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.

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.
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.

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 raise money for a cause in their community. Other chapters do 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!

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.
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!
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 maintaining 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.

Becoming a State Officer

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.

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