



FAMILY, CAREER AND COMMUNITY LEADERS OF AMERICA (FCCLA):

SOCIAL EMOTIONAL LEARNING AND CIVIC ENGAGEMENT IN ACTION

CONSIDERATIONS:

FCCLA members in Iowa identified, planned and carried out hundreds of projects reaching out to local and state communities.

FCCLA is considered a best practice in applying social emotional skills learned in the Family & Consumer Sciences (FCS) classroom.

FCCLA advisors are licensed FCS teachers who have strong backgrounds in human development, mental and physical health and wellness practices, relationship education and adolescent developmental theory.

FCCLA offers opportunities for all students to find a place to be themselves, learn to lead and improve their lives.

FCCLA is youth driven and problem based leading to civic engagement, personal growth and leadership development.

Iowa currently has 77 chapters and 3257 members in middle and secondary schools. (18/19)

PROMOTING WELL-ROUNDED STUDENTS THROUGH FCCLA/FCS

Success begins with foundational personal development which builds effectiveness through the understanding and practicing of skills in a range of real life applications. That is what FCCLA is about—providing real world application and experiences which allow members to enhance their ability to be successful.

FCCLA inspires students to develop leadership skills and become civically engaged, practice social and emotional skills, explore career opportunities and grow personally while making real differences in their families, communities and their own lives.

FCCLA is an extension of the Family and Consumer Sciences (FCS) classroom. The personal skill set developed through FCS is called 'life literacy' or 'balancing work and life' which prepares students to make informed decisions that impact their personal life—healthy relationships, conflict resolution, obesity prevention, wellness, family systems and consumerism; as well as the balancing of their personal and work lives. Family and Consumer Sciences education with FCCLA applications enhances the development of these skills. In addition, FCS classrooms add rigor to this instruction to introduce students to professions related to Human Services, Hospitality and Tourism, Education and Training and Visual Arts.

FCCLA Changes Youth by...

- Building skills through authentic applications of conflict resolution, critical thinking, responsibility, management, decision making, goal setting, and cooperation in a variety of real world settings;
- Promoting and practicing interpersonal skills to enhance healthy relationships with peers, family members, school personnel and community citizens now and in the future as effective workers and community leaders;
- Developing process thinking through the use of a planning process for all activities and projects;
- Enhancing leadership, teamwork, and advocacy skills through student-led activities and projects.

“A survey of 34,746 high school students indicated an overwhelming agreement that FCCLA/FCS experiences taught them teamwork, creativity, leadership, responsibility and management skills.” My College Option/FCCLA research study (2016).

FCCLA OFFERS RESOURCES AND STRUCTURE TO ADDRESS BULLYING, OBESITY, MENTAL WELLNESS AND MORE

FCCLA has nationally developed resources and support networks through national programs focused upon many social emotional topics using peer to peer interaction, student-led leadership and civic engagement. The following are a sample of the national programs which promote active engagement:



The national program **Students Taking On Prevention (STOP) the Violence** empowers youth with the attitude, skills and resources in order to recognize, report and reduce youth violence. The program provides tools for assessing violent activity, reporting troubling behavior, locating local resources of support and planning a project (or projects) to address these issues. Bullying prevention and dating violence are two applications common in FCCLA chapters.



The national program **Student Body** helps young people to learn to eat right, be fit and make healthy choices regarding their physical, emotional and mental health. The program empowers youth to make wise food and lifestyle choices, encourage fitness activities, maintain positive mental health, strengthen emotional health through the planning, carrying out and evaluating of projects to improve their lives, their families, their school and/or their community.



The national program **Families First** promotes a better understanding of how families work and learn skills to become strong family members, both their family of origin and the family they will create in their future. The program addresses family diversity, how to build strong family relationships, address conflicts, manage multiple responsibilities and nurture family members, including children. Projects are planned and carried out to make positive change happen in their own families and communities.



The national program **Power of One** help students find and use their personal power. Members identify issues they want to change, set their own goals, work to achieve them and obtain recognition for achievement. Areas they can select from include improving personal traits, improving relationships with family members, exploring their career interests and life goals, develop leadership qualities, and sharing their positive FCCLA experiences with others. All five areas are encouraged and achievement is rewarded with national recognition.

COMPETITION, RECOGNITION AND AWARDS ENCOURAGE ACHIEVEMENT.

FCCLA encourages youth participation through a focus that's youth driven. This means issues of concern, projects and work is directed by the student members. The following have proven to encourage youth participation with success:

Competitive Events—Project based work is aligned with social issues and occupational practices to prove skills learned and impact made. These are judged through a rubric system, where participants learn to reach a rigor that is achievable by all. It's not just beating the next person, it's meeting the rubric requirements which include demonstration of social/emotional skills, civic engagement, 21st century employability skills and project effectiveness. Determination, perseverance and grit are demonstrated.

Recognition and Awards—National programs and competitive events provide recognition and awards at the local, district, state and national levels. Many include college scholarships and monetary awards to the individual(s) or chapter.

To bring FCCLA to your school or to learn more about Iowa FCCLA/FCS contact:

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