



# Power of One Basics

## Introduction

Make your goals come true with **Power of One**. It's as easy as—

1. Choose a personal concern
2. Create a plan
3. Carry out steps to meet your goal.

You can download a **PowerPoint presentation** of this section from the FCCLA website. You can also download PDF versions of reproducible handouts on **Who Has the Power** and **Power of One Basics**, and any other blue, bolded items throughout the Power of One program materials.

[Please note: In addition to its use with students as an introduction to Power of One, the PowerPoint presentation can also be used in an abbreviated form to introduce other audiences—PTO/PTA, school board, faculty, parents, community members, etc.—to FCCLA programs. Beginning with slide #28, titled "Power of FCCLA," the slides give a brief overview of FCCLA programs.]

## WHO Can Participate in Power of One?

Any state and nationally affiliated FCCLA member can take part in **Power of One**.

## WHAT Is a Power of One Project?

A **Power of One** project is an individual activity you create to reach a personal goal. Your project should relate to subjects taught in Family and Consumer Sciences and FCCLA. Projects must involve in-depth effort.

Each **Power of One** unit includes suggested projects. Feel free to adapt a project to your needs or develop your own project. Make sure your project relates to the unit and has been approved by your FCCLA adviser.

A project used in other FCCLA activities may be adapted for **Power of One** as long as it is an in-depth individual activity. For example, if you do a project on family councils in the Families First program, you can use parts of that project again in the **Power of One** unit, "Family Ties," by holding family council meetings at home.



## HOW Much Time Do I Have to Spend?

You have no time limit and can work at your own speed. You should set a date for when you will complete your project. Your FCCLA adviser may give you a deadline.

## HOW Do I Do Power of One?

Getting started is easy. Just choose a unit that interests you. You may want to do all five units some day, but just choose one to start. The units do not have to be completed in any particular order.

Then follow these steps for each **Power of One** project:

- Identify a personal goal
- Plan a project using the **Five Step Planning Process**
- Meet with your adviser and/or an evaluation team
- Complete your project
- Submit the project to your adviser and/or evaluation team
- Be recognized by submitting forms at local and state levels.

You may do other units in the future. If you change schools or advisers, you may take your FCCLA records with you and pick up where you left off.

## WHO Can Help guide me in this project?

You may have a one- or two-person evaluation team to guide you through your **Power of One** project. Your team can help you select an appropriate project, put you in touch with useful resources, and evaluate how well you achieve your goals.

An evaluation team may simply be your adviser, or your adviser and another resource person. Your team members may be other FCCLA members or adults. They should be people you feel comfortable with, since you will turn to them for ideas and help.

You are not required to have an evaluation team.

## Power of One Recognition

A **Power of One** project offers many rewards. You'll have new experiences, learn about yourself, and develop useful skills. Your project(s) can add to your learning and become part of your student portfolio.

Your hard work will also be recognized at three levels--local, state, and national FCCLA.



## Local

You or your adviser may purchase a recognition item for each **Power of One** unit you complete. Items may be ordered from the FCCLA emblematic supplier, API. These items are available to order through the FCCLA Web site, [www.fcclainc.org](http://www.fcclainc.org).

Different colors represent each unit. The colors for each unit are:

- A Better You—White
- Family Ties—Blue
- Working on Working—Gold
- Take the Lead—Green
- Speak Out for FCCLA—Red

Your chapter may plan special recognition for members who have completed **Power of One** units, such as placing notices in the school newspaper or giving helium balloons, stickers, or ribbons.

## State

Ask your chapter adviser how to apply for **Power of One** recognition in your state. Many states recognize members who have completed all five units; some honor those who have completed fewer. After members complete all five units, some states award certificates at their state meetings; others mail certificates to members. Contact your state adviser for information. State advisers' contact information is found in the "Membership Map" section of the FCCLA Web site, [www.fcclainc.org](http://www.fcclainc.org).

## National

After you submit the **Five Unit Recognition Application** for state recognition, your state adviser will inform national headquarters by April 1 if you have completed all five units. Your membership dues must be postmarked to national headquarters by March 1 for you to receive national recognition.

Members who have completed all five units and submitted an application through the state adviser will receive a letter of congratulations from national FCCLA. This letter can be a valuable addition to your student portfolio.



## Power of FCCLA

**Power of One** is just one of many national FCCLA programs. Your **Power of One** project may lead you to become involved in another program or a Competitive Event. Or, another program may spark the idea for a Power of One project.

Each **Power of One** unit lists related programs. Here is an overview of the national FCCLA programs, tools, and focus areas.

### National Programs

- **Career Connection.** Learn how to explore career pathways and skills for success in families, careers, and communities.
  - **Leaders at Work.** Enhance your job skills and gain valuable on-site work experience. Part of Career Connection.
- **Community Service.** Take action in your community and discover the difference you can make.
- **Dynamic Leadership.** Try new leadership experiences and investigate exciting topics through interactive participation in various activities.
- **Families First.** Discover how you can strengthen family relationships through this national peer education program.
  - **Japanese Exchange.** Experience another culture and develop independence while living with a Japanese host family. Part of Families First.
- **FACTS** (Families Acting for Community Traffic Safety). Put the brakes on impaired driving and traffic crashes. Through peer education, help your friends arrive alive and lower the number one cause of death for youth in America
- **Financial Fitness.** Help your peers make, save, and spend money wisely to be financially fit
- **Power of One.** Give yourself the power to make a positive change in your families, careers, and communities, one goal at a time
- **STOP the Violence.** Empower youth with attitudes, skills, and resources to recognize, report, and reduce youth violence
- **Student Body.** Help your peers eat right, be fit, and make healthy choices.

### Competitive Events

**STAR Events** (Students Taking Action with Recognition). Earn recognition for proficiency and achievements in leadership and job-related skills. Check the Competitive Events section of the website for a updated list of events.

For more information on FCCLA programs, visit [www.fcclainc.org](http://www.fcclainc.org) or call 703-476-4900.

Each of us has the power to fulfill our dreams. It only takes one person to make a wish come true. That person is you!