



The FACS assessments are designed to test students' knowledge of Family and Consumer Science Content area. Students will be graded and receive a certificate based on test results. To prepare for the assessment, administered at State Conference, students should have an understanding on the following concepts.

## Step One

Basic Info	<ul style="list-style-type: none"><li>• What does FCCLA stands for?</li><li>• The FCCLA colors are what?</li><li>• What is the official flower of FCCLA?</li><li>• FCCLA was founded June 11, 1945 in Chicago, Illinois</li><li>• The FCCLA motto is _____.</li><li>• The FCCLA tagline is _____.</li><li>• What date did the name change from FHA to FCCLA?</li><li>• The national headquarters is in Reston, Virginia</li><li>• Our State Advisor is Nikki Sue Larkin.</li><li>• Our State President is</li><li>• What national region is Utah a part of?</li><li>• How many regions are in Utah?</li><li>• State of Utah FCCLA dues are \$3.</li><li>• National FCCLA dues are \$9.</li><li>• The National Executive Director is Sandy Spavone</li><li>• FCCLA is the only student led organization with family as its central focus</li><li>• There are 53 state associations including the 50 states, Puerto Rico, The Virgin Islands, and the District of Columbia</li><li>• Meetings and Officers<ul style="list-style-type: none"><li>o National Meetings</li><li>o State Meetings</li><li>o Region Meetings</li></ul></li><li>• The national FCCLA magazine is <i>Teen Times</i></li><li>• FCCLA week is the second week in February</li><li>• The Utah FCCLA website is <a href="http://www.utahfccla.org">www.utahfccla.org</a></li><li>• The national FCCLA website is <a href="http://www.fcclainc.org">www.fcclainc.org</a></li><li>• The red rose is the official flower of FCCLA</li><li>• In Boston, MA in 1999 there was a name change from FHA/HERO to FCCLA</li></ul>
Planning Process	<ul style="list-style-type: none"><li>• FCCLA stands for Family, Career and Community Leaders of America</li><li>• Step One: Identify Concerns</li><li>• Step Two: Set a Goal</li><li>• Step Three: Form a Plan</li><li>• Step Four: Act</li><li>• Step Five: Follow Up</li></ul>

- Power of One
- The Power of One Units:
  - An individual self-directed program that acknowledges members who make a difference in their own lives by setting goals and taking action
  - The colors are red, green, blue, gold and white
  - The Five Units:
    - Family Ties  
Improve better family relationships
    - A Better You  
Improve personal traits
    - Take the Lead  
Develop leadership skills
    - Speak out for FCCLA  
Tell others about positive experiences in FCCLA
    - Working on Working  
Explore work options, prepare for a career, or sharpen skills useful in business
- National Programs
- National Programs
    - Career Connections  
Help teens link options and skills for success in families, careers, and communities
    - STOP the Violence  
STOP: Students Taking on Prevention  
Recognize, Report, Reduce
    - Families First  
Strengthening the family
    - Japanese Exchange Program  
Spend 6 weeks during the summer in Japan
    - FACTS  
Families Acting for Community Traffic Safety  
Car safety
    - Financial Fitness  
Involves peer education in banking basics
    - Leadership Service in Action  
Formerly community service
    - Power of one  
Five Units: A Better You, Family Ties, Working on Working, Take the Lead, Speak Out for FCCLA
    - Student Body  
Health and wellness
- STAR Events
- **STAR Events:** Be familiar with each event.
  - STAR: Students Taking Action with Recognition
  - Members must be affiliated by February 1 to compete.
  - Advocacy
  - Applied Math for Culinary Management

- Career Investigation
- Chapter Service Project Display
- Chapter Service Project Portfolio
- Chapter in Review Display
- Chapter in Review Portfolio
- Culinary Arts
- Digital Stories for Change (on-line)
- Early Childhood Education
- Entrepreneurship
- Environmental Ambassador
- Fashion Construction
- Fashion Design
- FCCLA Chapter Website (on-line)
- Focus on Children
- Food Innovations
- Hospitality
- Illustrated Talk
- Interior Design
- Interpersonal Communications
- Job Interview
- Leadership
- Life Event Planning
- National Programs in Action
- No Kid Hungry National Outreach Project
- Nutrition and Wellness
- Parliamentary Procedure
- Promote and Publicize FCCLA
- Recycle and Redesign
- Sports Nutrition
- Teach and Train

Skill  
Events

- **Skill Events: (available only at cluster and national meetings)**
- Consumer Math Challenge
- Culinary Chicken Fabrication
- Culinary Food Art
- Culinary Knife Skills
- Culinary Math Challenge
- FCCLA Creed Speaking and Interpretation
- Impromptu Speaking
- Speak Out for FCCLA
- Toys that Teach
- Family and Consumer Sciences Knowledge Bowl
- Family, Career, and Community Studies
- Early Childhood and Human Development
- Food Sciences, Dietetics, and Nutrition

- Hospitality, Tourism, and Recreation
  - Fashion and Housing Design
  - FCCLA Knowledge
  - Creed:  
We are the Family, Career and Community Leaders of America  
We face the future with warm courage and high hope  
For we have a clear conscious of seeking old and precious values,  
For we are the builder of homes,  
Homes for America's future.  
Homes where living will be the expression of everything that is good and fair,  
Homes where truth and love and security and faith will be realities not dreams.  
We are the Family, Career, and Community Leaders of America.  
We face the future with warm courage and high hope
- 8  
Purposes
- Mission:  
To promote personal growth and leadership development through Family and Consumer Sciences Education. Focusing on the multiple roles of family member, wage earner and community leader, members develop skills for life through character development, creative and critical thinking, interpersonal communication, practical knowledge and career preparation  
There are eight purposes:
    - 1: To provide opportunities for personal development and preparation for adult life
    - 2: To strengthen the function of the family as a basic unit or society
    - 3: To encourage democracy through cooperative action in the home
    - 4: To encourage individual and group involvement in helping achieve global cooperation and harmony
    - 5: To promote greater understanding between youth and adults
    - 6: To provide opportunities for making decisions and for assuming responsibilities
    - 7: TO prepare for the multiple roles of men and women in today's society
    - 8: To promote Family and Consumer Sciences and related occupations