

FCCLA Power of One Assignment

Objective: Using the 5 step Planning Process, set personal goals and work to achieve them through five fun, activity-filled modules.

Modules to complete and project ideas for each.

1. **A Better You**—Improve yourself. (20 points)—due September 24
 - a. Organize your bedroom
 - b. Read a how to book on something of interest and then act on it.
 - c. Learn how to do something that you do not know how to do.
 - d.
 - e. Learn how to manage your stress.
 - f. Learn how to manage a checkbook.
2. **Family Ties**—Build better relationships with family members. (20 points)—due October 29
 - a. Organize a family meeting with an agenda of what you will discuss.
 - b. Cook a family dinner and have everyone sit around the table together.
 - c. Plan and carry out a Family Night.
 - d. Teach someone in your family how to do something.
 - e. Plan a family vacation on a budget.
3. **Working on Working**—Explore and prepare for careers. (20 points)—due November 19
 - a. Interview several people that work in areas of interest to you. Write out the questions and answers. Write an essay describing what you learned in a Career Portfolio.
 - b. Get an application from a business and complete it accurately and type a resume for the job.
 - c. Job Shadow
 - d. Set some goals and make a plan. Act on the plan and document your progress.
4. **Take the Lead**-Develop leadership qualities. (20 points)—due December 10
 - a. Set public speaking goals, and follow through.
 - b. Lead in a meeting, church event, organization, etc
 - c. Compete in STAR Events
 - d. Develop a Service Project and follow through with it.
 - e. Run for office in a club or organization.
 - f. Teach someone how to do something.
5. **Speak out for FCCLA**—Tell others about the organization. (20 points)—due September 8
 - a. Lead an FCCLA project or committee
 - b. Design a very creative membership poster and hang it around the campus.
 - c. Make a movie on movie maker about FCCLA to be played at lunch.

In your LSL Portfolio, you must document and show how you followed the 5-step Planning process and carried out each of these steps. You should use pictures when necessary for proof. Complete the form provided and turn in by each deadline.

Power of One: A Better You—Improve yourself.

Objective: Using the FCCLA Planning Process, students will make improvements in an area that improvements are need by completing FCCLA’s Power of 1: A Better You. Upon completion of this project, he/she will earn the Responsibility Pillar of Character (4.2.1)

Instructions:

1. Think about areas in your life that you need to make some improvements.
2. Complete the Planning Process Form to form a plan to improve a concerned area.
3. Have an adult monitor your progress and write a statement of your completion on this rubric and sign-off on what you completed. Be sure to offer evidence of your actions, such as work or photos
4. Reflect on how your “A Better You” project helped you to improve.

	2	1	0	Total/ Comments
(5) Identify at least one concern that you can address in an in-depth project	Developed at least one concern that could be addressed in an in-depth project	Developed at least one concern but too small to lead to in-depth project	Not complete	
(5) Set a measurable goal that you want to accomplishment in the time given	Developed a measurable goal that could be accomplished in time given	Unrealistic goal that was not measurable or able to complete in time given	Not complete	
(5) Form a detailed plan, including who, what, when, where, and how	Plan included who, what, when, where, and how	Plan formed but all areas are not included	Not complete	
(5) Complete the proposed project checklist	Project Checklist complete	Checklist was begun but not complete	Not complete	
(5) Write a detailed summary of your project actions	Actions were written out in a detailed summary give evidence that goal was met	Actions did not include enough details to show that goal was met	Not complete	
(5) Collect pictures or work as evidence	Offered proof of completion through photos or work	Photos or work included doesn’t give good evidence	Not included	
(5) Have an adult monitor progress and sign-off	Adult writes a description of completion and signs off	Adult signs off but doesn’t include a written statement describing evidence	No adult proof	
Totals				/70

Adult’s Statement of Effort or Completion—Please, offer advice to the student on how to complete this, if they were unable to.

(Adult’s Signature)

(Phone Number)

(Date Signed)

Power of One: Family Ties—Build better relationships with family members.

Objective: Using the FCCLA Planning Process, students will develop a project that will build better relationships within their family. (4.3.1)

Instructions:

1. Think of a relationship in your family that could be improved if you set a goal and acted on it.
2. Complete the Planning Process Form to form a plan to improve that relationship.
3. Have an adult write a description of your actions and sign-off on it.
4. Collect evidence of your actions, such as work or photos.
5. Reflect on how your “Family Ties” project and how it built a better relationship with your family.

	2	1	0	Total/ Comments
(5) Identify at least one concern that you can address in an in-depth project	Developed at least one concern that could be addressed in an in-depth project	Developed at least one concern but too small to lead to in-depth project	Not complete	
(5) Set a measurable goal that you want to accomplishment in the time given	Developed a measurable goal that could be accomplished in time given	Unrealistic goal that was not measurable or able to complete in time given	Not complete	
(5) Form a detailed plan, including who, what, when, where, and how	Plan included who, what, when, where, and how	Plan formed but all areas are not included	Not complete	
(5) Complete the proposed project checklist	Project Checklist complete	Checklist was begun but not complete	Not complete	
(5) Write a detailed summary of your project actions	Actions were written out in a detailed summary give evidence that goal was met	Actions did not include enough details to show that goal was met	Not complete	
(5) Collect pictures or work as evidence	Offered proof of completion through photos or work	Photos or work included doesn't give good evidence	Not included	
(5) Have an adult monitor progress and sign-off	Adult writes a description of completion and signs off	Adult signs off but doesn't include a written statement describing evidence	No adult proof	
Totals				/70

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(Adult’s Signature)

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(Date Signed)

Power of One: Working on Working—Explore and prepare for careers.

Name: _____ Date: _____ Period: _____

Date Due: _____

Objective: Students will explore and prepare for a career within the Human Services Cluster by completing FCCLA's Power of 1: Working on Working Project. (1.3)

Instructions

1. Explore careers in the Human Services Cluster.
2. Complete the Power of One Project Sheet to develop a Working on Working Project.
3. Write a reflection giving details on what you learned from the Working on Working Projects.

	2	1	0	Comments
(5) Identify at least one concern that you can address in an in-depth project	Developed at least one concern that could be addressed in an in-depth project	Developed at least one concern but too small to lead to in-depth project	Not complete	
(5) Set a measurable goal that you want to accomplish in the time given	Developed a measurable goal that could be accomplished in time given	Unrealistic goal that was not measurable or able to complete in time given	Not complete	
(5) Form a detailed plan, including who, what, when, where, and how	Plan included who, what, when, where, and how	Plan formed but all areas are not included	Not complete	
(5) Complete the proposed project checklist	Project Checklist complete	Checklist was begun but not complete	Not complete	
(5) Write a detailed summary of your project actions	Actions were written out in a detailed summary give evidence that goal was met	Actions did not include enough details to show that goal was met	Not complete	
(5) Evaluate the successful & unsuccessful parts of your project	Evaluation includes successes and failures of project completion	Evaluation does not include success and failures	Not included	
(5) Detail what you should have included to make your project better	Evaluation includes how to improve the project	Evaluation does not offer ways to improve project	Not included	
(5) Detailed Reflection	Reflection includes, what your project included, what you learned, and how you felt about it	Reflection did not include all information	Not complete	
Totals				/80

Power of One: Take the Lead-Develop leadership qualities.

Objective: Using the FCCLA Planning Process, students will complete an Individualized/Group Service Project by completing FCCLA's Power of 1: Take the Lead Project. Upon completion of this project, students will earn the Trust Pillar of Character. (4.2.1 & 3.3)

Instructions:

1. Think about your leadership qualities.
2. Complete the Planning Process Form to form a service project that you can lead.
3. Reflect on how your leadership skills have improved through your project..

	2	1	0	Comments
(5) Group Service Project Form complete	Took the lead to develop an individualized/group service project	Developed a plan to take the lead in an individualized/group service project but lacked realism	Not complete	
(5) Planning Process includes Concerns	Identified concerns that could be addressed by a service project in time allotted	Concerns listed were unclear or could not be addressed in time allotted	Not complete	
(5) Set a measurable goal that you want to accomplish in the time given	Developed a measurable goal that could be accomplished in time given	Unrealistic goal that was not measurable or able to complete in time given	Not complete	
(5) Complete the proposed project checklist	Project Checklist complete	Checklist was begun but not complete	Not complete	
(5) Write a detailed summary of your project actions	Actions were written out in a detailed summary give evidence that goal was met	Actions did not include enough details to show that goal was met	Not complete	
(5) Evaluate the successful & unsuccessful parts of your project	Evaluation includes successes and failures of project completion	Evaluation does not include success and failures	Not included	
(5) Detail what you should have included to make your project better	Evaluation includes how to improve the project	Evaluation does not offer ways to improve project	Not included	
(5) Detailed Reflection	Reflection includes, what your project included, what you learned, and how you felt about it	Reflection did not include all information	Not complete	
Totals				/90

Power of One: Speak out for FCCLA—Tell others about the organization.

Objective: Using the FCCLA Planning Process, students will inform others about FCCLA by completing FCCLA’s Power of 1: Speak out for FCCLA. (2.1.4)

Instructions:

1. Investigate FCCLA as a leadership & service organization.
2. Complete the Planning Process Form to form a project that will inform others about FCCLA.
3. Have an adult write a description of your actions and sign-off on it.
4. Collect evidence of your actions, such as work and photos.
5. Reflect on how your “Speak out for FCCLA” project informed others about FCCLA.

	2	1	0	Total/ Comments
(5) Identify at least one concern that you can address in an in-depth project	Developed at least one concern that could be addressed in an in-depth project	Developed at least one concern but too small to lead to in-depth project	Not complete	
(5) Set a measurable goal that you want to accomplish in the time given	Developed a measurable goal that could be accomplished in time given	Unrealistic goal that was not measurable or able to complete in time given	Not complete	
(5) Form a detailed plan, including who, what, when, where, and how	Plan included who, what, when, where, and how	Plan formed but all areas are not included	Not complete	
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