



**Colorado**

# How To Get Your Gold Guide



# A Guide to Your Gold

STAR Events can be the first step toward bettering yourself through leadership opportunities that getting involved in FCCLA creates. First off I would like to start by congratulating each and every one of you for taking the leap to better yourself through leadership opportunities and taking accountability for yourselves. If you are lazy and don't put your best into your STAR Event you won't receive anything out of it. However I can guarantee that if you chose a project that really interests you and you put your best work into your project you will not only bring home a medal to show off but also take a personal experience which is worth more than any medal. As a freshman I participated in the Career Investigation project. In the beginning I thought it was "just another school project" but once involved I quickly learned this project was such a personal growing experience. Now as a senior I still use my Career Investigation to pick classes in high school, colleges to pursue and am following my timeline to pursue the career I investigated. You too, can benefit from ANY STAR Event you put your all into! Whether this guide is for a perspective member, an experienced STAR Event or participant, or chapter adviser you will find many resources to help your journey ahead! Any further questions or are interested in scheduling a state officer to come visit your chapter to learn more about Events complete the state officer visit form on the state website.

## What are STAR Events and Why Should I Participate?

### STAR Events Help:

- Motivate and improve students attitudes towards school and learning
- Facilitate the transition from school to career
- Support school activities
- Support community needs and efforts
- Develop leaders who can lead the world

Below you will find a link that provides short definitions of each of the 33 offered national STAR Events. Make sure to choose an event that fits your personality and meets your interests. See "Getting Members Excited" on page 3 for more information on how to find the perfect STAR Event for you!

<http://www.fcclainc.org/content/star-event-descriptions/>

Also be sure to check out the national FCCLA website for project rubrics, updates and resources for all things related to STAR Events!

# How to Get your School and Community Involved

Create contests that get students and faculty members involved in learning about FCCLA, or Competitive Events specifically

- Mock competitions
- FCCLA Knowledge bowl
- Fashion Design competitions with old supplies
- Consumer math and culinary math throughout all math courses at your school and all foods related courses

## Elevator Speeches

- Practice your elevator speeches (short, one to two minute speeches you would give to answer those questions. Utilize these speeches whenever you are suggesting students, or other people, support your efforts
- Encourage students to write out their elevator speech for future use
- Grab a partner. One person is going to face away from the screen. The other person will ask ALL of the questions on the screen. Once you are done, you are going to switch.

Sample Questions (some of these questions may be difficult to answer, so you may need to give some background information before completing this activity)

Partner 1:

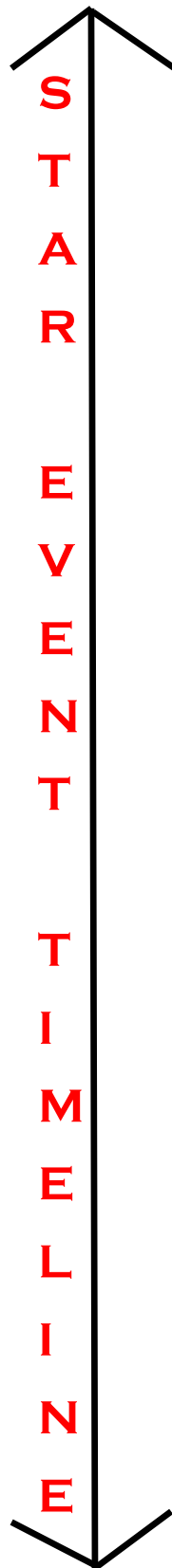
- Why should someone join FCCLA at your school?
- How can someone in the community get involved in competitive Events?
- What are some events that one can participate in through Skill Demonstrations?
- What has FCCLA done personally for you?

Partner 2:

- What are STAR Events? Why do you participate in them?
- What are the benefits of participating in competitive Events?
- Where do the competitions take place?
- How can you become a better leader in your community through competitive events?

# **Social Media is your Friend!**

- Become familiar with National FCCLA's social media websites!
  - Instagram
  - Facebook
  - Twitter
  - YouTube
  - SchoolTube
- Promote why students should participate in Competitive Events
- Keep social media entertaining (but clean)!
- Be straight to the point
- Add variety
- Keep your audience in mind
- Send emails to stakeholders (community, students, teachers, local business owners)



## SEPTEMBER

- ★ Choose your STAR Event and team partners
- ★ Make a time management schedule for yourself – if you aren't motivated you won't succeed

## NOVEMBER

- ★ Be sure to read the glossary for more clarification of italicized words
- ★ Complete your Project Identification Page

## JANUARY

- ★ Work on bulk of project

## MARCH

- ★ Look over your events rubric and Point Summary Form, and double check that you have covered all required criteria
- ★ Your project should be completed
- ★ Prepare your oral presentation... and practice, practice, practice! Remember no one knows your project better than

## MAY

- ★ Read through the judge's comments and use them as constructive feedback whether that's for improvement on next year's project or improving your project for Nationals

## AUGUST

- ★ Research National and State STAR Events that interest you
- ★ Individual or Team event?
- ★ Participate in STAR Event Activities

## OCTOBER

- ★ Obtain and read through your project rubric carefully (See "How to Dissect your Rubric")
- ★ Complete your Planning Process (See "How to Complete a Planning Process")
- ★ Check all guidelines and allowable presentation elements (Does your event allow audio, costumes, props, etc.?)

## DECEMBER

- ★ Work on bulk of project

## FEBRUARY

- ★ Prepare your visuals, most projects require a display, manual, display board, or portfolio – check your rubric
- ★ Complete your Evidence of Online Project Summary Submission, and Works Cited
- ★ Your project should be ready to be peer edited

## APRIL

- ★ Brainstorm a list of possible questions your judges may ask
- ★ Go through all rules, your project, and oral project with your adviser
- ★ Good Luck! ☺

## JUNE/JULY

- ★ Make final touches on your National project and prepare to wow your judges

## **STAR EVENTS:**

### **Advocacy**

An individual or team event, recognizes participants who demonstrate their 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.

### **Applied Math for Culinary Management**

An individual or team event, recognizes participants who use Family and Consumer Sciences skills to demonstrate the application of mathematical concepts in the culinary arts industry.

### **Career Investigation**

An individual event - recognizes participants for their ability to perform self-assessments, research and explore a career, set career goals, create a plan for achieving goals, and describe the relationship of Family and Consumer Sciences coursework to the selected career.

### **Chapter in Review Display and Portfolio**

A team event - recognizes chapters that 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.

### **Chapter Service Project Display and Portfolio**

A team event - recognizes chapters that develop and implement an in-depth service project that makes a worthwhile contribution to families, schools, and communities. Students must use Family and Consumer Sciences content and skills to address and take action on a community need.

### **Culinary Arts**

A team event - recognizes participants enrolled in occupational culinary arts/food service training programs for their ability to work as members of a team to produce a quality meal using industrial culinary arts/food service techniques and equipment.

### **Early Childhood Education**

An individual event - recognizes participants who demonstrate their ability to use knowledge and skills gained from their enrollment in an occupational early childhood program.

### **Entrepreneurship**

An individual or team event - recognizes participants who develop a plan for a small business using Family and Consumer Sciences skills and sound business practices. The business must relate to an area of Family and Consumer Sciences education or related occupations.

### **Environmental Ambassador**

An individual or team event - recognizes participants that address environmental issues that adversely impact human health and well-being and who actively empower others to get involved.

### **Fashion Construction**

An individual event- recognizes participants who apply fashion construction skills learned in Family and Consumer Sciences courses to create a display using samples of their skills.

### **Fashion Design**

An individual event - recognizes participants who apply fashion design skills learned in Family and Consumer Sciences courses to design and market clothing styles.

### **Focus On Children**

An individual or team event - recognizes participants who use Family and Consumer Sciences skills to plan and conduct a child development project that has a positive impact on children and the community.

### **Food Innovations**

An individual or team event - recognizes participants who 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.

### **Hospitality, Tourism and Recreation**

An individual or team event, recognizes participants who demonstrate their knowledge of the hospitality, tourism, and recreation industries and ability to translate their knowledge into a hypothetical or real business. Project must relate to culinary, lodging, recreation, tourism, or event coordination.

### **Illustrated Talk**

An individual or team event - recognizes participants who make an oral presentation about issues concerning Family and Consumer Sciences and/or related occupations. Participants use visuals to illustrate content of the presentation.

### **Interior Design**

An individual or team event - recognizes participants who apply interior design skills learned in Family and Consumer Sciences courses to design interiors that meet the living space needs of clients.

### **Interpersonal Communications**

An individual or team event - recognizes participants who use Family and Consumer Sciences and/or related occupations skills and apply communication techniques to develop a project designed to strengthen communication.

### **Job Interview**

An individual event - recognizes participants who 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.

### **Leadership**

An individual event, recognizes participants who actively evaluate and grow in their leadership potential. Participants use the *Student Leadership Challenge* and supporting materials, to investigate their leadership ability and develop a mentorship relationship to further their leadership development.

### **Life Event Planning**

An individual or team event - recognizes participants who apply skills learned in Family and Consumer Sciences courses to manage the costs of an event.

### **National Programs In Action**

An individual or team event - recognizes participants who explain how the FCCLA Planning Process was used to implement a national program project.

### **Nutrition and Wellness**

An individual event, recognizes participants who track food intake and physical activity for themselves, their family, or a community group and determine goals and strategies for improving their overall health.

### **Parliamentary Procedure**

A team event - recognizes chapters that develop a working knowledge of parliamentary law and the ability to conduct an FCCLA business meeting.

### **Promote and Publicize FCCLA**

An individual or team event - recognizes participants who use communications skills and techniques to educate their schools and communities about FCCLA with the intention of growing chapters and strengthening FACS and FCCLA programs.

### **Recycle and Redesign**

An individual event - recognizes participants who select a used fashion or home apparel item to recycle into a new product.

### **Sports Nutrition**

An individual or team event, recognizes participants who use Family and Consumer Sciences skills to plan and develop an individualized nutritional plan to meet the needs of a competitive student athletic in a specific sport.

### **Teach and Train**

An individual event - recognizes participants for their exploration of the education and training fields through research and hands-on experience.

## **ONLINE STAR EVENTS:**

### **FCCLA Chapter Website**

An individual or team event, recognizes participants who 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.

### **Digital Stories For Change**



An individual or team event, recognizes participants who demonstrate their knowledge, skills, and abilities to actively identify an issue concerning families, careers, or communities; research the topic; and develop a digital story to advocate for positive change.

**No Kid Hungry National Outreach Project**

A team event, recognizes chapters that participate in the “No Kid Hungry” Share our Strength National Outreach Project. Participants will use Family and Consumer Sciences content and skills to address ending childhood hunger through service learning, education/awareness, and fundraising.

# How to Beat the Planning Process

The planning process is never the most exciting part of a STAR Event but in the end you will grow to appreciate the process and will recognize the benefits it brings. A key part of the planning process is to complete it before beginning the rest of your project and more importantly reevaluate your planning process once finished with your project.

## Use the Following Five Steps when Planning a STAR Event Project.

### 1. Identify Concerns

Brainstorm to generate ideas or state the concern/problem you want to address if already determined. Evaluate your list and narrow it down to a workable idea or project that interests you (or your team).

- Use SMART Goals

**Bad Ex:** “We want to end childhood hunger” **Good Ex:** “Within just the United States over 16 million children face hunger. We are concerned that as individuals we cannot make a difference to 16 million children across the USA”

### 2. Set A Goal

Get a clear mental picture of what you want to accomplish, and write your ideas down as your goal. Make sure your goal is one that can be achieved and evaluated. Consider resources available to you.

- Use statistics

**Bad Ex:** We want to end childhood hunger **Good Ex:** 1 in 5 kids in America face hunger, by the year 2015 we hope to have ended childhood hunger.

### 3. Form A Plan

Decide what needs to be done to reach your goal. Figure out who, what, where, when, and how. List the abilities, skills, and knowledge required on your part. List other available resources, such as people, places, publications, and funds. Make a workable timetable to keep track of your progress. List possible barriers you might face, and develop plans if necessary. Decide ways to recognize your accomplishments along the way.

- Use bullet points to describe your plan of action
- Be as descriptive as possible

### 4. Act

Carry out your group or individual plan. Use family and community members, advisers, committees, task forces, and advisory groups when needed.

- State your steps needed to succeed your project/campaign/ect.

### 5. Follow Up

Determine if your goal was met. List ways you would improve your project or plan for future reference. Share and publicize your efforts with others, including the media if appropriate.

Recognize members and thank people involved with your project.

- What could have gone better/ what did you learn?
- Use attainable numbers to prove your success (could use surveys)



# FCCLA Planning Process Summary Page Template



*(This template may be modified, but all headings must be used in the correct order. The FCCLA logo, STAR Events logo, and Planning Process graphics are encouraged but not required.)*

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## IDENTIFY CONCERNS



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## SET A GOAL



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## FORM A PLAN (WHO, WHAT, WHEN, WHERE, HOW, COST, RESOURCES, AND EVALUATION)



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## ACT



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## FOLLOW UP



**\*\*\*Worksheets for each activity will periodically be updated in this folder... keep a look out for new ideas and fun activities!\*\*\***

## **Getting your Members Excited!**

To most students, participating in a competitive event merely sounds like another school project and extra work for “little received in reward.” By educating your members through various fun activities members will be more likely to become aware of what projects that interest them are available and the possible rewards to come! Below you will find several STAR Events Related activities to use in your class rooms, or during chapter meetings.

### **STAR Event Quiz**

Start by taking the quiz to see which Star Event you should consider!

<http://snack.to/q7ul75s9>

### **STAR Event Handouts**

Use catchy phrases such as “You’re a STAR” “Bursting with opportunities” “STAR Events are “Mint for you” ect. with Starbursts or mints to remind your members of upcoming STAR Event opportunities. You can also use them as rewards to students are on top of their projects

## **FCCLA STAR Event Activities**

### **STAR Event Bingo**

This is just like regular Bingo except we use information about national and state STAR events, State and Nationals meetings, along with some history - instead of letters and numbers

1. Hand out a blank bingo card, a page full of definitions, and something to put on each slot (Starburst, Star Sticker, ect.)
2. Ask students to fill each blank with one definition anywhere they choose.
3. Call out definitions and wait for a student to yell “STAR BURST”

### **STAR Event Jenga**

This is just like regular Jenga (you will need to purchase the game) but with each block you will answer FCCLA/ STAR Event related questions

1. Number each piece and have a list of numbered FCCLA & STAR event questions
2. Answer the question that matches the piece you pull as you play the game. The team with the most correct answers wins

**\*\* For even more fun, create a jumbo “life-size” JENGA set with pieces made of 2X4 wood!**

## STAR Event Card Match

You will need a deck of cards for this game. Print off separate labels with the project title and FAQ/definition statements. Attach a title or definition to each card, and then hand one out to each student and ask them to find their “matching pair” this is a great way to get to know events as well as pair students together for a future activity.

## STAR Event Balloon Pop Match

This is very similar to the STAR Event Card Match except you will fill each balloon with a project title or definition slip. You can either simply give each member a balloon and instruct them to pop it and then proceed to find their “matching pair” or get creative and combine other balloon popping games such as typing it to your back and trying to pop others balloons without getting yours popped! Adding balloons just makes it a little more competitive and fun!

## STAR Event Breakup Mixer

Print a sheet with the descriptions of events <http://www.fcclainc.org/content/star-event-descriptions/> and cut them into pieces. Use this to pair students into groups (between 2-4 partners) Advise the students to find their partners and match the stories in order, you can also use this idea for other subjects as a future activity.

For example: If partner 1 were holding “FCCLA stands for” partner 2 would have “Family Career and Community Leaders of America”

## Get to know you STAR

Use a STAR Cutout to introduce yourself!

- Hand each student a “STAR”
- Have each student write the following 5 topics in their STAR (get creative and add your own)

In the center: put your name, school and age

Corner 1: List a Hobby

Corner 2: List your FCCLA position (if you have one) and how many years you’ve been in FCCLA

Corner 3: List a STAR Event you are interested in, or one you’ve participated in

Corner 4: List why you joined FCCLA

Corner 5: An interesting new fact about yourself!

- Then ask students to find a partner and introduce themselves!
- Once done, hang STARS around the room

## Rubric Scavenger Hunt

Make a list of important rubric elements. If your students have decided on a STAR Event pass out their own rubrics but if not any rubric will do! Ask members to point out the certain elements you call out and have them show you and explain each element.

Ex: Are you allowed to wear a costume? How long will you have to present to the judges? What do you need for your planning process? Ect.

## STAR Event Scavenger Hunt

Randomly hide STAR Event related questions around the room. They could be about FCCLA competitive events; whether that includes Skill Demonstrations, STAR Events, or FACS Knowledge Bowl. The first person who answers ALL questions correctly will get a prize. Utilize anything you may need to get the answers! Then review the answers and explain why the answer was the correct answer.

## Taco/ Ice Cream Sundae Challenge

This is a fun chapter activity to test your member's STAR Event knowledge... and reward your members with food.

- Plan and promote your chapter meeting
- Buy the ingredients for the challenge
- See attached worksheets for further info

## Unwrap the Gift

Using a gift that can be shared with everyone participating (ex: bag of blow pops or fun sized candy) wrap the item with multiple layers and at the top of each layer add a question that needs to be answered by the person who unwrapped that layer then pass it to the next person. You can use this with STAR Event related questions or just a get to know you activity!

## LIVE Planning Process Practice

Pick out a few fun topics Ex. "How to Carve a Pumpkin" "How to get ready for school" "How to eat Thanksgiving Dinner" Ect. Make the topics fun! Put the students into small groups and ask them to complete a planning process on one of the fun topics! This is a great way to get practice without making it too serious, and still making the process enjoyable!

# STAR Event Taco Challenge

**Shell:** What does S.T.A.R. stand for? (STAR Events)

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**Meat:** Name one STAR Event \_\_\_\_\_

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**Cheese:** In what month is the state leadership conference held? \_\_\_\_\_

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**Lettuce:** What does FCCLA stand for? \_\_\_\_\_

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**Tomato:** Where is National Leadership Conference being held in July 2015? \_\_\_\_\_

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**Guacamole:** How many points must you score to receive a Gold Medal? \_\_\_\_\_

**Salsa:** How many national STAR Events are there?

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**Sour Cream:** What is the 2014-2015 State Theme?

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# Ice Cream Sundae Challenge

**Bowl:** What does S.T.A.R. stand for? (STAR Events)

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**Spoon:** Name one STAR Event \_\_\_\_\_

**Ice Cream:** In what month is the state leadership conference held? \_\_\_\_\_

**Whipped Cream:** What does FCCLA stand for?

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**Chocolate Sauce:** Where is National Leadership Conference being held in July 2015? \_\_\_\_\_

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**Caramel:** How many national STAR Events are there? \_\_\_\_\_

**Strawberries:** What is the 2014-2015 State Theme?

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**Sprinkles:** What are the FCCLA official color (s)?

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**Cherries:** How many points must you score to receive a Gold Medal? \_\_\_\_\_

F	C	C	L	A
Families First	Applied Technology	Fashion Stylist	Towards New Horizons	FHA
Japanese Exchange Programs	Career Investigation	Get the Word Out	Red Rose	Alumni & Associates
FACTS	Chapter Service Project	Baking & Pastry	Districts	Leadership
Financial Fitness	Chapter Showcase	Front of House	Red and White	Planning Process
STOP the Violence	Early Childhood	Gourmet Food Presentation	CO State Conf.	Gold Medal
Student Body	Entrepreneurship	Thematic Table Setting	FCCLA Creed	Chapter
Power of One	Focus on Children	Food Events	Teen Times	Portfolio
Dynamic Leadership	Illustrated Talk	Knife Skills	Family & Consumer Sciences	Set a Goal
Career Connection	Interpersonal Communications	Habitat for Humanity	Capitol Leadership Conference	Rubric
Leaders at Work	Job Interview	Gourmet Food Presentation	National Leadership Conference	1945
Community Service	Parliamentary Practice		CO Comments	Competitive Events

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F

C

C

L

A

