing workshops during the day, students will have time to get to know other FCCLA members, meet and network with influential business leaders at their vendor booths, and explore our nation's capital.

Whether you're competing or not, this is an event you don't want to miss.





Becoming a State Officer

Alicia Portice, Vice President of Programs

Have you given any thought about running for a state officer position? If you have, now is a great time to start looking into the application process. When I first decided I was going to run for state office, I wanted to make sure I knew what the job entailed. First, I went to my adviser to see if she thought I could handle this kind of position while playing sports, working, and maintain the grades I had. She was very supportive of my decision, and so were many other people. It was very comforting to know that I had so many people behind me.

To become an officer there are some specific requirements you must meet. You must be an active member in your chapter. You need to have taken a minimum of one semester in a Family & Consumer Sciences, Early Childhood, Teacher Cadet, Fashion Design, or Interior Design class, complete at least one module in Power of One, be in 9th, 10th, or 11th grade, and have a minimum grade point average of 2.7 on a 4.0 scale. You also need to have recommendations by your

chapter, and each chapter can only have 2 candidates running for state office.

When I first started thinking about being a state officer, I was terrified that I wasn't going to be able to talk in front of so many people, or do all the things I was watching the state officers do. As I got further into the process, my adviser explained to me that there would be several training seasons, so I had no reason to worry. She was right; there were meetings and rehearsals at the State Leadership Conference. In May, you will attend a three day training camp for State Officers in Dearborn, and if you decide to attend the National Leadership Conference, you will be scheduled for several officer training workshops.

The steps you need to take to start your application process are simple. Complete the State Officer Candidate Application and submit it to Michigan FCCLA before March 1, 2015. For more information on applying, you can go to the link below: <http://mifccla.org/students/running.html>.

Being a State Officer is a huge commitment and a big responsibility, but it also comes with incredible lifelong rewards. You get pushed out of your comfort zone, and are able to develop amazing leadership skills, as well as public speaking skills, the chance to travel and explore new places, and meeting new people is always on the agenda. The strangers you meet at the beginning of your term, the officer council, will become your greatest friends. If you haven't given running for State Office a thought before, I hope you will now.



Lost for Words

Gavin Yates, Vice President of Membership

In my school, FCCLA isn't very well known, which makes it hard to share my feelings towards it. It's not because our school doesn't promote it or that a lot of kids don't want to join; it's because the only way to be a member of FCCLA in my school is to be a part of one of our two teaching programs at our careers center. So basically anyone who is in FCCLA in my school wants to become a teacher, so not many people close to me get to share this awesome experience. When asked why I like FCCLA or what it means to me, I'm often lost for words. Not because I don't have a passionate feeling for it, but because I don't know how to put it into words.

FCCLA isn't just some club that I'm a part of; it has really changed my life. Because of FCCLA,

I have developed many leadership and public speaking skills that I can use in my life. It has also changed my outlook on life; it makes me think before making decisions. "Would a good leader do this?" I ask myself. It also has given me a lot of confidence. When programs and classes were looking for a leader, I used to hide in the back and not step up. Not anymore. Because of my experience in FCCLA, I can now tell myself that I am a leader and I can do this. Besides helping me with certain skills, FCCLA has been a lot of fun. I have met so many great people that I am still in contact with and will continue to stay in contact with. I have shared a lot of laughter with my FCCLA family and always come back from FCCLA events with stories to tell. It has definitely been the ultimate leadership experience.

Words cannot express how thankful I am that somewhere down the road, I decided I wanted to be a teacher, was placed in that careers center program, which allowed me to join FCCLA, and ultimately become a state officer. My parents, my friends, and others close to me have pointed out how this organization has had a positive effect on my attitude and the way I live life. I joined FCCLA completely ignorant to the fact that it would be the best decision of my life. I am extremely thankful for the experience and opportunities it has provided me. As a senior, this is my last year as an FCCLA member. Although I will always keep with me the relationships, memories, skills, and happiness that FCCLA has brought me, I know it will feel like something is missing after I say goodbye.



My Endless Toy Box

Alicia Portice, Vice President of Programs

FCCLA has been a big part of my life. This organization has so many unique qualities, and I'm so thankful to be a part of it. When I was a freshman in high school, my adviser, Mrs. Jacobson, asked me to be a chapter member. I was busy with sports and trying to adjust to high school, but my friends didn't care; they all knew I could handle it, so they pushed me into it. I didn't realize how important that day was until I was elected as a state officer. FCCLA would help me out in the future in so many ways that I wouldn't get just playing sports.

Your childhood toy box was filled with endless amounts of your favorite toys. Well I think FCCLA is my toy box because every time I open it up, there is an abundance of new ideas and 'toys' for me to grab onto and learn more about.

I have a huge family, so it is essential that we communicate properly and work together. And this organization has taught me many things over the years involving my family. My future career plans are to become a dentist. It will take many years of college to get through, but FCCLA has given me skills such as perseverance, dedication, and self-confidence.

I live in a very small town where everybody knows my name and what I do. Before I joined FCCLA, I didn't do much community service. Now, I can't even walk down town without getting another task to complete. In my eyes, it is very nice and it feels good to help others and to see their gratitude when it's all done. When I hear other people talk about me in a positive way around the community you can't receive that feeling any other way.

Some people feel that a leader is someone who takes charge, does all the work, and demands things from their coworkers. I thought the same thing before I became a part of FCCLA. A leader is really someone who pushes others to do their best, and encourages others along the way. And is even someone who doesn't need to be noticed to feel good about who they are.

Now, all of the items above are things I have in my toy box, but they are more successful when you have a great organization helping you learn leadership skills throughout the years. FCCLA means so much to me, and I can truthfully say that I don't know where I would be without it. Make the most out of every project you can, and try to learn a new skill as often as possible. Honestly, I didn't regret diving into my toy box, and I'm positive you won't either!