

Nebraska FCCLA Red Leader

FCCLA®



Get STARTed on STAR Events!

By Alyssa Bell, Vice President of Membership

Hello Nebraska FCCLA! It has been a crazy couple of months. Everyone is starting school and District Leadership Conferences are in full swing. This is also the time of the year when members will START thinking about STAR projects.

This year FCCLA has made a few changes to the STAR levels. Instead of having a junior level and senior level, there will now be three levels. The first level is grades through 8. The second level is grades 9 through 10. The third level is grades 11 through 12. This change will be implemented this year at the district, state, and national levels. Because of this change, members will have a greater chance of competing at the State Leadership Conference and at the National Leadership Conference. These level changes will only be implemented for National qualifying events. The Nebraska STAR events will stay in the junior and senior categories.

When picking STAR event, first ask yourself the question of what you are interested in. With a STAR event, members can do pretty much whatever a member is passionate about. After a member has an idea of what they like to do, they should go the national FCCLA website to discover all the different categories one can compete in. STAR is inclusive with all fields of interest, so there is something for everyone.

After a member has picked a STAR event of their choice, they can start the planning process. All events begin with the planning process. This includes identifying concerns, setting a goal, forming a plan, acting, and follow up. The planning process is important to the success of any STAR project.

These events can help members explore new career fields that they never thought they would be interested in, or even just be a fun project to do with a friend in your chapter. I believe that this year members can Fuel their Passion through STAR events. If you have any further questions about STAR events contact one of our state officers. Our contact information is at www.nebraskafccla.org. To keep up with updates about FCCLA follow us on our social media.

October 2019

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Coming Up:

October

31 Chapter Spotlight in November Red Leader deadline

31 Member of the Month Application deadline

November

15 November Red Leader Published

15-17 National Fall Conference – Dallas, TX





National Program Highlight: Japanese Exchange Program

By Jaiden Johnson, Vice-President of Programs

"Do you got plans tonight? I'm a couple hundred miles from Japan, and I was thinking I could fly to your hotel tonight. 'Cause I-I-I can't get you off my mind." Hey Nebraska FCCLA have you ever dreamt about getting lost in Japan? Well if you have then this month's National Program is for you! The program Japanese Exchange is a scholarship funded by the Kikkoman Corporation. It is an amazing opportunity for FCCLA students to be a foreign exchange student in Japan for four to six weeks during mid-June through late July. If you apply you can be one of the 14 FCCLA students selected. As if I haven't sold you enough about this great opportunity, the Japanese Exchange also includes round-trip international travel, placement with carefully selected host parents, three days of Japan-specific orientation, and many more accommodations. Nebraska FCCLA, if you take this opportunity you can be singing "I'm so fancy. You already know. I'm in the fast lane from L.A. to Tokyo." Nebraska even just had a student who took this opportunity. You probably know her as you 2018-2019 VP of Public Relations, Rashelle Neefe. If you are looking to be just like Rashelle then you can find the scholarship application on the Youth For Understanding - USA website and is due January 13, 2020.



Chapter Spotlight: O'Neill FCCLA Color Explosion

This year the O'Neill FCCLA Chapter started off the year with a colorful explosion! Each member was able to personalize a t-shirt with tie dye just like they can personalize their FCCLA experience! We also enjoyed walking tacos and treats while we discussed all of FCCLA's opportunities. We can't wait to see what this year has in store for all of our members!





Chapter Spotlight: Logan View FCCLA Labor Day Face Painting

Logan View FCCLA sophomore member, Elizabeth Hill, provided face painting for children in the Uehling Park during their Labor Day Celebration on Sunday, September 1st. Children could choose from a wide variety of designs.

How to Avoid Procrastination

By Sydney Schildt, Vice President of Development

“Don’t wait. The time will never be just right” -Napoleon Hill. Procrastination is often referred to as the thief of time. Do you ever find yourself putting off an assignment to do something more enjoyable? This is something I often find myself doing. Everyone seems to think what they want done is the priority. Everything can’t be a priority. Everything can’t be at the top of the list. I know we all are still going to procrastinate, at least I still will, but here are some tricks to follow to try and avoid it.

First, get organized. If you don’t have the due date of an assignment written down somewhere, are you really going to remember? Have a goal set to get assignments done the day before there due. Keep a planner or set reminders on your phone to help stick to your goal. Second, get rid of any distractions. It is important to give assignments your full attention so you can actually learn the material and understand the concept. Distractions not only include your cell phone and television, but also any noises that may guide you off track. Set yourself in a quiet environment and if you are the type that need some noise, consider playing classical music or any other soothing noises that can help you concentrate. Next, get the hard stuff done first. If you have an assignment that is worth a large percentage of your grade set your focus on that class. It will be easier to tackle the small assignments once the large assignments are out of the way. A final way to avoid procrastination is to tell someone you trust your goal. Having someone, other than yourself, becoming aware of your goals will allow you to accomplish them. It also doesn’t give you an excuse as to why you waited until the last minute. Once you reach your goals, reward yourself so you have something to look forward to after.

I know most of us live busy lives but don’t just sit around waiting for things to get done on their own. It takes time and effort to stop procrastination, but I believe that we all have the potential of doing it.



Chapter Spotlight: Wayne FCCLA Getting Started

Wayne FCCLA has had a great start to our first year! Wayne FCCLA started recruitment in the spring by holding a school wide pep rally. Former Nebraska State President, Viktor Jonseth, and 2018-2019 VP of Development, Yasmine Bender, presented to the student body about what FCCLA is and how FCCLA benefits you now and in the future. Viktor Jonseth said it best, "It is called Family, Career and Community Leaders of America. The focus are those first three words in that order." Wayne FCCLA has hosted two recruitment nights, sixth grade recruitment, popsicle recruitment, Homecoming Show for nursing home residents, and catered for a local tailgate. Future plans include a Jana's Campaign school assembly, baked potato bar, monthly family nights, and Wayne State collaboration for a FCS Career Conference.

The High School President, Claire states, "I am looking forward to all the new opportunities that come along with FCCLA. The community service, leadership opportunities, and chapter events that we have planned will make a big impact on not just us members, but everyone around us. It's amazing to see all the members come together and have everyone's ideas blossom. We have some very exciting and unique ideas that I'm eager to showcase to the school and community. We are building a strong foundation for a great FCCLA program at Wayne Junior/Senior High School. There is a place for everyone in FCCLA, and I'm ecstatic to keep spreading our influence far and wide for the years to come."

Wayne Community Schools currently has a membership number of 95 students in grades 7-12. The students are excited to serve their community through education and service. Thank you to Nebraska FCCLA for your support and resources as this chapter has begun. Without YOUR stories this would not have been the success that it is.

"I am so excited for FCCLA because it is inclusive for everybody! There are so many opportunities to learn leadership skills and to connect with new people!"
- Kendall, Member

Your future and FCCLA!

By Makenna Welke, Vice President

Hey Nebraska FCCLA! Have you ever wondered, "dang, what am I going to do out of high school? What career do I want to pursue?" I know I have! But thanks to FCCLA, I was introduced to career pathways and now I know what I want to do in the future! The career pathways are truly full of endless possibilities. FCCLA introduces 4 specific pathways: Human Services, Hospitality and Tourism, Education and Training, and Visual Arts and Designs. These pathways include fields in Culinary Arts, Fashion Design, Hospitality Management, Early Childhood Development, and so much more! A great way to explore these paths is through STAR Projects and the Career Connection national program! If any of these pathways sounds like something you'd like to look in to, totally go for it! Thanks to FCCLA, members are equipped for their futures!



Capital Leadership in Review

By Sydney Erickson, President

"I'm just a bill, sitting up on Capitol Hill..." Wow Nebraska FCCLA! Alexis, your State Secretary, Kristin, your State Adviser, and I, your State President, had an amazing time at Capitol Leadership from September 29th to October 2nd! From meeting leaders across the nation to advocating for Career and Technical Education on Capitol Hill, I'm excited to share the ins and outs of Capitol Leadership with all of you!

After a bumpy flight, we arrived at Ronald Reagan National Airport in Washington D.C. Sunday afternoon. From there we had a short drive to our beautiful conference hotel, the Omni Shoreham. This hotel has hosted many historic events, including Bill Clinton's and Franklin D. Roosevelt's inaugural ball. Sunday evening we had the opportunity to explore D.C. and some of its famous monuments before the conference.

The next day, we went on a tour of the U.S. Capitol with the help of Senator Deb Fischer's office and we also saw the Holocaust Museum. That evening we gathered with 130 fellow FCCLA members from across the nation as the Capitol Leadership Conference began! The conference started with past National Officer, Zack Love, explaining about life for a Congressman in D.C. and how bills become laws. Next, a representative from the Association for Career and Technical Education spoke to us about their initiative to double the funding for Career and Technical Education and how this would affect students across the country. Jane Lucas, past National Officer and past presidential adviser, led the advocacy training portion of the evening. She explained the importance of advocacy and the impact it leaves on legislators. Finally, the National Officers led an activity called the Hill Day Role Play, where we worked on our advocating skills.

On Tuesday, we woke up bright and early to head over to Capitol Hill to advocate for FCCLA, Family and Consumer Sciences, and Career and Technical Education. We had the amazing opportunity to meet with staffers from Senator Deb Fischer's, Senator Ben Sasse's, and Representative Adrian Smith's offices. During these meetings, we shared our experiences in FCCLA and talked about the benefits of increased funding for FCCLA, FCS, and CTE. We also visited the offices of Representative Jeff Fortenberry and Representative Don Bacon. While there we dropped off information about Nebraska FCCLA and the benefits of doubling the funding for Career and

Technical Education. After a successful day on the hill, we concluded our time in D.C. by reflecting on our visits and the importance of advocating.

Overall, Capitol Leadership was an incredible experience. We can't wait to use everything we learned in Washington D.C. to continue advocating for FCCLA, FCS, and CTE and utilize our skills on the state level!



Nebraska FCCLA

Nebraska Family, Career and Community Leaders of America (FCCLA) is a dynamic student organization which holds the family as its central focus. We promote leadership and service in the family, career, school and community and help members improve themselves and the world in which they live.

FCCLA is a national Career and Technical Student Organization that provides personal growth, leadership development and career preparation opportunities for students in Family and Consumer Sciences education.



Nebraska FCCLA

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