

Step One FCCLA Study Notes

Texas Association, Family, Career and Community Leaders of America

Below are notes to study for the Step One FCCLA:

- What does FCCLA stands for?
- The FCCLA colors are what?
- What is the official flower of FCCLA?
- FCCLA was founded June 11, 1945 in Chicago, Illinois
- FCCLA Planning Process:
 - Step One: Identify Concerns
 - Step Two: Set a Goal
 - Step Three: Form a Plan
 - Step Four: Act
 - Step Five: Follow Up
- The FCCLA motto is _____.
- The FCCLA tagline is _____.
- What date did the name change from FHA to FCCLA?
- The Power of One Units:
 - An individual self-directed program that acknowledges members who make a difference in their own lives by setting goals and taking action
 - The colors are red, green, blue, gold and white
 - Colored pins are given out on a local level
 - The Five Units:
 - Family Ties
 - Improve better family relationships
 - A Better You
 - Improve personal traits
 - Take the Lead
 - Develop leadership skills
 - Speak out for FCCLA
 - Tell others about positive experiences in FCCLA
 - Working on Working
 - Explore work options, prepare for a career, or sharpen skills useful in business
- National Programs
 - Career Connections
 - Help teens link options and skills for success in families, careers, and communities
 - STOP the Violence
 - STOP: Students Taking on Prevention
 - Recognize, Report, Reduce
 - Families First
 - Strengthening the family
 - Japanese Exchange Program
 - Spend 6 weeks during the summer in Japan
 - FACTS
 - Families Acting for Community Traffic Safety

- Car safety
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- Financial Fitness
 - Involves peer education in banking basics
- Leadership Service in Action
 - Formerly community service
- Power of one
 - Five Units: A Better You, Family Ties, Working on Working, Take the Lead, Speak Out for FCCLA
- Student Body
 - Health and wellness
- STAR Events:
 - STAR: Students Taking Action with Recognition
 - Entry deadline is December 1
 - Advocacy
 - Applied Math for Culinary Management
 - Career Investigation
 - Chapter Service Project Display
 - Chapter Service Project Portfolio
 - Chapter in Review Display
 - Chapter in Review Portfolio
 - Culinary Arts
 - Digital Stories for Change (on-line)
 - Early Childhood Education
 - Entrepreneurship
 - Environmental Ambassador
 - Fashion Construction
 - Fashion Design
 - FCCLA Chapter Website (on-line)
 - Focus on Children
 - Food Innovations
 - Hospitality
 - Illustrated Talk
 - Interior Design
 - Interpersonal Communications
 - Job Interview
 - Leadership
 - Life Event Planning
 - National Programs in Action
 - No Kid Hungry National Outreach Project
 - Nutrition and Wellness
 - Parliamentary Procedure
 - Promote and Publicize FCCLA
 - Recycle and Redesign
 - Sports Nutrition
 - Teach and Train

Proficiency Events: (state events that do not advance to National competition)

- Mystery Basket
- Serving up Success

Skill Events: (available only at cluster and national meetings)

- Consumer Math Challenge

- Culinary Chicken Fabrication
- Culinary Food Art
- Culinary Knife Skills
- Culinary Math Challenge
- FCCLA Creed Speaking and Interpretation
- Impromptu Speaking
- Speak Out for FCCLA
- Toys that Teach
- Family and Consumer Sciences Knowledge Bowl
- Family, Career, and Community Studies
- Early Childhood and Human Development
- Food Sciences, Dietetics, and Nutrition
- Hospitality, Tourism, and Recreation
- Fashion and Housing Design
- FCCLA Knowledge

Other Opportunities

- Life Smarts:
 - Consumer Rights and Responsibilities
 - Environment
 - Health and Safety
 - Personal Finance
 - Technology

Family and Consumer Sciences Assessments (formerly LEO's)

- Child Development
- Consumer Math
- Creed, Mission, and Purpose
- Culinary Arts
- Education and Training
- Etiquette
- Hospitality
- Interior Design
- Job Interview
- Parliamentary Procedure
- Step One

General Information:

- The address for the state headquarters is 1107 West 45th, Austin, TX 78756
- The national headquarters is in Reston, Virginia
- Our State Advisor is Sharon Reddell Pierce
- The National Executive Director is Sandy Spavone
- FCCLA is the only student led organization with family as its central focus
- There are 53 state associations including the 50 states, Puerto Rico, The Virgin Islands, and the District of Columbia
- Meetings and Officers
 - National Meetings
 - State Meetings
 - Region Meetings
- The national FCCLA magazine is *Teen Times*
- FCCLA week is the second week in February

- The Texas FCCLA website is www.texasfccla.org
- The national FCCLA website is www.fcclainc.org
- The red rose is the official flower of FCCLA
- In Boston, MA in 1999 there was a name change from FHA/HERO to FCCLA
- FCCLA stands for Family, Career and Community Leaders of America
- Creed:

We are the Family, Career and Community Leaders of America
 We face the future with warm courage and high hope
 For we have a clear conscious of seeking old and precious values,
 For we are the builder of homes,
 Homes for America's future.
 Homes where living will be the expression of everything that is good and fair,
 Homes where truth and love and security and faith will be realities not dreams.
 We are the Family, Career, and Community Leaders of America.
 We face the future with warm courage and high hope
- Mission:

To promote personal growth and leadership development through Family and Consumer Sciences Education. Focusing on the multiple roles of family member, wage earner and community leader, members develop skills for life through character development, creative and critical thinking, interpersonal communication, practical knowledge and career preparation
- There are eight purposes:
 - 1: To provide opportunities for personal development and preparation for adult life
 - 2: To strengthen the function of the family as a basic unit or society
 - 3: To encourage democracy through cooperative action in the home
 - 4: To encourage individual and group involvement in helping achieve global cooperation and harmony
 - 5: To promote greater understanding between youth and adults
 - 6: To provide opportunities for making decisions and for assuming responsibilities
 - 7: TO prepare for the multiple roles of men and women in today's society
 - 8: To promote Family and Consumer Sciences and related occupations