






# FCCLA STAR EVENTS



Nebraska 2022-2023



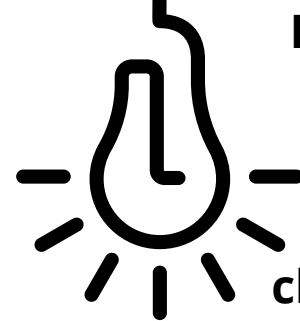
# STAR: **S**tudents **T**aking **A**ction with **R**ecognition

**STAR in Nebraska is divided into two major categories:**

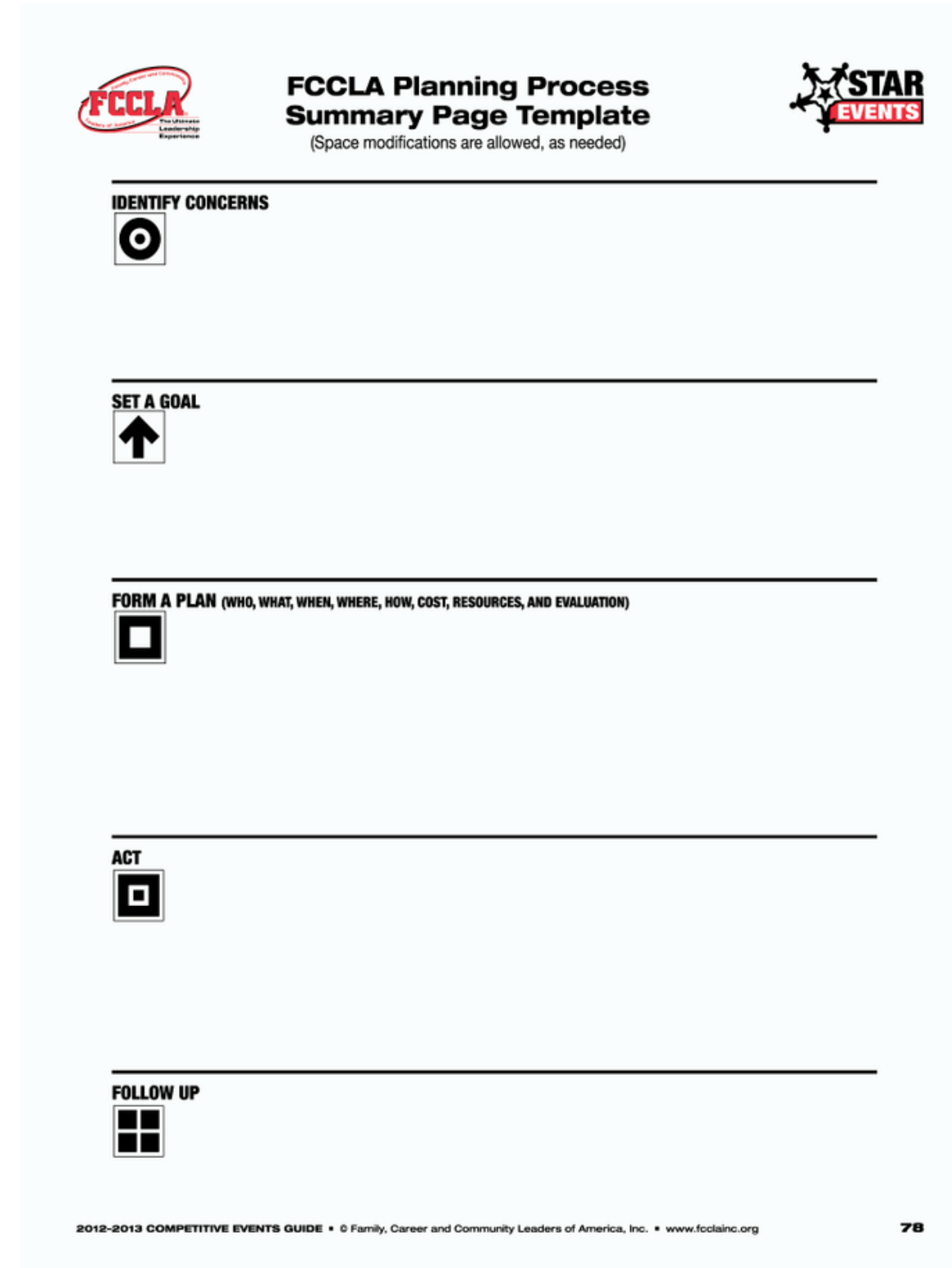
- Nebraska STAR
  - Events at the District and State levels
    - **Categories Include:**
      - Junior (grades 7-9)
      - Senior (grades 10-12)
- National STAR
  - Events at the District, State and National levels
    - **Categories Include:**
      - Level 1 (through grade 8)
      - Level 2 (grades 9-10)
      - Level 3 (grade 11-12)

# Resources/Information

- All events begin with the FCCLA Planning Process
- For complete information visit: [nebraskafccla.org](http://nebraskafccla.org) or [fcclainc.org](http://fcclainc.org)



**Helpful Note:** When filling out the Planning Process the more specific and explained, the better chance at a higher score on the planning process!



The image shows a template for the FCCLA Planning Process. It features the FCCLA logo (The Ultimate Leadership Experience) and the STAR EVENTS logo. The title is "FCCLA Planning Process Summary Page Template" with a note "(Space modifications are allowed, as needed)". The template is divided into five sections, each with a horizontal line for writing and a small icon:

- IDENTIFY CONCERNS**: Icon of a target.
- SET A GOAL**: Icon of an upward arrow.
- FORM A PLAN (WHO, WHAT, WHEN, WHERE, HOW, COST, RESOURCES, AND EVALUATION)**: Icon of a square.
- ACT**: Icon of a square with a smaller square inside.
- FOLLOW UP**: Icon of a 2x2 grid.

At the bottom, it says "2012-2013 COMPETITIVE EVENTS GUIDE • © Family, Career and Community Leaders of America, Inc. • www.fcclainc.org" and the page number "78".

# Nebraska STAR Events



- Can advance to State, but does not go on to Nationals
- 1-3 participants

## **Consumer Issues – Jr. only**

- Money issues, buying, related to Financial Fitness

## **Family Challenges and Issues – Jr. & Sr.**

- Relationships, related to Families First
- 

## **Health and Wellness – Jr. & Sr.**

- Emotional and physical well being, related to Student Body
- 

# Nebraska STAR Events



- Can advance to State, but does not go on to Nationals
- Individual event



## Parliamentary Procedure Written Test Jr. only

- A test based on your knowledge of parliamentary procedure



# NATIONAL STAR Events



## Divided into 4 categories

★ **Foundational Events** - These events, which build basic leadership and life skills, are for FCCLA members who want to get involved and improve upon themselves.

★ **Leadership Events** - These events provide an opportunity for leaders to gain recognition for their work in chapters. The event content is designed to be a chapter project led by the team who takes it to the competition.

★ **Career Focused Events** - These events are for members exploring a specific career area. Most events are for only senior and occupational participants who have spent time building career specific skills and knowledge, but a few are open to junior participants who want to explore a specific career path.

★ **Online Events** – Online events have a focus on the integration of family and consumer science content through a digital delivery. Level 1 participants submit projects for online evaluation. Level 2 participants are invited to present their digital project & oral presentation at Nationals.

# NATIONAL STAR Events

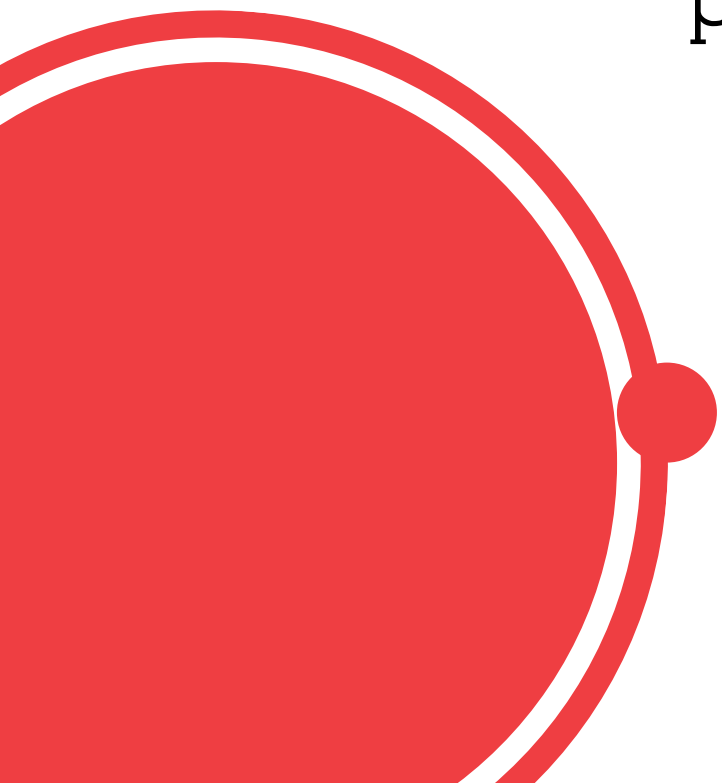


## Baking and Pastry

- Level 2 & 3
- One will advance to Nationals
- Individual Event



Demonstrate baking and pastry skills through the preparation of a quick bread, choux pastry, cookie and shaped yeast bread, and cake decorating.



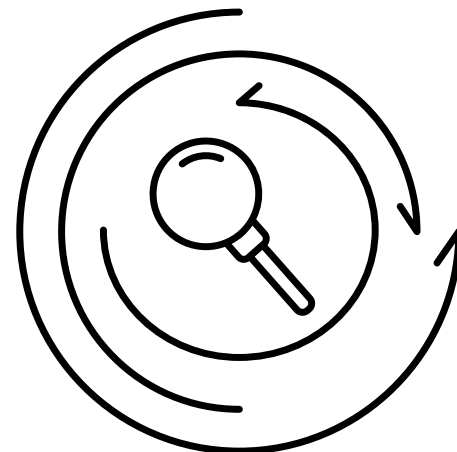
# NATIONAL STAR Events

## Career Investigation

- Levels 1, 2, & 3
- Two from each level will advance to Nationals
- Individual event

→ Perform self-assessments, research and explore a career, set career goals, create a plan for achieving goals and connect future career to FCS coursework.

→ Includes a portfolio and an oral presentation limited to 10 minutes





# NATIONAL STAR Events

## Chapter In Review

- Levels 1, 2, & 3 in BOTH Display and Portfolio
- Two from each level will advance to Nationals
- Team Event

→ Chapters develop and implement a well-balanced program of work and promote FCCLA and Family and Consumer Sciences and/or related occupations and skills to the community.

→ Includes a portfolio and an oral presentation limited to 15 minutes



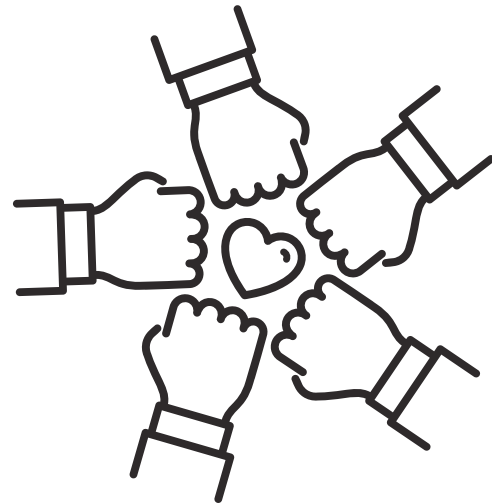
# NATIONAL STAR Events

## Chapter Service Project

- Levels 1, 2, & 3 in BOTH Display and Portfolio
- Two from each level will advance to Nationals
- Team Event

→ Develop and implement an in-depth service project that makes a worthwhile contribution to families, schools and communities. Uses FCS skills to address and take action on a community need.

→ Prepare a portfolio or display and an oral presentation no longer than 10 minutes.



# NATIONAL STAR Events

## Culinary Arts

- Level 3
- One will advance to Nationals
- Individual Event

→ Recognizes participants for their ability to produce a quality meal using industrial culinary arts/food service techniques and equipment

→ Develop a plan, prepare menu items given at the time of the event, and present prepared items to evaluators



# NATIONAL STAR Events

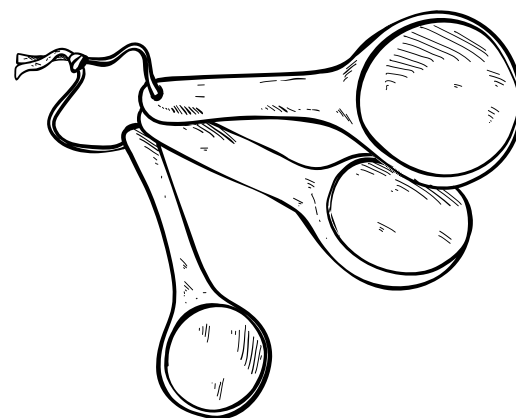
## Culinary Math Management

- Level 3
- Two will advance to Nationals
- 1-3 participants

→ Use FCS skills to demonstrate the application of mathematical concepts in the culinary arts industry.

→ Participants take an applied math test and respond to a case study.

→ File folder, oral presentation, and visuals; no longer than 5 minutes.



# NATIONAL STAR Events

## Early Childhood Education

- Level 3
- Two will advance to Nationals
- Individual event

→ Recognizes participants who demonstrate their ability to use knowledge and skills gained from their enrollment in an occupational early childhood program

→ Participants prepare a portfolio, resource container and respond to a case study on site in an oral presentation not to exceed 10 minutes.



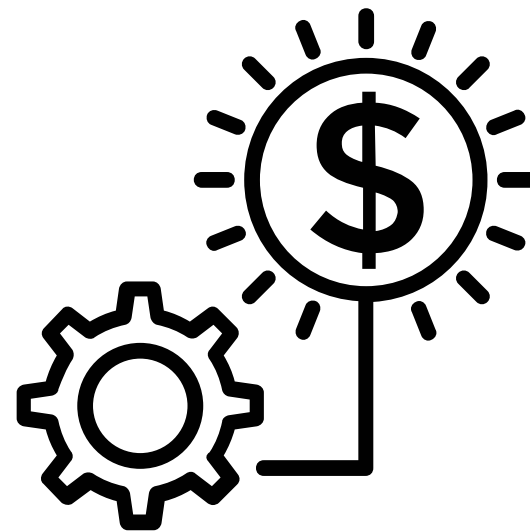
# NATIONAL STAR Events

## Entrepreneurship

- Levels 1, 2, & 3
- Two from each level will advance to Nationals
- 1-3 participants

→ Develop a plan for a small business using FCS skills and sound business practices. The business must relate to FCS but does not actually have to be implemented.

→ Presentation includes a portfolio, written business plan and oral presentation no longer than 20 minutes.



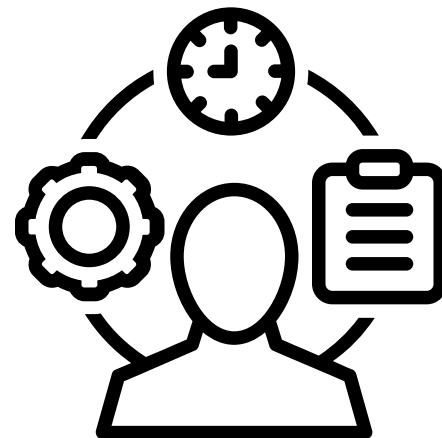
# NATIONAL STAR Events

## Event Management

- Levels 1, 2, & 3
- Two from each level will advance to Nationals
- 1-3 participants

➔ Recognizes participants who apply skills used in Family and Consumer Sciences courses to plan an event for an educational institution, community or non-profit organization, business, or government institution

➔ Prepare a portfolio and make an oral presentation no longer than 10 minutes.



# NATIONAL STAR Events

## Fashion Construction

- Levels 2 & 3
- Two from each level will advance to Nationals
- Individual event

→ Apply Fashion Construction skills learned in FCS courses to create a display using samples of their skills and construct a garment that includes at least eight fashion construction techniques

→ Display, sample garment, oral presentation no longer than 5 minutes.





# NATIONAL STAR Events

## Fashion Design

- Levels 2 & 3
- Two from each level will advance to Nationals
- 1-3 participants

→ Apply fashion design skills learned in FCS courses to design and market clothing styles.

→ Develop a clothing label, research the intended audience, design the label's first 4-piece collection, and construct one collection sample using an original flat pattern designed by you. Must show knowledge of all the aspects that surround design, including design basics, fabric choice, and pricing.

→ Portfolio, sample garment, and oral presentation no longer than 10 minutes.



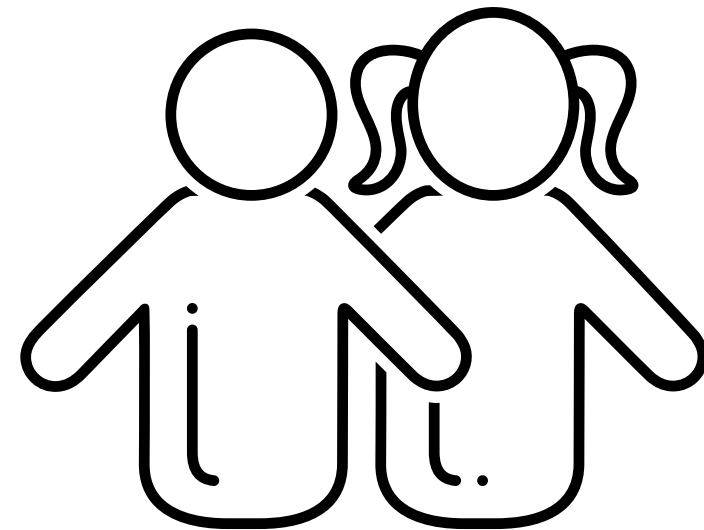
# NATIONAL STAR Events

## Focus on Children

- Levels 1, 2, & 3
- Two from each level will advance to Nationals
- 1-3 participants

→ Participants use FCS skills to plan and conduct a child development project that has a positive impact on children and the community.

→ Presentation includes a display and oral presentation no longer than 10 minutes.



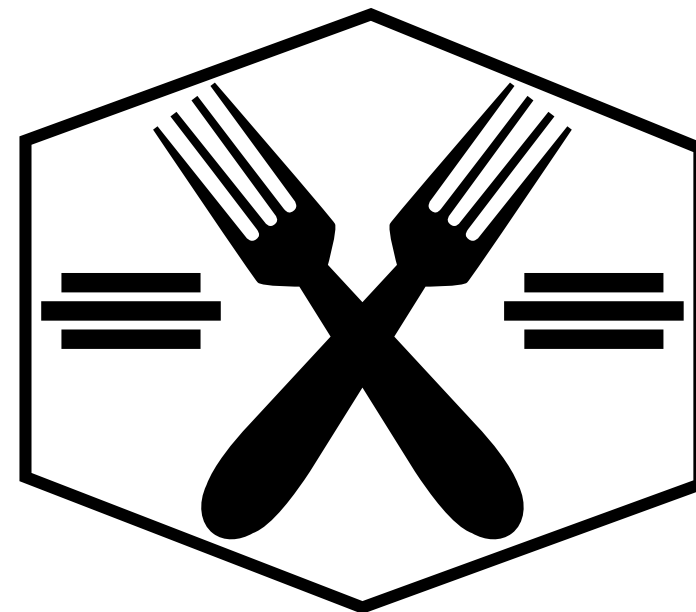
# NATIONAL STAR Events

## Food Innovations

- Levels 1, 2, & 3
- Two from each level will advance to Nationals
- 1-3 participants

→ Participants demonstrate knowledge of the basic concepts of food product development by creating an original prototype formula, testing the product through focus groups, and developing a marketing strategy.

→ Participants must prepare a display, suggested product packaging and oral presentation up to 10 minutes in length.



# NATIONAL STAR Events

## Hospitality, Tourism, and Recreation



- Levels 2 & 3
- Two from each level will advance to Nationals
- 1-3 participants

→ Recognizes participants who demonstrate knowledge of the hospitality, tourism, and recreation industries and ability to translate their knowledge into hypothetical or real business.

→ Relate project to culinary, lodging, recreation, tourism, or event coordination

→ Portfolio, oral presentation no longer than 10 minutes, and a case study.



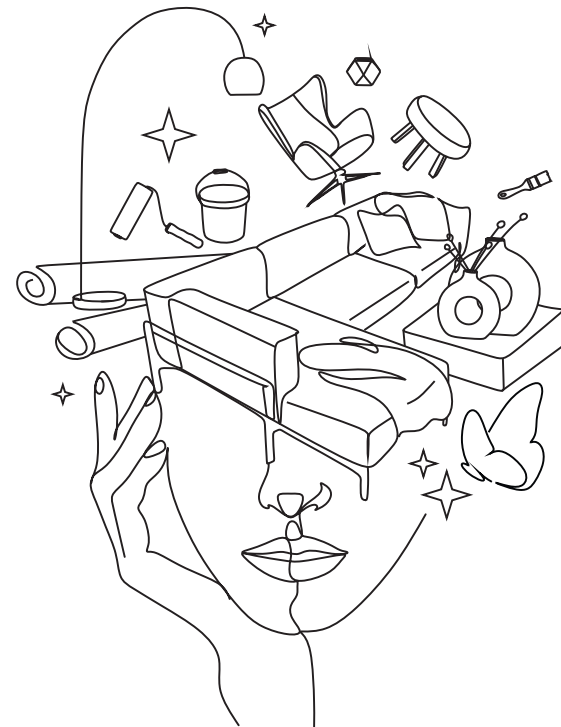
# NATIONAL STAR Events

## Interior Design

- Levels 2 & 3
- Two from each level will advance to Nationals
- 1-3 participants

➔ Participants apply interior design skills learn in FCS courses to design interiors that meet the living space needs of clients;

➔ Presentation includes a file folder, visuals and up to 15 minute, and an oral presentation.



# NATIONAL STAR Events

## Interpersonal Communications

- Levels 1, 2, & 3
- Two from each level will advance to Nationals
- 1-3 participants

→ Participants use Family and Consumer Science and/or related occupation skills to apply communication techniques to develop a project designed to strengthen communication in a chosen area: community, employment, relationships, family, peer groups, or school groups.

→ Presentation includes a file folder, 5 minute oral presentation and additional response to a case study up to 5 minutes.



# NATIONAL STAR Events

## Job Interview

- Levels 2 & 3
- Two from each level will advance to Nationals
- Individual event

→ Participants use Family and Consumer Sciences and/or related occupations skills to develop a portfolio, participate in an interview, and communicate a personal understanding of job requirements.

→ Presentation includes a portfolio, completion of a job application and an interview limited to 20 minutes.



# NATIONAL STAR Events

## Leadership

- Levels 2 & 3
- Two from each level will advance to Nationals
- Individual event

→ Participants actively evaluate and grow in their leadership potential. Participants investigate their leadership ability, assess leadership and employability skills, and develop and implement a plan to further their leadership development.

→ Portfolio and oral presentation up to 10 minutes.





# NATIONAL STAR Events

## National Programs In Action



- Levels 1, 2, & 3
- Two from each level will advance to Nationals
- 1-3 participants

➔ Recognizes participants who explain how the FCCLA planning process was used to plan and implement a national program project.

➔ Prepare a file folder, visuals, and make an oral presentation no longer than 10 minutes.



# NATIONAL STAR Events

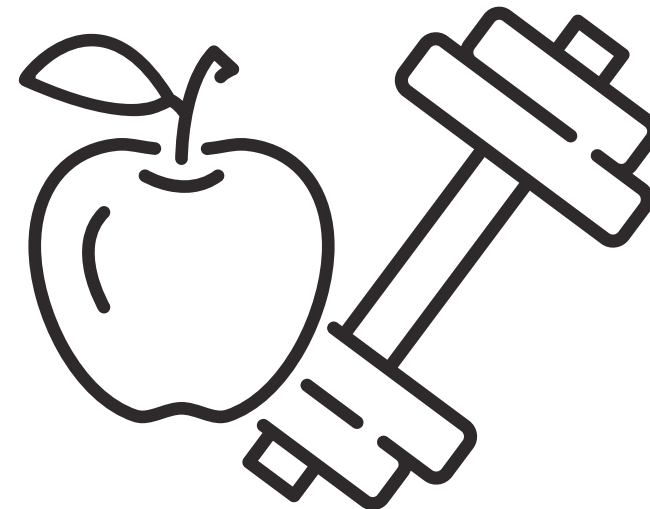


## Nutrition and Wellness

- Levels 1, 2, & 3
- Two from each level will advance to Nationals
- 1-3 participants

→ Participants track food intake and physical activity for yourself, your family, or a community group and determine goals and strategies for improving overall health

→ Portfolio, visuals and up to 10 minute oral presentation



# NATIONAL STAR Events

## Parliamentary Procedure

- Levels 1, 2, & 3
- Two teams from each level will advance to Nationals
- 4-8 participants

- ➔ Participants develop a working knowledge of parliamentary law and demonstrate the ability to conduct an FCCLA business meeting.
- ➔ Event includes a Parliamentary Procedure Knowledge Test, meeting demonstration, and preparing meeting minutes. Meeting may be up to 20 minutes in length



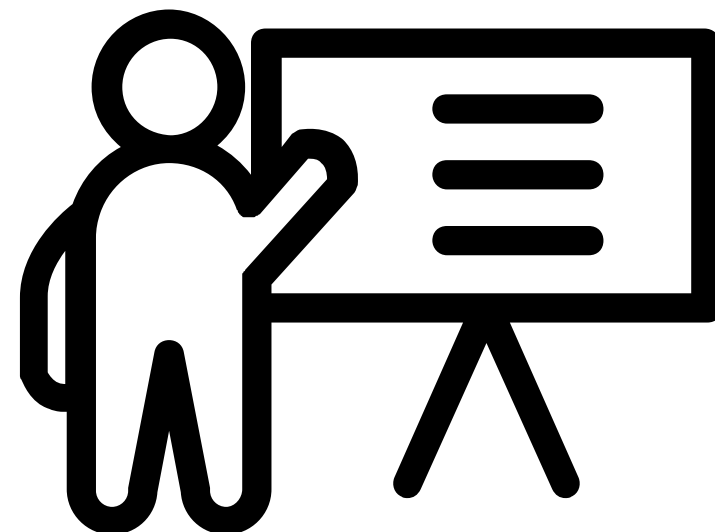
# NATIONAL STAR Events

## Professional Presentation

- Levels 1, 2, & 3
- Two from each level will advance to Nationals
- 1-3 participants

→ Recognizes participants who make an oral presentation about issues concerning FCS and/or related occupations

→ Presentation includes a file folder, visuals and oral presentation no longer than 10 minutes.



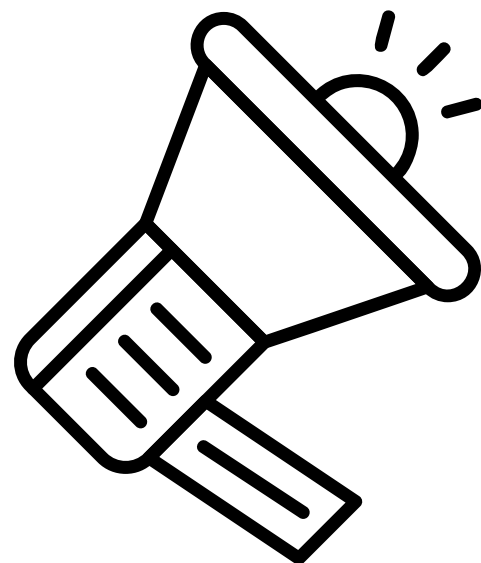
# NATIONAL STAR Events

## Promote and Publicize FCCLA!

- Levels 1, 2, & 3
- Two from each level will advance to Nationals
- 1-3 participants

→ Recognizes participants who use communication skills and techniques to educate their schools and communities about FCCLA with the intention of growing chapters and strengthening FCS and FCCLA programs

→ Portfolio and up to a 10 minute oral presentation



# NATIONAL STAR Events

## Public Policy Advocate

- Levels 1, 2, & 3
- Two from each level will advance to Nationals
- 1-3 participants

→ Demonstrate knowledge, skills, and ability to actively identify a local, state, national or global concern, research the topic, identify a target audience and potential partnerships, form an action plan, and advocate for the issue in an effort to positively affect a policy or law.

→ Prepare a portfolio and oral presentation no longer than 10 minutes.



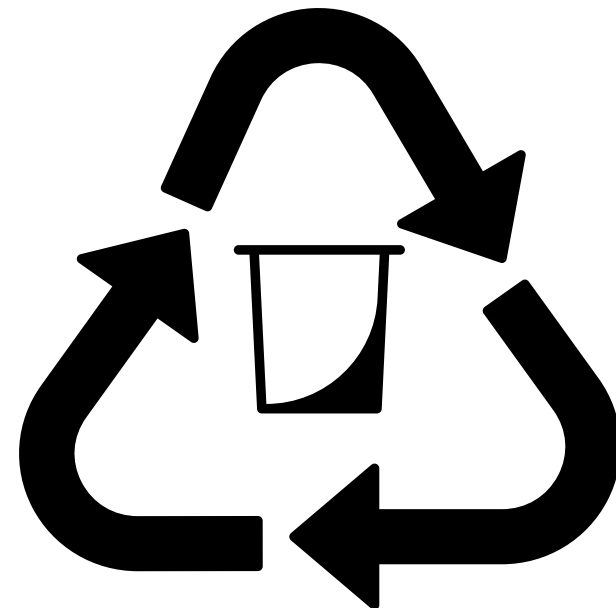
# NATIONAL STAR Events

## Repurpose and Redesign

- Levels 1, 2, & 3
- Two from each level will advance to Nationals
- 1-3 participants

→ Participants select a used fashion or home apparel item to recycle into a new product

→ Presentation includes a display and oral presentation not to exceed 5 minutes.





# NATIONAL STAR Events

## Say Yes to FCS Education



- Levels 2 & 3
- Two from each level will advance to Nationals
- Individual event

➔ Participants demonstrate the knowledge and skills needed to explore and experience the career of being a FCS educator.

➔ Participants prepare a portfolio, conduct classroom observations, plan and execute a lesson, develop an FCCLA integration plan, and delivery and oral presentation up to 10 minutes in length.





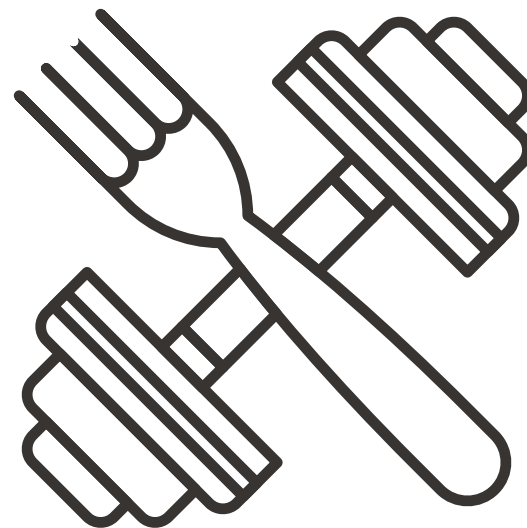
# NATIONAL STAR Events

## Sports Nutrition

- Levels 1, 2, & 3
- Two from each level will advance to Nationals
- 1-3 participants

→ Plan and develop an individualized nutritional plan to meet the needs of a competitive student athlete in a specific sport

→ Prepare a file folder, visuals and an oral presentation no longer than 15 minutes in length including a demonstration of methods to be used by athletes to assist with nutrition management



# NATIONAL STAR Events

## Sustainability Challenge

- Levels 1, 2, & 3
- Two from each level will advance to Nationals
- 1-3 participants

→ Recognizes participants that address environmental issues that adversely impacts human health, well-being and actively empower others to get involved.

→ Research one of the five current topics, investigate areas where you can make a difference, develop and carry out a stewardship project for your home, school, or community, and educate others about the problems, effects, and solutions.

→ Portfolio and oral presentation up to 10 minutes.



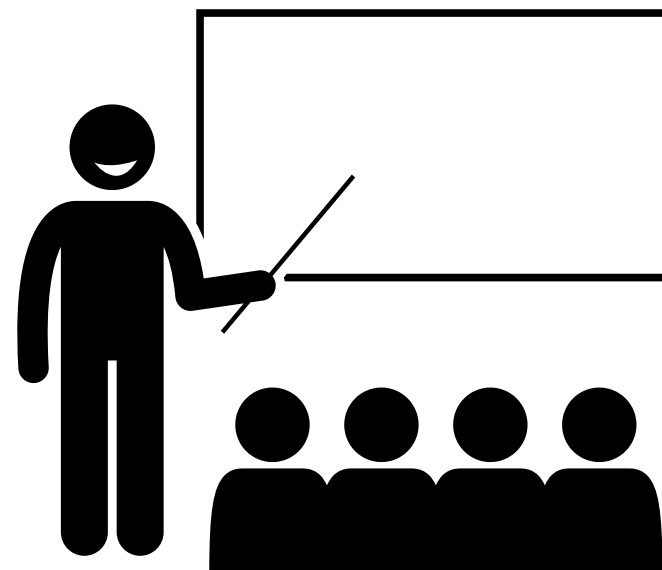
# NATIONAL STAR Events

## Teach and Train

- Levels 1, 2, & 3
- Two from each level will advance to Nationals
- Individual event

➔ Recognizes participants for their exploration of the education and training fields through hands-on experience

➔ Presentation includes a portfolio, an oral presentation up to 10 minutes and a shadowing experience.



# ONLINE NATIONAL STAR Events

## Digital Stories For Change

- Levels 1, 2, & 3
- Top 15 will be invited to present at Nationals
  - No district or state level competition
  - Oral presentation added at National level
- 1-3 participants

→ Recognizes participants who demonstrate their knowledge, skills, and abilities to actively identify an issue concerning families, careers, or communities and develop a digital story to advocate for positive change



# ONLINE NATIONAL STAR Events

## FCCLA Chapter Website

- Level 1, 2 OR 3 (one entry per chapter)
- Top 15 will be invited to present at Nationals
  - No district or state level competition
  - Oral presentation added at National level
- 1-3 participants

➔ Use a chapter website to educate, inform, and involve members and the general public about the importance of the Family and Consumer Sciences program and the FCCLA chapter.



# ONLINE NATIONAL STAR Events

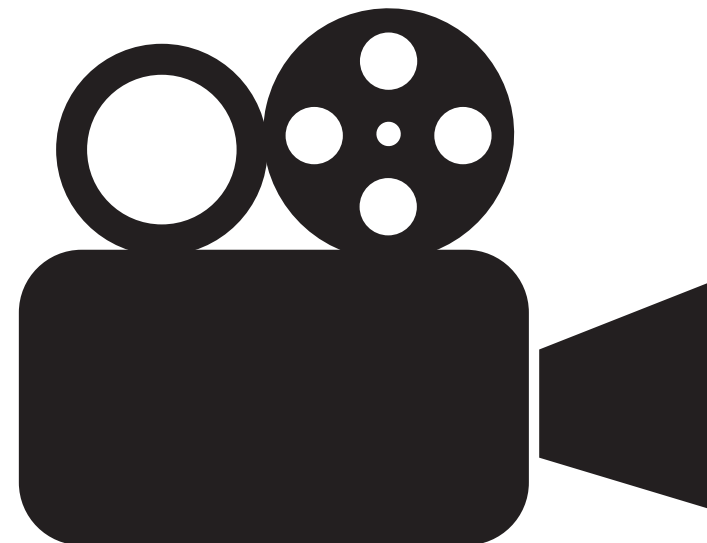
## Instructional Video Design



- Levels 1, 2, & 3
- Top 15 will be invited to present at Nationals
  - No district or state level competition
  - Oral presentation added at National level
- 1-3 participants



Demonstrate knowledge, skills, and abilities to research, plan, and create an instructional video to deliver content as part of a lesson unit of instruction



# For More Information



Nebraska FCCLA Website: <https://www.nebraskafccla.org/>

Nebraska STAR Events Handbook and Guidelines

National FCCLA Website: <https://fcclainc.org/>

Local Chapter Adviser

State Adviser

State Officer Team

FCCLA STAR Event Demonstrations on YouTube

