

FCCLA Speaks

Happy New Year!

We hope your 2019 is off to a great start, as we look forward to the many things to come this year. As the first month of the year can be very chaotic, don't forget about District STAR Events which will be coming up in February. We look forward to seeing all of your hard work come together at State Leadership Conference in April. Until then, don't forget to include us in your journey by tagging us or using **#idfccla2019**.

Officer Tip

By Abby Davis, Secretary

With District STAR Events and State Leadership Conference quickly approaching it can be extremely easy to become overwhelmed. It is important to remember to stay motivated and keep pushing through! Here are a few tips to help you get through the next few months.

- Manage your time wisely!
 - At this point in the year it is hard to stay motivated and finish the things you need to do. I suggest prioritizing your tasks and finishing them in order from the most important to the least. Also, try to finish tasks, projects, and assignments as soon as you get them instead of leaving it until last minute! This will result in less stress and higher quality work.
- Set goals and focus on achieving them!
 - I strongly encourage you to set goals and make a plan for how you can accomplish these goals. If you want to succeed, you need goals. Goals give you long-term vision and short-term motivation. Goals also help you organize your knowledge, time, and resources.
- Remember you have people who support you.
 - Having a support system is crucial to your well-being and success. Your family, chapter members, friends, advisors, and State Officers all make up your support system. If you ever need any support, encouragement, or help your State Officers are here to help! We are here for you and strongly encourage you to reach out to us whenever you need.



Getting Ready for District Competitions: Need to know

By MayLee Edwards, District 4,5,& 6 Director

Competing in STAR Events can be extremely difficult, so here are a few steps to help you prepare and hopefully make your competition easier.

First, make sure that your presentation covers everything in the rubric. You can do this by going through your presentation by yourself to see if there is anything you have missed. After you've checked your presentation, run through the presentation with your advisor. Sometimes, having someone else check over your work will help you to find errors or something that you could have missed.

Second, practice your presentation. You can do this by, rehearsing your presentation in front of a mirror. You could also record yourself presenting. This is a way to make sure your voice isn't monotone while presenting. You are also able to see if you are making an excessive amount of hand gestures. Next, present in front of your peers. This will help you get used to presenting in front of people. Lastly, present in front of your advisor. Your advisor wants you to succeed. So, they will point out what you need to improve on.

Lastly, be familiar with your project and presentation. Even though you are allowed to present with note cards, be so familiar with your presentation that you don't need them. I suggest that you bring your note cards but only use them if you truly need them. Remember, the less you use them the more professional you look.

I hope that you find some of these steps useful! I wish you the best of luck with your STAR Event competition!

Membership Madness

To expand the opportunities FCCLA provides we are joining with National FCCLA participate in Membership Madness Month. National FCCLA has created an online package of resources to help your chapter expand. Not only is this a great opportunity for your chapter to grow, but all chapters who apply will be entered to win one of 10 \$50 gift cards. The application for Membership Madness can be found at the following web address:

<https://docs.google.com/forms/d/e/1FAIpQLSeL77qbmeR6UPQPEnPLYkouP2NFe5FB5EEbsdq-nQYu-8Zfxw/viewform>

Have a question about Idaho FCCLA?
Want to see a state officer at your school?
Contact us:

Nikoli Carlquist	District 4	president@idahofccla.org
Abby Davis	District 3	secretary@idahofccla.org
Charlotte Brockman	District 4	vppr@idahofccla.org
Jaime Garcia	District 4	vpprograms@idahofccla.org
Christina Wilson	District 6	vpstarevents@idahofccla.org
Lindsey Stachofsky	District 2	membership@idahofccla.org
Taryn Packer	District 3	d3director@idahofccla.org
Maylee Edwards	District 6	d6director@idahofccla.org

Follow us on social media @IdahoFCCLA
Include us in your journey - #IDFCCLA2018

