

Idaho FCCLA Newsletter

Mid-Winter Issue 2018



!Inspired
by **FCCLA**

FCCLA Fun Facts!

- FCCLA is the only in-school organization with the family as its central focus
- FCCLA has a national membership of 160,000 young men and women in nearly 5,400 chapters

Active Leaders **FCCLA**
TOGETHER
Stronger Healthy **WE** Family
Ready **ARE...**



Tips for District STAR Events

Getting a little nervous about Districts? Don't be! You have nothing to fear. If, however, you are freaking out a little bit about your project, here's some tips that I promise will help you get through the day slightly easier. First off, get plenty of sleep the day before districts. Being fully rested the day of competition will help you to stay focused and energized. When you arrive to your competition location, find out the time you compete and the room you're competing in. Doing this will help you to know right where you need to go when it is time for you to compete. Also, arrive at your competition room at least 15 minutes prior to your scheduled time to compete. This way, you can make sure that you're on time, and judges like someone who is punctual. The last little piece of advice that I can give to you is probably the most important: don't be afraid to ask questions! If you are confused on what to do, look for someone who looks like they know what they're doing and ask them. Chances are they'll be super helpful and they'll tell you right where you need to be, or they might say they're in the same boat as you and then you guys can look together on where to find help and direction. I hope you all have a great time at districts! If you have any questions about your District STAR Events, contact your District Advisor, I guarantee they'll be happy to help. Good luck with your projects!

State Leadership Conference

Our state leadership conference is just around the corner, and I could not be more excited for everything we have planned this year! We will be hearing from Adrean Cavener for our keynote during opening session, and I cannot wait to hear what she has for us! Also, she is the human resources manager for Dutch Bro's, and if you hit up her workshop, you might just get a few prizes! One of the other fun things we're doing that you can all look forward to is Wahooz again! For those of you who don't know, Wahooz is a go-kart racing, laser tag, and arcade fun center. We went last year, and it was a blast! I will totally race anyone! Then we end the conference with our banquet! I love seeing everyone get all dressed up for the banquet. It is always a good time is SLC, and I hope to enjoy it with all of you!
~Lyndi Loveland, President



“A leader is one who knows the way, goes the way, and shows the way.”

~John C. Maxwell

Becoming a State Officer

Have you considered running for state office? Are you simply curious about the process? A year ago I was in the same position. In this article I hope that I will be able to answer any questions you may have, as well as give you some tips.

The steps involved for those running is composed of an application, FCCLA proficiency test, in-person interview, and short campaign speech. Let's discuss the first step. The application package has enclosed all the information you will need to know about your responsibilities as a state officer, from expenses to conference dates. Of course, the application itself is in that package, and is a total of nine pages, so it is important to start filling it out now, since it must be postmarked by March 9th to meet the submission deadline. You can find the link to the application package at the end of this article.

Next step, the FCCLA proficiency test. After your application has been reviewed, you or your advisor will receive an email with a login and password for an online test. This test covers much of the information one would need to know for the knowledge bowl. Brush up on the creed, colors and their meanings, mission, tagline, motto and other significant facts about FCCLA. I'll include below a link that will help you study, or you can visit the quizlet website and search "FCCLA knowledge" which will provide you with plenty of resources. You may be asked some questions in the face-to-face interview as well.

Speaking of the interview, I promise it's not as intimidating as it may sound. Make sure to be there early and in official dress. If you have access to a red blazer, by all means wear it. They will call you in, and there will be around 5 interviewers. Be prepared for questions addressing issues such as scheduling conflicts, public speaking, and your previous involvement in FCCLA.

Now for the campaign speech. You will deliver it in front of your district during your district meeting and then be asked to grab an item (such as a pen or rubber band) out of a bag and give a statement relating the item to FCCLA and how you will be a leader. Just make sure that it isn't longer than the time limit you're given--usually five minutes or less.

We've covered the basics, so here are a few tips for you:

- 1) **Dress to Impress**- Follow dress code and wear what you feel good in.
- 2) **Know the Org**- Study FCCLA facts, memorize the creed, and know what you'll represent.
- 3) **Act Confident**- You have nothing to lose, so speak clearly and with a smile.
- 4) **Be Professional**- First impressions are vital, make sure you make a good one.
- 5) **Make Friends**- Building relationships with your fellow candidates and members will go a long way in office.

<https://cte.idaho.gov/students/student-organizations/fccla/>

<http://www2.edutech.nodak.edu/fccla/PDFs/fccla-study-guide.pdf>

Social Media

Your state officer team has something exciting planned for you all at the State Leadership Conference. We are having a dance competition. We ask that you send in a video of your dance. The deadline for all videos to be submitted is **February 15th**. You can submit the videos to ... The winner will be announced shortly after and will have the opportunity to perform at the State Leadership Conference.

Important Links

Idaho FCCLA Website

<https://cte.idaho.gov/students/student-organizations/fccla/>

FCCLA National Website

<http://fcclainc.org>

FCCLA PSA

<https://www.youtube.com/watch?v=36cfSbQSFJw&feature=youtu.be>

Outreach

Most of you know our state has chosen the National Program STOP the Violence. Throughout the year we are focusing on STOP the Violence in particular, suicide awareness. Our State Officers wanted to learn more about suicide awareness. So, we reached out to Lisa Simonson from the Idaho Suicide Prevention Hotline (ISPH). We were able to have Mrs. Simonson come and inform us about suicide. She also told us a lot about the Idaho Suicide Prevention Hotline. The Idaho Suicide Prevention Hotline is an organization where the workers are volunteers and the money the Idaho Suicide Prevention Hotline receives goes towards their buildings, food, electricity and telephones. All of the State Officers thought that the Idaho Suicide Prevention Hotline was such an amazing organization and wanted to donate back to them through our outreach project. So, we came up with the idea of selling bracelets to sell to students all around the state. With those bracelets, all of the profit will get donated to the Idaho Suicide Prevention Hotline. You can buy those bracelets from your FCCLA advisors. Also a thing to remember, the bracelet money is due February 11, 2018. So if you haven't bought a bracelet yet, you still can!

PROJECT ;
“your story is not over”