

# Nebraska FCCLA Red Leader

# FCCLA®



## What Does Your Future Hold?

By Taylor Svoboda, Secretary

The Future. Those two words hold so much uncertainty and hope, it can be intimidating to even think about them. The future holds unknowns for everyone, and learning how to prepare for the future, and whatever it may hold, is one task that should not be taken lightly. FCCLA provides many resources to help you prepare for the future. Each National Program has some aspect you can use in your future life, and through A Day in Your Future, STAR Events, and Skill Demonstration Events, you can specifically see the correlation to helping you prepare for the future you want. Each of these can help build skills useful in any future, including career readiness, responsibility, organization, creativity, and more.

Employers look to hire people they can trust and who have knowledge on the subject at hand. Having experiences that pertain to your future can also help you decide what you do or do not want to do in your future career. For example, if you are competing in the STAR Event Entrepreneurship, and realize that you enjoy finding the break-even cost of your start-up business and figuring out the financial side of things, you may want to seek a future in accounting. Maybe in that same project, you also find that you did not enjoy making flyers and newspaper ads, it would be a good indicator that marketing is not for you.

A great way of gaining workforce experience in a real-life setting is by trying the FCCLA state-wide job shadow initiative “A Day in Your Future”. This program helps connect students with occupations in Family and Consumer Sciences and allows them to gain valuable experience shadowing at a business close in proximity to them, that relates to a career they are interested in. There is a long list of possible career choices for this event on the Nebraska FCCLA Website under Programs, A Day in Your Future. The registration deadline for this program is October 1st, so now is the perfect time to fill out the application and to start your journey of preparing for the future.

By participating in STAR Events you can gain an amazing amount of life skills that would prepare you for any future. There are specific STAR Events, though, that pertain directly to future career opportunities. These include Career Investigation, Entrepreneurship, Event Management, Hospitality, Tourism and Recreation, Teach and Train, as well as many others. One great STAR event that is applicable to any future is Job Interview. In this event, participants create a portfolio of their experiences, a resume, letters of recommendation, and fill out a job application for a job before participating in a mock interview on competition day. Overall, this is a great opportunity to gain experience being interviewed, which is a major part of obtaining future employment.

Although not as broad of subject choices when it comes to relating back to your future, Skill Demonstration Events are great for those who want to gain experience, and have a specific career they would like to prepare for. These events such as the Education and Training Challenge or the Interior Design Challenge are perfect ways to gain knowledge and experience working in a particular field. Adding these events to any resume will help employers see that you are seasoned and have knowledge in your occupation.

Preparing for the future doesn't have to be intimidating. There are ways to make it fun and purposeful through the opportunities FCCLA provides. These opportunities to explore career pathways and become more prepared for whatever the future may hold can make an enormous difference when it comes to your future. Whether you have your future laid out or have no idea what to expect, the present is the perfect time to prepare for all the uncertainties of life, and through FCCLA, you can turn stressful situations into success!

## September 2020

### Inside this issue

Stigma Surrounding Mental Health .....	2
Advisers: LifeSmarts 101 .....	3
Power of One .....	4
Boyd County FCCLA.....	4
Flash to the Past.....	4
Chapter & Member of the Month .....	4

### COMING UP...

#### September

- 21 Virtual Fall Leadership Workshop
- 30 Chapter Spotlight & Flash to the Past for October *Red Leader* due
- 30 October Adviser, Member, & Chapter of the Month nominations due

#### October

- 1 A Day in Your Future applications due to State Adviser
- 16 A Day in your Future participants notified





## The Stigma Surrounding Mental Health

By Conner Oberhauser, First Vice President

One of the most significant challenges people struggling with mental health face is stigma. Stigma is when someone, or even yourself, views a person in a negative way because that person has a distinguishing characteristic that's thought to be a disadvantage (a negative stereotype). Unfortunately, negative attitudes and beliefs toward people who have a mental health condition are common.

Stigma can lead to discrimination. Discrimination may be obvious and direct, such as someone making a negative remark about your mental illness or your treatment. Or it may be unintentional or subtle, such as someone avoiding you because the person assumes you could be unstable, violent or dangerous due to your mental illness. You may even judge yourself.

Some of the harmful effects of stigma can include:

- Reluctance to seek help or treatment
- Lack of understanding by family, friends, co-workers or others
- Fewer opportunities for work, school or social activities
- Bullying, physical violence or harassment
- Health insurance that doesn't adequately cover your mental illness treatment
- The belief that you'll never succeed at certain challenges or that you can't improve your situation

There are many ways we can overcome this stigma. Here are a few ways you can deal with stigma:

- **Get treatment.** You may be reluctant to admit you need treatment. Don't let the fear of being labeled with a mental illness prevent you from seeking help. Treatment can provide relief by identifying what's wrong and reducing symptoms that interfere with your work and personal life.
- **Don't let stigma create self-doubt and shame.** Stigma doesn't just come from others. You may mistakenly believe that your condition is a sign of personal weakness or that you should be able to control it without help. Seeking counseling, educating yourself about your condition and connecting with others who have mental illness can help you gain self-esteem and overcome destructive self-judgment.
- **Speak out against stigma.** Consider expressing your opinions at events, in letters, or on the internet. It can help instill courage in others facing similar challenges and educate the public about mental illness.

Others' judgments almost always stem from a lack of understanding. Learning to accept your condition and recognizing what you need to do to treat it, seeking support, and helping educate others can make a big difference!

# Advisers: Everything you Need to Know About LifeSmarts!

By Samuel Coble, Vice President of Competitive Events

We are always learning about life no matter our age, and through the new Nebraska FCCLA partnership with LifeSmarts we can all learn about important aspects of future careers, and skills that will help us throughout our life! Here is everything you need to know about the LifeSmarts competition, including how to sign up, what to expect, and the first virtual competition date.

The first step to participating is registering your team, which starts with the advisers. To begin, go to Lifemarts.org, once you are on the homepage on the right side located on the top ribbon is the “register” button. Whoever will be the coach must register first. The registration process is quick and easy; be sure to remember your password and username as you will use them each time you log-in. Once you



## LifeSmarts

*Learn it. Love it.*

register you will automatically be directed to the coach’s dashboard. Now it’s time to create your teams! Under the ‘Welcome Coaches’ ribbon there is a blue banner with a button for “My Teams.” You should go to this tab to register your team. Please name your team as follows; “your school, FCCLA.” Indicating that your team is an FCCLA team qualifies you to be eligible for FCCLA-specific awards and prizes!

Now it is time to register your students or participants. Have students use the same register button to create an account and fill out their information. Once your students have created their account, have them go to the “Available Teams” box, once there they should search for the team name (created by the coach earlier). Once your team is selected, click “Join Team.” After you have your team of five students, you will need to appoint a team captain; the team captain will have access to certain quizzes including the monthly TeamSmarts quizzes.

Now that you have finally registered your team and appointed a captain it is time to compete! First your students start with the 20 question pre-quiz; their scores on this quiz don’t count towards their qualifying team score. For the Junior Varsity or Varsity LifeSmarts Competition, the students will take five 20 question “Topic Quizzes,” one on each LifeSmarts subject: The Environment, Personal Finance, Health and Safety, Consumer Rights and Responsibilities, and Technology. Once students finish the five topic quizzes, the “Capstone” quiz will become available. This quiz covers all topic areas and serves as the final quiz. The scores from the “Capstone” quiz and the five “Topic Quizzes” will contribute to the students’ final score. Once all five members of your team complete these quizzes, your team will receive a team score which will either qualify you for the state competition or end your LifeSmarts competition journey. The qualifying quizzes don’t have to be completed until January, so students have plenty of time this fall to practice, study, and prepare for the five topic quizzes and capstone quiz!

Each month, there are TeamSmarts Challenges with a 100 question quiz focused on one of the five topic areas; the topic area for September is Health & Safety. TeamSmarts is a timed event, so students on a team must work together to answer the questions quickly. In order to receive full points for a correct answer, the team must answer within 40 seconds; partial credit is awarded after the 40 seconds is up. Not only will TeamSmarts allow students to learn the content, but there are prizes awarded each month! The winning FCCLA team, along with Varsity and Junior Varsity teams, will receive a \$100 prize; your members have the potential to win \$200 each month through the TeamSmarts Challenge—what a great opportunity!

The Junior Varsity & Varsity competition officially opens on Monday, September 14, so advisers can begin creating teams and students can start creating accounts. LifeSmarts is completely free to compete in, making it an amazing competitive opportunity for any chapter, school, and classroom! I can’t wait to see the outstanding things Nebraska FCCLA will do with this LifeSmarts this year! You can find more information at (<https://lifemarts.org/about-us>). If you run into any trouble or have any questions, do not hesitate to ask me at [vpcompetitiveevents@nebraskafccla.org](mailto:vpcompetitiveevents@nebraskafccla.org) Best of Luck to everyone!





## National Program Highlight: Power of One

By Cassidy June, Vice President of Programs

“Every flower blooms in it’s own time.”  
- The Emperor from *Mulan*

Every time I’m about to give a speech, whether in class or through FCCLA, I tend to have moments where I freak out and start to doubt every word I have been practicing for days. It seems that no matter how much practice I have, there is always some self-doubt left over. Due to this, I have always been interested in FCCLA’s National Program, Power of One. The idea of following steps to be a better person and to find my personal power was just too intriguing.



Power of One helps members set their own goals, work to achieve them, and enjoy the results. It’s all about personal development and learning new skills. You set goals related to what you want to accomplish and develop a plan of action. Power of One has five different units that cover different aspects of yourself that can help you reach your potential.

- **A Better You:** Improve personal traits, through this unit you can learn how to make SMART Goals, which are Specific, Measurable, Attainable, Realistic, and Timely.
- **Family Ties:** Get along better with family members. This unit teaches you about communication and overcoming barriers.
- **Working on Working:** Explore work options, prepare for a career, or sharpen skills useful in business. This step is all about collaboration; I recommend taking a True Colors Assessment.
- **Take the Lead:** Develop leadership skills. You will learn how to be a servant leader and learn by example.
- **Speak Out for FCCLA:** Tell others about positive experiences in FCCLA. This is the moment you reflect on your FCCLA journey and realize what it has done for you.

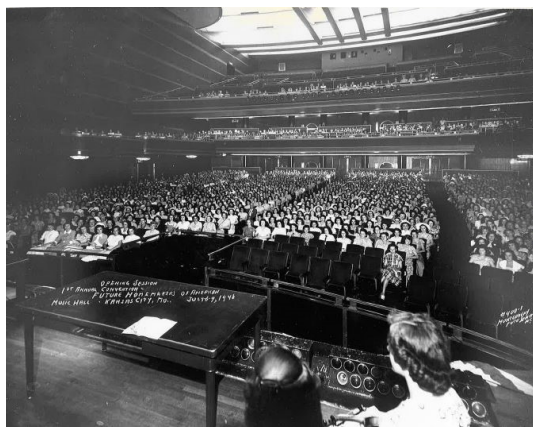
I recommend checking out the Power of One tab on [fclclainc.org](http://fclclainc.org) for more information and great resources. Click the “Engage” tab and then find National Programs. There are resources full of activities and everything you need to know to complete each unit of the project. It also gives you access to the Power of One Planning Process and provides instructions on how to apply for National Power of One Recognition.

Nebraska FCCLA also offers recognition for completing all five Power of One units. To apply for recognition at the State Leadership Conference, go to [nebraskafcccla.org](http://nebraskafcccla.org), and under the Programs tab, there is a Power of One section, which is easy to find in the drop down menu. The application must be sent to the State Adviser, Chelsey Greene, by March 1st in order to be recognized at SLC.

Even if you can’t dedicate yourself to all five units, go ahead and pick one to focus on. All five units bring you new skills and help you understand what you can actually do and how far you can actually go. Through Power of One you can become a better you and push aside some of the doubt. I encourage everyone to take time to develop themselves this year. I know I will!

## Chapter Spotlight: Boyd County FCCLA Let's Taco-Bout FCCLA!

The Boyd County FCCLA Chapter kicked off the school year with "Let's Taco-Bout FCCLA" night. The chapter held the walking taco night after school. They had multiple games to get to know each other and the officers. After an afternoon of games, they enjoyed walking tacos. The FCCLA chapter provided everyone with the taco basics. But, due to Covid-19, every member had to bring their own condiments. The chapter ended the night with a meeting. All students in grades 7-12 were invited to the fun night to learn about FCCLA. Several new faces were present!



## Flash to the Past: National Convention

July 6th, 1948 - The view from the stage as the 1948 FHA National Convention Opening Session began. This convention was held in Kansas City, Missouri.

*Picture from the State Association scrapbooks*

## September Chapter of the Month: Twin River FCCLA

Twin River FCCLA recently conducted their annual Food Pantry Scavenger Hunt and held a Family Friendly Drive-In Movie Night!



## September Member of the Month: Kaiden Ferris, Twin River

Kaiden asks each day what FCCLA activities and events he can help with and is always looking for ways to make this year successful for his chapter!

## 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.

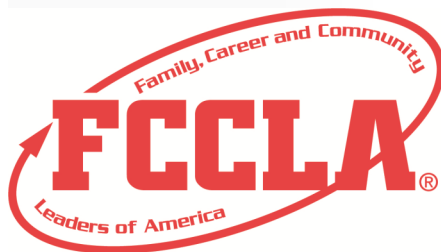


## Nebraska FCCLA

Kristin Vest, State Adviser  
[kristin.vest@nebraska.gov](mailto:kristin.vest@nebraska.gov)  
402-471-4814

Chelsey Greene, State Adviser  
[chelsey.greene@nebraska.gov](mailto:chelsey.greene@nebraska.gov)  
402-471-4337

PO Box 95167  
Lincoln, NE 68509



**NEBRASKA**  
STATE ASSOCIATION