



# **2022 National Officer Candidate Applications**

National Leadership Conference



## ***2022 National Officer Candidate Application Materials***

*Below are the names of the 17 National Officer Candidates. Click one of their names to go to their application materials*

**Mary Katherine Gunn**

**Rene Cabrera**

**Riley Walker**

**Emma Zamborsky**

**Kenize Daniels**

**Kate Coulter**

**Zoe Minton**

**Amie Ann White**

**Reese Owens**

**Maura Hartman**

**Gianna Debruyn**

**Madison Brian**

**Hannah Leyendecker**

**Nathaniel Janssen**

**Camryn Maddoux**

**Shelby Smith**

**Jorge Sanchez**



The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

National Officer Candidate: Mary Katherine Gunn

State: Alabama

Describe FCCLA opportunities you have chosen to participate in for personal growth and leadership development, and explain how this has prepared you to serve as a member of the National Executive Council.

Eleanor Roosevelt once said, "The future belongs to those who believe in the beauty of their dreams." FCCLA provides opportunities for its members to dream big and fulfill their leadership goals. As a young 7th grader, I never expected to be in the position I am in today. None of it would have been possible without the experiences I have had while in FCCLA. From community service to networking at national conferences, every action and interaction has helped me develop both personally and as a leader.

I believe in the power of service. Through community service work, I've learned what it takes to run a successful nonprofit organization through watching them while I volunteered. Service helps to craft a leader through the actions we learn such as teamwork, communication, and planning. When you volunteer, you meet people, you make connections, and learn valuable lessons that you cannot find elsewhere. I have had the privilege of working extensively with the BaxStrong Foundation, a local non-profit that helps bring smiles to families with children fighting cancer. I also work with our local youth sports association and town council to further strengthen the bonds between me and my community.

Leadership is at every level of FCCLA. I have held leadership positions in my local chapter since 7th grade. Serving as Vice President of Community Service and Vice President helped me learn the needs of my communities and begin to develop relationships that continue to benefit me today. I have continued to hold an office and have learned from each as I hold them. While serving on Alabama FCCLA's State Executive Council, my role as President taught me the importance of clear communication, team collaboration, and being able to overcome obstacles. At the national level, I have had the privilege of attending the National Leadership Conference (2021), I also attended both Capitol Leadership and National Fall Conference (2021). At these conferences, I networked with members from all over the country, learned from presenters and speakers in workshops and panels, and held congressional meetings with Alabama's Senators and Representatives. With them, I spoke about Perkins V funding and the need to continue to support CTE as it helps continue to create opportunities for students.

Leadership through action is something that I strive to exhibit! Being able to research, plan, and present are necessary traits of a leader. At Florida and Wyoming FCCLA's Fall Conferences, I collaborated with Shelby Smith as a virtual presenter on the dangers of Tobacco and Nicotine with our workshop "Making Your Health Count: Put it Down, Choose Freedom", to teach about our partner organization, Campaign for Tobacco-Free Kids, and the dangerous effects that Vaping and Nicotine have on students' mental, physical, and emotional wellbeing. Along with presenting how your "Heroic Leadership" can change the outlook on your future at Alabama's CTSO's Joint Leadership Development Conference, I hope to help inspire future leaders to further educate themselves on how they can make a difference.

In conclusion, FCCLA has led me on a path to achieving my leadership dreams. It has given me the opportunity to look for ways to achieve my goals, advocate for something I'm passionate about, and constantly strive to better myself and those around me.

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The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

National Officer Candidate: Mary Katherine Gunn

State: Alabama

Select an FCCLA National Program or partner initiative that you participated in with your chapter and describe the impact it has made in your chapter, school, and/or community.

In my chapter, we believe in the importance of family and community. With the Families First national program, we have to help strengthen the bonds of our families in our community in various ways, all of which have focused on the units: You-Me-Us and Families Today. In the past 3 years, we have hosted two state award-winning family nights for our community, as well as assisted with community events such as Christmas in the Park, our local Optimist Club's Mullet Festival, Deck the Halls, and our town's highly celebrated German Fest.

My chapter hosted a Christmas Night at the high school, which was during our open house for the upcoming school year. While older students were touring our recently built campus, we had a cookie decorating, a hot chocolate bar, ornament decorating, as well as Santa Claus there for the children to take pictures with. All tables had FCCLA members to assist the younger children with the activities and with the leftover cookie supplies, we were able to build cookie decorating kits for our teachers to take home to do with their own families. This allows them to use aspects of our partner initiative Family Dinner Project to nurture their own family through a fun, engaging environment.

Continuing the goal of nurturing family life, FCCLA and Peer Helpers, saw the need for Christmas presents for children in our community. After Hurricane Sally, many families didn't have the monetary ability to buy Christmas presents for their children or toiletries suited for them. Seeing this need, Deck the Halls was born. We collected age-appropriate toys and toiletries such as toothbrushes and toothpaste, hair needs, and shampoo and body wash made for children. We constructed boxes for the children at our feeder pattern schools that were suitable for their age range and gender, wrapped them with Christmas themed paper, and delivered them to the kids directly.

This year, we decided to partner with Peer Helpers again to put on a Trunk or Treat for our local families. We asked every club and sports team in our school to build a game and booth under a theme to run at the event. We also included our middle school chapter in this event. We ended up having over 32 booths at the event.

By using the Families First national program as a guide for planning family-centered activities, my chapter and I learned that it is important to take time to stop and cherish the moments we have together with our families because you can't rewind the clock. The time we have with our parents, as well as our siblings is something you can never get back, so appreciate it while you have the chance to. These events helped the families in our community have quality time together, as well as make memories that will last a lifetime.

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# MARY KATHERINE GUNN

## ALABAMA NATIONAL OFFICER CANDIDATE

██████████ | ██████████ FCCLA

Alabama | Rising Senior, Class of 2023 | 5 Year Member | 3 Years FCS Education

### NATIONAL INVOLVEMENT

- National Leadership Conference Attendee (2021)
- National NOC Election Voting Delegate (2021)
- Online STAR Event Evaluator (2021)
- Conference Voting Delegate (2021)
- National Fall Conference Attendee (2021)
- FCCLA Week (2021, 2022)
- Stephen Covey FCCLA Leadership Academy (2022)
- Choose Freedom Workshop presenter (2021,2022)

### STATE INVOLVEMENT

- State Association President (2022)
- State Leadership Conference Attendee (2020, 2021, 2022)
- State STAR Events Participation (2020, 2021, 2022)
- National STAR Events Bid (2020)
- Joint Leadership Development Conference Breakout Session Presenter Guide (2021)
- Joint Leadership Development Conference Session Leader (2021)
- Fall Rally Virtual Presenter (2021)

### CHAPTER INVOLVEMENT

- Golden Chapter State Award Recipient (2022)
- Children's First State Award Recipient (2020, 2021, 2022)
- iRecruit State Award Recipient (2022)
- Trunk-or-Treat Co-Host (2021)
- 2<sup>nd</sup> Grade Learning Day Co-Host (2021)
- Veterans Gratitude Brunch (2021)
- Bus Driver Appreciation (2020, 2021, 2022)
- Children's Christmas Night (2019)
- Canned Food Drive for local food pantry (2019, 2021, 2022)
- Mentor to Central Baldwin Middle School FCCLA (2021, 2022)
- County Sweet Potato Cook Off Participant (2017, 2018, 2019)
- Annual Teacher Appreciation Week (2017-2022)
- Open House Presenter for FCCLA and FCS (2021)
- Informational Booth at County Fair (2021)
- Guest Services Gold Certification (2022)

### SCHOOL AND COMMUNITY INVOLVEMENT

- Peer Helper, Jennifer Claire Moore Foundation (2015-Present)
- South Baldwin Chamber, Junior Ambassador (2021-Present)
- Head of Sports Media Staff (2020-Present)
- Chic-fil-A Leadership Academy Member (2021-Present)
- BaxStrong Foundation Volunteer (2021-Present)
- Altar Server and Youth Group Member, ██████████ (2018-Present)
- Teacher Assistant, ██████████ (2021-Present)

### OFFICES

#### State Office

2021-2022 State Association  
President (one term limit)

#### High School Chapter Office

2021-2022 Vice President

2020-2021 Vice President of  
Community Service

2019-2022 Vice President of  
Community Service

#### Middle School Chapter Office

2018-2019 Vice President

2017-2018 Vice President of  
Community Service

### CONTRIBUTIONS TO

#### FCS EDUCATION

Congressional meetings with Representatives Mike Rogers, Jerry Carl, and Gary Palmer; staffers from the offices of Senator Tuberville and Senator Shelby; and, Alabama Secretary of State John Merrill to discuss the importance of FCS education.

Member, South Alabama Career Technical Education Advisory Board (2021-Present)

#### CLASSES

7<sup>th</sup> – Family & Consumer Sciences  
1/7A 1.0

8<sup>th</sup> – Family & Consumer Sciences  
2/8A 1.0

11<sup>th</sup> – Food & Nutrition/Food &  
Nutrition(1 CD) 1.0

#### WORK EXPERIENCE

Mary Kate Gunn Media, Head  
Photographer (2019-Present)

The Beach Club, Mercantile  
Assistant (May 2021-July 2021)



## NATIONAL OFFICER CANDIDATE ESSAY 1

The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

**National Officer Candidate:** Kenzie Daniels

**State:** Arkansas

Describe FCCLA opportunities you have chosen to participate in for personal growth and leadership development, and explain how this has prepared you to serve as a member of the National Executive Council.

Through FCCLA I have has so many opportunities to strengthen my leadership ability and to grow as a person. This past year I took the opportunity to run for a State Office. As the Arkansas FCCLA State President I have learned so many important qualities that have prepared me to serve as a member of the National Executive Council. My year as State President taught me not only how to be a leader, but how to work with other leaders to produce the best possible outcome for the organization. I learned compromise and understanding which are vital to being productive in a team. It has prepared me to be able to be a problem solver and adapt to different situations if needed. I learned how to efficiently manage my time even with a heavy workload to produce the best possible outcomes. This opportunity allowed me to lead FCCLA executive council meetings for the state of Arkansas where I was able to enhance my public speaking skills and ability to proficiently run a meeting. I had the amazing opportunity to meet with Arkansas state senators Tom Cotton and John Boozman and Arkansas state representatives French Hill and Bruce Westerman. I was able to meet with them to advocate for the importance of Family and Consumer Sciences Education and funding in classrooms all across the state of Arkansas. The most important aspect of leadership development I have developed during my opportunity of being the state president is learning how to help others reach their full potential as a leader, something I believe every member of the National Executive Council should aspire to do. FCCLA opportunities such as attending National Leadership Conferences have allowed me to network with other young leaders from all across the country, teaching me the necessary communication skills it will take to be a national officer. Because I have been so involved in the opportunities available through FCCLA, I have become very enthusiastic and passionate about promoting this amazing organization so that other students can have the same opportunity for personal growth and leadership development. The skills gained, connections formed, and opportunities experienced through FCCLA have prepared me to become a member of the National Executive Council.

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## NATIONAL OFFICER CANDIDATE ESSAY 2

The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

**National Officer Candidate:** Kenzie Daniels

**State:** Arkansas

Select an FCCLA National Program or partner initiative that you participated in with your chapter and describe the impact it has made in your chapter, school, and/or community.

My favorite FCCLA National Program to participate in has always been Families First because I believe it is so important for students to gain an understanding of how families work and learn skills to become strong family members. Family is the basic unit of society and it is important for FCCLA members to become leaders, especially in their family, to strengthen their families for today and tomorrow. Within my chapter we have participated in Families First through our annual "Sorge Christmas Project". Through this project, teachers within our school send names of Elementary and Highschool students who come from less fortunate families who need a little extra help around the holiday season. Our chapter then raises money to be able to buy those kids in our school something to make their Christmas extra special. We are given sizes and interests of each of the kids and our chapter takes a lunch period to go to Walmart and buy necessities for the child such as socks, underwear, jackets, shoes, and clothes. We are also able to buy the child toys or something that relates to their interests that they really want for Christmas. After we buy the gifts we take them back to school to wrap and then their parents pick up the presents for them to open on Christmas morning with their families. We learn how to be stronger family members by putting other families first and helping those in need. We are learning important skills such as budgeting our provided money for each child and buying what is important while leaving some for something extra. A skill that we will use within our families now and in our future. We also participate in Families First by stuffing stockings for CASA to give to foster children. We have a stocking stuffer drive within our school and community and our FCCLA chapter stuffs stockings with toys and necessities for children anywhere from newborn to 18 who are living in a foster family. It is so special to be able to help families in need through both of these projects. I am so fortunate to have a supportive family to provide me with the needs I have, and it is important for us as FCCLA members to help others by putting their families first. We hope to inspire these children that we are helping through these projects to join organizations such as FCCLA so they can learn to become leaders in their own homes.

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# KENZIE DANIELS

Arkansas National Officer Candidate

Years in FCCLA: 4

10th Grade

Years of FACS Instruction: 3

## \*FAMILY and CONSUMER SCIENCES COURSES\*

2021 - 2022 10th Food Safety and Nutrition  
(1 Credit)  
2021 - 2022 10th Food Production  
(1 Credit)  
2018 - 2019 8th Career Development  
(0.5 credit)  
2018 - 2019 7th Family and Consumer  
Sciences Investigation (0.5 credit)

Program of Study - Culinary Arts: Food Production &  
Services - Completer Upon Graduation

## \*PARTICIPATION IN FCCLA\*

### Nationals

2020 - 2022 National Leadership Conference - San  
Diego, CA / Nashville, TN / Virtual  
2021 Capitol Leadership - Washington, DC  
2021 NLC Voting Delegate - Nashville, TN  
2019-2021 National Fall Conferences

### State

2022 Presided over the Arkansas FCCLA State  
Leadership Conference - Benton, AR  
2021 Presided over Arkansas State Executive Council  
Meetings  
2021 Arkansas Leadership Training  
2018-2021 Arkansas FCCLA State Leadership  
Conference

### District

2019 Presenter for the District VI Leadership  
Conference  
2019-2022 District VI Winter Leadership Conference  
2018-2021 District VI Fall Leadership Conference

### Local

2018-2022 ██████████ FCCLA Member

## \*FCCLA OFFICES HELD\*

2021-2022 Arkansas FCCLA NOC  
2021-2022 Arkansas State President (Term Limited)  
2021-2022 State Executive Council Member  
2020-2021 Arkansas FCCLA State Officer Candidate  
2020-2021 District VI Executive Council Member  
2020-2021 District VI Vice President of Community  
Service  
2020-2022 ██████████ Chapter President (2 yrs)  
2018-2020 ██████████ Chapter Vice President (2 yrs)

## \*Participation in STAR EVENTS\*

2021-2022 District VI Student Judge: Parliamentary  
Law / Repurpose and Redesign  
2020-2021 Job Interview  
District - Gold State - Silver Nationals - Silver  
2019-2020 Career Investigation  
District - Gold State - Silver Nationals - Silver  
2018-2019 Sports Nutrition  
District - Silver State - Silver Nationals - Qualified

## \*SCHOOL AND COMMUNITY PARTICIPATION\*

National Honor Society Chapter Officer, Student  
Council Member, Gifted and Talented Program  
Member, Arkansas Quiz-bowl All-Star Team,  
7th-10th Grade-Class President, Future Business  
Leaders of America Member, Junior ██████████  
County, Junior ██████████ County Overall Interview  
Scholarship, Junior ██████████ County Academic  
Leader Award Scholarship, Junior ██████████ County  
Volunteer Service Award Scholarship, All-Academic  
Honors 2018-2020, Employee at Simple Simons  
Pizza and Curts Tires

## \*VOLUNTEER SERVICE\*

FCCLA - Arkansas Food Bank (on-going each year),  
Peach Tree Nursing Home Weekly Senior Game  
Nights, Peach Tree Nursing Home Senior Prom,  
CASA Stacking Stuffer Drive, Arkansas Children  
Hospital Book Drive, Sorge Christmas Project,  
Children's Advocacy Center Drive

## OTHER OPPORTUNITIES - Acorn Baptist Church

Nursery Helper, Cemetery Clean Up, ██████████  
Backpack Program, Mena Food Box Packing  
Program, Salvation Army Bell Ringer, Beauty Boot  
Camp Squad Leader

## \*CONTRIBUTIONS TO FACS EDUCATION\*

2022 - Advocate for FACS - Arkansas State Capitol -  
met with Gov. Asa Hutchinson, Secretary of  
Education Johnny Key, and CTE Director Ross White  
2021 - Advocate for CTE Funding - Washington DC -  
met with Senators Tom Cotton and John Boozman;  
Representatives French Hill and Bruce Westerman;  
Met with the ORSD school board to explain the  
importance of FACS education and FCCLA; Spoke to  
7th & 8th grade students about FACS & FCCLA



## NATIONAL OFFICER CANDIDATE ESSAY 1

The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

**National Officer Candidate:** Reese Owens

**State:** Arkansas

Describe FCCLA opportunities you have chosen to participate in for personal growth and leadership development, and explain how this has prepared you to serve as a member of the National Executive Council.

Personal growth and leadership development are important values that our organization holds. FCCLA provides its members with different ways to get involved, lead, and grow. Being a member of FCCLA has provided the chance to participate in a variety of opportunities for personal growth and leadership development. I have served as a district and state officer and competed in STAR Events

When I was in ninth grade, I ran for a district office. I never thought I would be elected, but to my surprise I was elected to serve on the Arkansas District IV officer team. After my term as a district officer, I decided to run for state office. I went through the election process and was elected Arkansas FCCLA First Vice President. I learned how to lead my state in mighty ways! I learned the skills it takes to lead many people not only from the stage but also behind the scenes. I had the opportunity to meet Governor Asa Hutchinson, Senators Tom Cotton and John Boozeman, and many Congressmen. I was able to advocate FCS Education and FCCLA. I learned the importance of advocacy and how to advocate effectively. I also had the opportunity to work beside other CTSOs and make lasting friendships! I grew my love and passion for others, for leadership, and for FCCLA through these leadership development opportunities. Through these leadership development opportunities, I have grown my public speaking skills, I strengthened my ability to make friendships, and I grew my love and passion for others, for leadership, and for FCCLA. These opportunities allowed me to grow my self-belief. I learned to believe that my dreams are possible. This has prepared me to serve on the National Executive Council by teaching me that no thought is not reachable and to believe in myself.

Through competing in STAR Events, I have learned how to make a presentation in a professional manner, how to delegate my time effectively, and how to push myself beyond my comfort zone. Being a member of the National Executive Council (NEC) comes with a lot of responsibility. I need to be able to advocate for the members of FCCLA in a professional manner. I have learned how to do just that by participating in STAR Events. A member of the NEC must know how to delegate time wisely. I learned how to manage school work, while having to meet deadlines for my STAR Event. This skill is crucial for a NEC member. Finally, I learned how to push myself out of my comfort zone. It is because I made the decision to compete in 7th grade that I have been able to participate in all of these opportunities. I took the step to push myself and I learned that I can do anything I put my mind to. As a member of the NEC, I will push myself out of my comfort zone for our members. I will push not only myself but challenge my fellow NEC members.

FCCLA members have the privilege to participate in many opportunities for leadership development and personal growth. I am so thankful for every experience I have had within FCCLA and all the opportunities to come!

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## NATIONAL OFFICER CANDIDATE ESSAY 2

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**National Officer Candidate:** Reese Owens

**State:** Arkansas

Select an FCCLA National Program or partner initiative that you participated in with your chapter and describe the impact it has made in your chapter, school, and/or community.

FCCLA National Programs are peer-to-peer educational programs to help students develop real world skills for life within Family and Consumer Sciences (FCS) education. There are 8 National Programs. One program that my chapter and I have participated in is Power of One. Although Power of One is an individually completed program, my chapter does activities and the application process together. It allows us to grow as a chapter and serve our community.

Power of One helps members to find and use their personal power. My fellow members and I set goals to complete each unit and worked to achieve them. The units of Power of One include A Better You, Family Ties, Working on Working, Take the Lead, and Speak Out for FCCLA. As a chapter, we discussed the many different ways to complete each unit. A Better You is to improve personal traits. As a chapter we planned what we could do individually to improve our personal traits individually but also benefit our community. A few members helped their families clean up after dinner, while the rest decided to learn proper dieting and joined a local gym. This impacted our community by supporting a local business. Family Ties is focused on better family relationships. Each member made a plan for what method would allow them to strengthen their family unit. Methods included: helping parents plan and prep meals, assist a sibling in chorus, and taking care of the family pet. These steps help better our chapter by creating a sense of responsibility within one's home which leads over into other responsibilities. Working on Working allows members to explore work options, prepare for a career, or sharpen skills that can be used in business. My chapter members and I created resumes to apply for jobs and college. Many of my chapter members and I got hired and began working our first job due to this National Program. We are impacting our community in positive ways. We are working for local businesses to grow our city's economy and allowing businesses to grow individually after the pandemic! Take the Lead develops leadership qualities. Members completed this unit by teaching children through a FCS class, running for local, district, or state office, or leading others within their religious organizations. Each member is involved in many different things, however we were able to find ways for each and every person to find something to lead. Finally is Speak Out for FCCLA. This unit focuses on telling others about positive experiences in FCCLA. When discussing and planning what to do for this unit, everyone was so excited. The members within my chapter love FCCLA and everything we do for our community. As a chapter, we made a list of community service projects we have completed, favorite memories, and what has been learned from FCCLA. Everyone went home and shared with their parents, family, church members, and siblings! This has not only grown our chapter, but it has also grown our middle school chapter in our district. Members with younger siblings shared their passion for FCCLA allowing their passion to ignite. These younger siblings are the future members of my chapter and will continue to serve and impact our community!

Completing Power of One is something everyone looks forward to within my chapter. We are able to hold each other accountable, grow the community within my chapter, and grow individually as well! Everyone learns lifelong skills that will be used in every aspect of life!

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**National Officer Candidate:** Hannah Leyendecker

**State:** Arizona

Describe FCCLA opportunities you have chosen to participate in for personal growth and leadership development, and explain how this has prepared you to serve as a member of the National Executive Council.

Being involved in this amazing organization, where family is the central focus, has provided countless opportunities for personal growth and leadership development! Although I have been attending local FCCLA events and activities with my Mom since I was seven-years-old, I was beyond excited when I was finally able to become an affiliated member during my 8th grade year! Since the National Cluster Meeting was in Arizona that year, I was able to attend Leadership Academy and compete in Toys That Teach earning 3rd place. Then, to showcase my first winning service project, I competed in National Programs in Action placing gold at the State Leadership Conference and earning a perfect score at the National Leadership Conference! In fact, one of the judges even suggested that I run for National Office in the future - little did she know that dream has been living in my heart since I attended my first NLC at just ten-years-old! However, I knew that I still had a long leadership journey ahead to be prepared to run for a spot on the National Executive Council. Freshman year, I was elected as the Public Relations Officer for my chapter. My responsibility was to use social media to promote FCCLA, FCS, and our chapter. Although I was not able to compete in Chapter In Review Display due to the pandemic, I was still able to grow my collaboration and problem-solving skills through our winning Lead4Change project. Sophomore year, I was extremely excited to serve as the Chapter President! Since our school was still virtual, I really had to think outside of the box to get members involved. We were able to experience tremendous success through our Lead4Change project and received Gold Chapter Recognition at the State Leadership Conference. In addition, I was recognized as the Member of the Year for Arizona FCCLA! After serving as a chapter officer for two years, I was ready to expand my leadership skills even further by running for the State Executive Council for Arizona FCCLA. Going through their election process provided me with valuable experience in the application process, as well as preparing for the knowledge test, panel interview and speech. When I was announced as the 2021-2022 Arizona FCCLA State President, it felt like a dream! In this role, I have been able to work collaboratively with the State Executive Council to plan, organize, and lead our Chapter Leadership Camp, Fall Leadership Conference, and State Leadership Conference. Although being in front of the entire Arizona delegation gave me butterflies in my stomach, those experiences made me a more confident and poised speaker. Since I knew that running for the National Executive Council would provide opportunities for further growth, I decided to “make my leadership journey count” by developing a leadership development plan to guide me through consistent growth throughout this past year. I demonstrated effective time management skills in both school and FCCLA commitments, improved my ability to adapt to different situations and group settings, and developed better active listening skills for greater understanding of others’ perspectives. I was even awarded a gold medal at the State Leadership Conference in the Leadership STAR Event and announced as a National Contender. In addition, I recently completed the six-week FranklinCovey FCCLA Leadership Academy where I was able to network with other wonderful leaders from all across the country while learning the 7 Highly Effective Habits of Leadership. In conclusion, all of these amazing experiences have furthered my leadership capacity and I feel well-prepared to serve as a member of the National Executive Council.

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## NATIONAL OFFICER CANDIDATE ESSAY 2

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**National Officer Candidate:** Hannah Leyendecker

**State:** Arizona

Select an FCCLA National Program or partner initiative that you participated in with your chapter and describe the impact it has made in your chapter, school, and/or community.

From a young age, community service has always been a big part of my life and I genuinely enjoy inspiring others to also make a difference in their community! This is why the Community Service National Program and partnership with Lead4Change have been the perfect fit for me to grow my leadership skills. As a freshman, I started by volunteering at the With-Out-Waste Mobile Pantry to distribute rescued vegetables and other pantry items to hungry families in the tri-state community. After several months, it became quite evident that although many parents relied on this community resource to feed their children, they did not always know how to incorporate the unusual vegetables, like eggplant and squash, into their meals. Therefore, I worked with my STAR Event partner to develop a team of "T-Birds to Tackle Hunger" and organized a Super Bowl themed campaign to collect soup cans so parents could simply add the veggies they received to their children's bowls without having to do a lot of preparation. We initially set a goal of collecting 500 cans, but to our amazement, we ended up collecting over 1,050 cans of soup! In addition, we were awarded the Grand Prize winning \$10,000 from Lead4Change for our service partner, Caring Hearts Food Ministry. After that, I became even more passionate about helping my community and my heart was filled with service project ideas. When the COVID-19 pandemic hit, it put up a giant speed bump in our plans. Helping young children learn is very rewarding and something that I look forward to doing, so I was devastated when our child care center was closed. As a result, I helped lead our team of "T-Bird Readers" to develop a virtual library full of videos of members, officers, and alumni reading engaging children's books to help continue promoting literacy skills at home. In total, we were able to read over 25 books which were viewed by over 400 families and once again awarded the Grand Prize of \$10,000 for our service partner, Tiny T-Birds Early Childhood Center. When we finally came back to school mid-way through my sophomore year, we decided to expand on our literacy project by hosting a book drive. It was really exciting to be one of the "Leaders in the Hat" and be able to donate over 1,126 books to develop lending libraries at Tiny T-Birds and the Boys & Girls Club, as well as win \$10,000 to help them purchase additional literacy materials for the children in their programs. Then, junior year, I was provided with the unique opportunity to expand my leadership skills by mentoring the new Service Learning Officer, for my chapter, through all six of the Lead4Change lessons. Needless to say, I am very excited and proud to share that our "Soaping into Service for Babies" was chosen as the Grand Prize Winner for the 2021 - 2022 school year, winning \$10,000 for the Healthy Families Program. Through my involvement in the Community Service National Program, my chapter and I have helped raise \$40,000 for my community and our various service partners. This has motivated me to get more involved in the Student Body National Program and have recently decided to serve as the youth liaison for the Bullhead Opting Out Of Tobacco Coalition which aligns with the Campaign for Tobacco Free Kids. In fact, for Take Down Tobacco - the National Day of Action, our chapter was able to create an exhibit with over 300 awareness gravestones made by local 5th graders explaining the dangers and effects of the tobacco industry. National Programs and initiatives have given me the opportunity to make big impacts in my family, school, and community; and I cannot wait to work with FCCLA members around the nation to continue to make an impact in our communities!

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# Hannah Leyendecker

██████████ Junior  
4 years FCCLA Membership  
3 years FCS Program

Arizona  
#10499  
██████████ Chapter

**Objective** I strongly believe that my passion for FCCLA along with experiences serving in various leadership roles at the local and state level has prepared me to take this next step in my Ultimate Leadership Journey!

## FCS Coursework & Contributions

**Freshman Year** **Early Childhood Education I, earned 1 credit 4.00**

- Health & Safety Issues Certificate

**Sophomore Year** **Early Childhood Education II, earned 1 credit 4.00**

- Mandatory Reporting and Bloodborne Pathogen Exposure Prevention Certificates
- Infant and Toddler Developmental Guidelines Certificate

**Junior Year** **Early Childhood Education III, earned 1 credit 4.00**

- Awarded Child Development Associate Infant & Toddler Credential
- 📌 Promoted FCS at our Annual Career & College Expo reaching over 5,000 students
- 📌 Organized "Dine in with FCS" Events, 2019, 2020, 2021

## FCCLA Officer Positions

- 2019 - 2020 Public Relations Officer, Local
- 2020 - 2021 Chapter President, Local
- 2022 - 2023 Arizona FCCLA President, State

## FCCLA Involvement

- Power of One Completer, 2020, 2021, 2022
- 2019 State and National Leadership Conferences, Gold National Programs in Action
- 2020 Virtual Leadership Experience, FCCLA Knowledge 6<sup>th</sup> Overall
- 2021 State and National Leadership Conferences, Silver National Programs in Action
- 2022 State Leadership Conference, Leadership National Contender
- 2021 National Voting Delegate
- Franklin Covey Leadership Academy Graduate, 2022
- Youth Evaluator, 2022 National Programs Awards

## Community Involvement

- Accrued over 200 Community Service Hours
- 2019 Lead4Change Grand Prize Winner "T-Birds Tackle Hunger"
- 2020 Lead4Change Grand Prize Winner "Virtual T-Bird Readers"
- 2021 Lead4Change Grand Prize Winner "Leaders in the Hat"
- 2022 Lead4Change Grand Prize Winner "Soaping Into Service for Babies"

## School and Community

- Varsity Cheerleader, 3 years
- 2021 Young Wonder Award Finalist
- Membership National Honors Society, Key Club, Crown of Thorns
- Tiny T-Birds Teacher's Assistant 2019 - current
- Served in Children's Ministry, 4 years



The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

**National Officer Candidate:** Jorge Sanchez

**State:** Florida

Describe FCCLA opportunities you have chosen to participate in for personal growth and leadership development, and explain how this has prepared you to serve as a member of the National Executive Council.

Those of you that know me will know that I am a fierce advocate for both FCCLA and Family and Consumer Science Education! It's impact is well known to me and is present every day in my life through financial literacy, basic sewing skills, and even basic family communication skills. That is why I have taken any opportunity I get through FCCLA to advocate for FCS and continue to allow students to be impacted by Career and Technical Student Organizations. My experiences in FCCLA have taught me to be selfless and do things bring others up!

As an advocate for FCCLA, it's been my goal for the last seven years to learn everything there is about our organization. Our membership numbers, programs, various competitive events, and our mission: to promote personal growth and leadership development. I have been honored to participate in various competitive events, including Environmental Ambassador and Public Policy Advocate, all of which have helped me develop my love for FCCLA and a growing sense of awareness about the issues that face students across the nation and our organization.

Most recently, I was able to participate with FCCLA in a joint partnership with leading education company FranklinCovey. Through the partnership, FCCLA enlisted the help of two ambassadors from around the nation to represent National FCCLA on the new podcast RealiTeen Talks. This podcast focused on developing the next generation of leaders by empowering them through real teen stories, all aimed at showing other students that all of us go through similar struggles. The podcast allowed me to reflect on my years in FCCLA and showed me just how much I learned. I reflected via the podcast on leadership, mental health, interpersonal communication, practical knowledge, and even career preparation! The podcast also allowed me to encourage FranklinCovey to tackle financial literacy topics in their LeaderInMe school programs, allowing me to participate in a FinLit panel aimed at students preparing for life after high school.

Reflecting on these experiences, I realize how much they helped in shaping me into who I am today. My love for FCCLA, my advocacy for the organization and FCS education, as well as the passion I bring to the table have prepared me to take the first steps in becoming a member of your National Executive Council. If it wasn't for the various opportunities I had speaking nationally about the issues we all face, the stories we all develop, and the misconceptions that surround the FCS field, I would not have the confidence to say that I am ready to begin my work on the NEC as soon as NLC is over. I'm excited for what's ahead, and I thank FCCLA and my own State Association for trusting me to exemplify what FCCLA means and what we can do to continue pushing for The Ultimate Leadership Experience.

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**National Officer Candidate:** Jorge Sanchez

**State:** Florida

Select an FCCLA National Program or partner initiative that you participated in with your chapter and describe the impact it has made in your chapter, school, and/or community.

Though I would love to say that my chapter (in both high school and middle school) has participated in at least one National Program, it is one of the weaknesses that my chapter faces and something we are working on. But thankfully, FCCLA is very adaptable and though it may not have been a National program, I can speak to what we did in my middle school chapter almost six years ago, which still has impact on the chapter today.

In middle school, my chapter lost its adviser during its first year and we were forced to start from scratch beginning our second year (this would have been my 7th grade year). Our focus was more on competitive events and community service, but nonetheless, it still had a great impact on our school despite not being directly related to a National Program or partner initiative. Through STAR events, our chapter grew so much closer, to a point where six years later we all still talk to each other (even though we all go to different high schools!) and provide guidance to the incoming middle schoolers. The competitions fostered a sense of community and got us all excited about FCCLA and its mission. This encouraged us to participate in Florida FCCLA's Debby Pack's community service project (2017), host our own FCCLA Carnival at school (which is now on its 5th annual run!), and even participate at our District Meeting by providing skit material and ideas! Ever since, Progress Village FCCLA has become the centerpiece of Florida FCCLA District VI middle school initiatives.

As the Chapter President during that second year we had to rebuild, I can confidently say that the experience challenged our resiliency and determination and drew us so much closer to what FCCLA really means: family. The year made everyone us realize that FCCLA was big business, and that the opportunities were limitless! Our Chapter Member's confidence (despite not having a seasoned adviser) pushed all of us to not give up and is the reason the chapter is so strong today. The impact we all have had is so profound, some of the newer members still remember the original cohort of our chapter six years later as they seek out to make a better and greater chapter. In FCCLA I have learned, it's not always about participating in National Programs or partner initiatives, but it's about what you can do to blend parts of all of it together to continue having an impact that last long after you and continues to inspire the next generation of leaders for a better future.

Our goal is to participate in one national program by the end of 2023, and we are excited about what new impacts the program will make on our middle school chapter, as well as my new high school chapter in my school! The pandemic slowed the development of my high school chapter due to the loss of advisers and no brick and mortar instruction, but as we go back in person, we are ready to Make It Count!

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# JORGE SANCHEZ | FLORIDA NATIONAL OFFICER CANDIDATE

Years in FCCLA: 6    FCS Instruction Years: 2    Grade: 11    School: [REDACTED] FL

## FCCLA AND FCS INVOLVEMENT/CONTRIBUTIONS

- **Online STAR Event Judge (Chapter Website)**  
2019-2020 and 2021-2022
- **US Department of Education Panel Member**  
“*Keeping Equity at the Center*” Presentation  
2021-2022 | Selected by National Staff to Represent FCCLA
- **FranklinCovey Education “RealiTeen Talks” Panel Member**  
2020-2022 | Selected by National Staff to Represent FCCLA
- **2022 Florida Fall Conference Coordinator**  
2021-2022 | Coordinated a Florida-sponsored Fall Conference, which involved speakers from Wyoming, Missouri, and Alabama FCCLA as well as a local Tampa business. Topics: mental health, professional speaking, fundraising, and others.
- **National Conference Participant**  
Participated in 2017, 2019, 2020, and 2021 NLC
- **State Conference Participant**  
Participated in 2017, 2018, 2019, 2020, 2021, and 2022
- **STAR Event Competitor\***  
*Parliamentary Procedure (2016-2017), Environmental Ambassador (2017-2018), and Advocacy (2018-2019).*  
*\*State officers are encouraged not to participate in STAR, explains no comp. events after 2019*
- **Yearly Professional Study Day Presenter**  
[REDACTED] hosts a PSD to inform teachers about their CTSO and career pathways. I have been invited yearly to present as a State Officer and active FCCLA member in my community.
- **Leadership Academy Participant**  
Participated in the National Leadership Academy hosted by Franklin Covey (2020 NLC)

## OFFICES HELD

- **State President**  
Florida State Association  
2021-2022
- **State President-Elect**  
Florida State Association  
2020-2021
- **State VP of Junior Relations**  
Florida State Association  
2019-2020
- **Chapter Parliamentarian and State Officer Candidate**  
[REDACTED]  
2018-2019
- **Chapter President**  
[REDACTED]  
2017-2018
- **Chapter President-Elect**  
[REDACTED]  
2016-2017

## FCS INSTRUCTION

- **Careers in Fashion Design (ADVANCED)**  
[REDACTED]  
2018-2019 (8<sup>th</sup> Grade)
- **Careers in Fashion Design**  
[REDACTED]  
2017-2018 (7<sup>th</sup> Grade)

## COMMUNITY INVOLVEMENT

- **Junior Achievement of Tampa Bay Student Ambassador**  
*Nationally recognized student ambassador working towards the promotion of financial literacy, career preparation, and entrepreneurial discovery. Work with adults and business partners to promote the learning experiences of the organization in Tampa, Florida, and the US*
- **Today’s Dough Student Writer**  
*Intern writer and high school ambassador for a student-driven business, finance, and marketing news and blog platform with 70k+ subscribers.*
- **[REDACTED] DECA Chapter President**  
*Elected for the 2022-2023 School Year*



The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

**National Officer Candidate:** Rene Cabrera

**State:** KS

Describe FCCLA opportunities you have chosen to participate in for personal growth and leadership development, and explain how this has prepared you to serve as a member of the National Executive Council.

A National Executive Council (NEC) member of the Family, Career and Community Leaders of America (FCCLA) demands personal growth and leadership development, difficult qualities to endure as a young adult. Thankfully, FCCLA provides countless opportunities to become a better leader. I have participated in two National Programs, Power of One and Community Service to improve my personal growth and leadership development.

The offices of the NEC demand a great amount of personal growth. I was able to begin my journey in personal growth by completing Power of One, a National Program that helps members find and use their personal power by completing units with individual projects. The first unit I completed was Family Ties, which works to increase the relationships you have with family members. I gave my family a challenge: have a family game night every Saturday night. This appealed to my highly competitive brother and my sister, who is not afraid to crush anyone in UNO. Another unit I completed, Take the Lead, which encourages members to develop leadership qualities. I chose to run for state office in Kansas. This is an extensive process, but encourages and allows members to find their true selves and more importantly, grow as a leader. While running I was able to not only become State President of the state association, but create a habit of evaluating my leadership skills and enhancing my personal growth. These are just two of the five units that I have completed in the National Program, Power of One. This is an experience that I enjoyed as well as one without measure of how much I learned. Power of One is the greatest challenge for members to take on that increases personal growth.

Leadership development is another task I took on to be a more prominent member of the NEC. My adviser has always told me that the best way to learn about yourself is to learn about your community. By completing the National Program, Community Service, I was able to do just that. The units in Community Service are Learn, Lead, & Serve. I took on the National Program by learning about the widespread issue of homeless veterans. The National Coalition for Homeless Veterans reports that 13% of all homeless adults are veterans. Then, I led my chapter to find strategies that support homeless veterans. Finally, I helped enact a plan with my chapter that provided more than 300 items to a local organization who supports homeless veterans and veterans in need. The act of service by my chapter was not only supportive, but also gave me new leadership skills, like networking, which allowed me to contact outside organizations that spread my project's message. The more I was able to learn about the people around me, the more I was able to find my place in leadership and life.

Leadership development and personal growth were and still are hard for me to take on. Thankfully, FCCLA has provided me with confidence, enthusiasm, and the ability to be an exceptional member of the National Executive Council. My goal in FCCLA has been to continue to help others, which has led to helping myself, not only as an FCCLA member but as a community member.

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National Officer Candidate: Rene Cabrera

State: KS

Select an FCCLA National Program or partner initiative that you participated in with your chapter and describe the impact it has made in your chapter, school, and/or community.

In my community, and most likely your hometowns as well, you most likely hear statements from your peers like, “there’s nothing to do here” or “I am going to move away as soon as I graduate”. These statements are even more popular when communities lack youth engagement on the issues that they are passionate about. To combat this, FCCLA partners with a National Outreach Program called Lead4Change, a leadership and service program that provides a curriculum for members to make changes in their communities.

My adviser was ecstatic to implement the program into her leadership class. She had me not only complete a project with a group in my leadership class but also work as the liaison for Lead4Change. I led the class in finding connections with the community, who could help make a difference and/or find major stakeholders already working on the issues. The class completed eight projects to help find and address the needs of the community. All projects did a tremendous job in building leadership skills but more importantly impacting their school, community, and their chapter.

My group focused on helping the local homeless population, similar to that of my 9th-Grade Chapter Community Service Project. This time, the statistics showed a different need than that of 2020. A recent report by the City of Topeka showed that there were over 365 people in our city suffering from homelessness. Valeo, a newly established, up-and-coming organization, created the Mobile Access Partnership (MAP), a trailer that hauls around a washer, dryer, and multiple showers and bathrooms for those who are in need. When examining what issues seemed most prevalent, homelessness was at the top of the list, but so was mental health. We found that MAP not only works to help the homeless but also encourages getting mental health support. Our group decided to find the most efficient way to support MAP and learned that they are in need of hygiene items. Using the Lead4Change curriculum, we planned a movie night that would not only make a fun activity for people in the community but would also allow us to collect hygiene items that we could donate to MAP. Sadly, the weather forced us to postpone the event for next year. The planning with Lead4Change made us aware of the issues that the city faces. We learned what was important to us and found ways we could take on those challenges.

My group’s project was only one of eight completed by my leadership class. The seven other projects did an outstanding job of learning more about the community and developing their own leadership skills. One group, who had an interest and knowledge in finance took what they knew and held a raffle to benefit the school district resource room. Another group’s project, “Noods not Nudes” was a social media campaign that encouraged students in our high school to eat noodles, not send sexually explicit images. The creativity and work that members put into the projects were outstanding. Instead of the comments that I actively heard from my peers about how much they dislike Topeka, they now feel like their voice is represented in the city. As the liaison, I was able to give assistance to the projects and more importantly, work with Lead4Change to create long-lasting impacts on my chapter, school, and community.

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## Rene Cabrera

Kansas - [REDACTED]  
4 years in FCCLA, 4 years of FCS Instruction

### Family and Consumer Sciences Courses Taken

- **7th** - FACS (.5 Credit Earned & General FCS Course)
- **8th** - Intro to Family and Consumers Science (1 Credit Earned & General FCS Course)
- **9th** - Success 101 (.5 Credit Earned & Career Planning Course)
- **10th** - Teen Issues (.5 Credit Earned & Family/Human Service Course)
- **11th** - Leadership (.5 Credit Earned & Leadership Course)  
- Exploring Teaching I (1 Credit Earned & Education as Occupation Course)

Local Participation in FCCLA	State Participation in FCCLA	National Participation in FCCLA
<p><b>2019-Present:</b> Attended &amp; planned numerous District meetings including DFCLC's, STAR Events/Elections, &amp; Pot of Gold</p> <p><b>2020:</b> Led Chapter Service Project that raised items for local homeless Veterans</p> <p><b>2020-2022:</b> Headed membership recruitment team</p> <p><b>2021:</b> Lead4Change participant/liaison for Leadership class</p>	<p><b>2019:</b> Attended 2019 SLC Placed 3rd in STAR Event - Life Event Planning</p> <p><b>2020:</b> Attended 2020 SLC Placed 1st in STAR Event - Chapter Service Project Display</p> <p><b>2021:</b> Attended 2021 SLC SLC Social Media Team member</p> <p><b>2021:</b> Attended and presented roundtable discussion at Take AIM</p> <p><b>2021-2022:</b> President of State Board of Directors</p>	<p><b>2020:</b> Attended 2020 VNLC Placed <u>2nd in the Nation</u> with STAR Event, Chapter Service Project Display</p> <p><b>2021:</b> Attended HNLC &amp; presenter for workshop</p> <p><b>2021:</b> Attended Capitol Leadership/National Fall Conference in Washington D.C.</p> <p><b>2021-2022:</b> Featured in Fall &amp; Spring Editions of Teen Times</p> <p><b>2021-2022:</b> Attended various State Officer Network Zoom calls hosted by NEC &amp; LTT</p>

### Offices Held

- 2019-2020 Chapter VP of Membership
- 2020-2021 Chapter VP of STAR Events
- 2021-2022 Chapter 1st VP
- 2020-2021 District VP of Membership
- 2021-2022 Kansas State President
- 2022-2023 Kansas VP of Peer Education

### Contributions to FCS Education

- Spoke to State Board of Education
- Spoke to School District Board of Education
- Spoke to Legislators at Capitol Leadership
- Spoke to schools to promote FCS

### School Involvement

- Student Council Representative
- Superintendent's Advisory Council
- National Honor Society
- Equity Action Network Ambassador
- Debate/Forensics
- 2022 Prom Planning Committee
- Viking C.R.E.W. Mentor

### Community Involvement

- Co-Chair, Treasure, & Chair of the Government Subcommittee of the Topeka Youth Commission (TYC)
- Oversaw \$30,000 in grant distribution for youth projects at TYC
- Youth Development Leader at Boys and Girls Club of Topeka



The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

**National Officer Candidate:** Kate Coulter

**State:** Kansas

Describe FCCLA opportunities you have chosen to participate in for personal growth and leadership development, and explain how this has prepared you to serve as a member of the National Executive Council.

Getting involved in FCCLA on all levels has not only prepared me for the role as a national officer, but has taught me many new leadership lessons along the way. Running for offices on chapter, district, and state level, participating in star events, and dedicating time to community service has made my leadership development a success. Taking on these opportunities through FCCLA has challenged me to become a better leader, which started my journey through leadership development.

Throughout my years in FCCLA I have gotten multiple opportunities to hold leadership roles in my chapter, district, and state. As a past officer on all of these teams, I have gained a lot of new leadership qualities and aspects. When conferences and meetings come around, I have learned that patience and communication are critical in order to have a successful experience. However, staying committed to what I love and the dedication to this organization, is the main thing that developed during my time in office. FCCLA has become my passion, and passion is a large part of serving on the National Executive Council.

Another thing that I have taken on during my years in FCCLA is STAR Events. This experience has been one of the biggest learning points in my life as I have learned on how to properly present, be professional, and learned the basic units of etiquette. I have participated in three total STAR Events and the one that I believe helped me the most was the National Program Stand Up. Learning how to be a constructive leader by trying to solve a problem was very beneficial to my leadership journey. With these developed skills, this will help demonstrate how I am productive but still manage to have fun.

Taking on community service during my years in FCCLA has been an amazing experience, as I have become a better team member. Through Community Service, I have discovered that working together and doing acts of service for other people is more rewarding than doing things by myself for myself. One major thing that all leaders have to be able to attain is adjustment and teamwork. Personally, I love community service, but most of all I love the rewarding feeling I feel after helping someone out. Being able to work with a team and being able to adjust to certain circumstances has helped prepare me for a role on the National Executive Council. The leadership opportunities FCCLA provides on all levels is inspiring to all members. Running for offices on chapter, district, and state level, participating in star events, and dedicating time to community service has expanded my leadership skills in multiple ways. These leadership roles within FCCLA have prepared me well for a position on the National Executive Council and I am ready to inspire others to develop their leadership skills like FCCLA did to me.

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National Officer Candidate: Kate Coulter

State: Kansas

Select an FCCLA National Program or partner initiative that you participated in with your chapter and describe the impact it has made in your chapter, school, and/or community.

The organization Family Career and Community Leaders of America, has helped me grow as a leader in multiple ways, and participating in the National Program Stand Up is just one of them. By assessing the current needs, educating others regarding our concerns, and advocating so that we can make a difference now and in the future, we have solved problems that have made our school and community a better place. Pursuing this national program and seeing the outcome, has made me appreciate helping others in more ways than just one.

This National Program has helped multiple members make a positive impact in the world, which is what our goal was. Our project was to help increase the awareness of mental health within our school. We assessed the current needs in our school by identifying why students were lacking motivation for school. With masks on faces, social distancing, and sickness being taken extremely seriously, we understood why students were struggling to find joy at school. Our idea was to create something that would give people a reason to smile, a reason to enjoy school.

After observing the ways students weren't enjoying school we decided we needed to educate others regarding the concerns we had with our school. When moving onto this portion of the National Program, Stand Up, we wanted to talk to students and teachers about their struggles. Talking to them not only opened up the portal of them telling us their issues, but finding ways to fix them. This helped our students to look for the light at the end of the tunnel for covid.

We saw a difference through educating others regarding our concerns, however we wanted more. We then decided to take on the final step of Stand up, which is advocating so that we can make a difference now and in the future. A few of the ways we advocated for mental health was creating a podcast called "Kind Tones with Nutmeg & Kate", adding a positive and inspirational quote to morning announcements, sending people anonymous balloons with positive quotes on them, giving teachers pop because they rock, hanging up positive posters around our school, and more. Doing all of these acts of service to help other students helped us realize that we do love helping people out. We wanted to see a difference in our school and community, and after advocating we are glad to say we succeeded in that aspect of the project.

Participating in projects like this one, members learn so much about themselves and who they want to be. By assessing the current needs, educating others regarding our concerns, and advocating so that we can make a difference now and in the future, we have opened up problem solving skills that won't only benefit us, but those affected through the project. The National Programs help inspire students to be better people and realize what kind of impact they make through these projects.

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# KATE COULTER

## FCCLA INVOLVEMENT

**Chapter:** President, Vice President, Secretary, Vice President of Membership, Community Service Day, Day on the Farm, Concession Stand Volunteer, Star Event Volunteer, Public Relations aid, Bulletin Board Committee, Power of One Completer, School Announcement handle, Star Event Work Night Committee, Fundraiser Committee Chair, Membership Meeting Chair, FCCLA Week Committee, End of the Year Chapter Meeting, Take Aim attendee

**District:** Fall Leadership Conference attendee, Fall Leadership Conference Presenter, Star Event Competitor, District President, District Vice President of Power of One, District Vice President of Public Relations, District Star Events, District Elections, Community Service, Summer Planning Meeting attendee, Take Aim District Meeting attendee

**State:** Vice President of Peer Education, Vice President of Membership, Citizenship Day Attendee, Take Aim presenter, Virtual State Leadership Conference, December SEAC, September SEAC, District Conferences Presenter, KAACTE Award Presenter, CTSO Training, Summer Planning Meeting, FCCLA Advocator at School Visits

**National:** National Fall Conference 2019 (Dallas Texas), National Leadership Conference 2020 (Washington D.C. (virtual)), National Fall Conference 2021 (Washington D.C.), Capitol Leadership 2021 (Washington D.C.), National Leadership Conference 2021 (Nashville TN)

## SCHOOL & COMMUNITY INVOLVEMENT:

**School Involvement:** Volleyball (3 years), Basketball (3 years), Track (2 years), Softball (1 year), Cheer (3 years), Fellowship of Christian Athletes (3 years), Foreign Language Club (3 years), Power lifting Club (3 years), Art Club (2 years), Students Against Destructive Decisions (3 years), Seatbelts Are For Everyone (3 years), Student Council (3 years), WILD Science Club (3 years), Forensics (1 year), Prom Planning Committee (1 year), Class Officer (3 years), National Honors Society (1 year),

**School Leadership Roles:** Fellowship of Christian Athletes Vice President of Membership, Power lifting Club Secretary, Students Against Destructive Decisions President & Vice President, Seatbelts Are for Everyone President & Vice President, Student Council Secretary, Student Ambassador, StuCo Secretary, Class StuCo Rep.

**Community Involvement:** Myreka (community service group), City Council meeting attendee, Serve at Sacred Heart Church, parade attendee, Recreational Sports for Youth, Little Dribblers Basketball Camp Mentor, Youth Volleyball Mentor

Kansas

Junior

## FCS EDUCATION

+ Chapter: [REDACTED]

+ 4 Year Member

+ Chapter Affiliation:  
Comprehensive

+ FCS Instruction:  
4 years 5.5 credits

## FCS Courses:

**8th Grade:** Power of One Course- A Better You (.5 credit)

**Freshman:** Study Skills & Leadership (1 credit)

**Sophomore:** Study Skills & Leadership (1 credit), Nutrition & Wellness (.5 credit); Culinary Essentials (.5 credit)

**Junior:** Study Skills & Leadership (1 credit); Family Studies (.5 credit); Nutrition & Wellness (.5 credit)

## Past Offices:

**8th Grade:** Chapter Vice President

**Freshman:** Chapter President

**Sophomore:** Chapter Secretary;  
District President

**Junior:** State VP of Peer Education;  
District VP of Public Relations;  
District VP of Power of One;  
Chapter VP of Membership

## Star Event Participation:

**8th Grade:** Sports Nutrition

**Freshman:** Professional Presentation

**Sophomore:** National Program  
Stand Up



The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

**National Officer Candidate:** Maura Hartman

**State:** Kentucky

Describe FCCLA opportunities you have chosen to participate in for personal growth and leadership development, and explain how this has prepared you to serve as a member of the National Executive Council.

Family Career and Community Leaders of America has given me and so many other passionate members astounding opportunities to grow as a person and a leader. Since 1945, FCCLA has been preparing individuals to become great leaders through its many programs. These programs open doors to immersive activities that boost members' preparation for their own future.

As a freshman joining FCCLA, I set my sights on being the best member I possibly could be. To accomplish this, I participated in a Food Innovations virtual STAR Event. This was my first taste of FCCLA, and from there I was hooked! I was absolutely honored when I was invited to do a Show and Share presentation of my project at the 2021 National Leadership Conference. Even though that year was different due to Covid, I looked at it as an opportunity to take more time and immerse myself in all things FCCLA. The activities I did through FCCLA taught me how to be much more collaborative and that was just the beginning.

Throughout my next year of FCCLA, I became a founding member of our chapter's S.M.I.L.E Club. This is a club that I am so proud of being involved with, it promotes acts of kindness and positivity. Being involved in my chapter's S.M.I.L.E Club has taught me so many crucial lessons preparing me to be a National Officer, such as, staying positive and being empathic. This club instilled in me effective communicating methods and made me much more observant. I now communicate better from lessons learned in the many meetings we've had to plan and organize events, whether it's with fellow officers in FCCLA, classmates, teachers, or members of my community. Keeping in mind that everyone's life is unique, in a way that I might not understand, is something I learned from interactions with my school's Mental Health Counselor and FCCLA. Critical thinking is one of the most important skills an officer can have; it can help in an abundance of situations that could arise. I learned this skill and many others while completing the Student Body and Community Service National Programs. Through these programs, I have learned key components, such as how to make responsible choices and establish healthy attitudes with peers and partners. The dexterity this provides within my leadership skills will carry me greatly in not only every aspect of this election but, last a lifetime.

Again, this year I was provided with the opportunity to compete in STAR events. This allowed me to expand on my leadership skills and public speaking skills substantially. I planned and implemented workshops over a much-needed topic in FCCLA, Mason County high school, and even in the National Executive Council. Stopping the Stigma around Mental Health and Learning Healthy Coping Mechanisms. This is what I'm most proud of in my FCCLA career so far: I was able to collaborate with counselors in my school and be resourceful to find interactive ways to keep my peers engaged. In this project, I was putting to work what I have learned within the National Programs I've completed. Using these skills helped me empower myself by showing that I was dependable and perceptive, while also empowering students. This showed those involved in the project and myself that we could be great leaders and people to turn to in time of need. Through these opportunities, I have been able to explore my personal values, ethics, and ethical decision-making while evaluating my community's needs. I am thankful for these opportunities that will prepare me to be a great FCCLA National Officer.

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## NATIONAL OFFICER CANDIDATE ESSAY 2

The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

**National Officer Candidate:** Maura Hartman

**State:** Kentucky

Select an FCCLA National Program or partner initiative that you participated in with your chapter and describe the impact it has made in your chapter, school, and/or community.

James Ray Chain was better known as Ray to his Family, Friends, Teammates, and so many others who loved him. He had a seemingly perfect life until one day; it wasn't

Do you know a young adult who has felt the impact of Mental Health in any way? The unnerving truth is you are probably unaware of how many people around you are struggling with their mental health.

In 2020, Covid kept children isolated from everything they'd ever known. No in-person school. No seeing friends. No social interaction. The effects of Covid-19 on adolescents that were cut off from their everyday life was abysmal. Anxiety, depression, and stress were at an all-time high.

Mental health has always laid heavy on my heart. Once, I saw all the people in my school affected by this, I knew I had to do something about it. This is where the FCCLA National Program, "Student Body, came into play. In specific, I used "The Real You" and "The Resilient You" units to guide my project, "Self Care Isn't Selfish". This project was geared to empower teens to destigmatize mental health and live in a way that sustains emotional health. I was tired of people being scared to talk about mental health like it was shameful. With this as my motivation, I used the "Student Body" National Program to de-stigmatize mental health, teach healthy coping mechanisms and teach others how to prevent this stigma from perpetuating. I decided to host two Mental Health Workshops! My first step in this process was meeting with my school's Mental Health Counselor, she gave some fantastic insight into the work she does with students and great places to find studies about mental health in students. The workshops I held were split into two days; Day one, I talked about Stigmas, how they affect people Battling Mental health and ways to prevent them. Day two was over noticing the signs of mental illness and ways to sustain positive mental health. I was so thankful for all the support I received from my school. I worked with my school's S.M.I.L.E. Club, which is a club that was formed last year after many high school parents had relayed their worry for their children's mental health. This club destigmatizes mental health. By including them, I was able to get lunch and sensory toys funded for my workshops. I wanted an audience open to mental health, I did this by starting a social media campaign on Instagram. The account is @Speakoutformental.health I posted quick tips to help with mental health and flyers for my workshops on the page and around the school. This got over 30 students to sign up! My workshops even made it in our school FCCLA week as an activity which included my chapter in my project. I incorporated my community by being interviewed and doing an MH PSA on the radio. Students in my school were aided with so many imperative skills to flourish in the stressful times they have ahead.

Thanks to the "Student Body" National Program; I'm able to advocate so much better So, the young man that I talked about in the beginning. The one known as a happy-go-lucky kid? Well, what if I told you at 17 years of age, on October 20th,1998, he died of suicide. If there were awareness being spread by more people or vital programs like "Student Body" about mental health in a time when mental illnesses were looked at as a weakness maybe, just maybe, instead of grabbing a gun and going to his room after a fight with his parents, Ray would've called a friend or counselor and be here to tell his story today.

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# Maura Hartman



KENTUCKY

10TH GRADE

2 YEARS IN FCCLA 2 YEARS IN FCS

## Chapter ●●●

### ● 2020-2021

- Junior officer
- Back to School Party/ Pep Rally
- Teacher Appreciation Goodie Bags
- Sports Team Goodie Bags
- 8th Grade Tour Guide
- Taylor Rae Birthday Balloon Release
- Positive Posters around school
- Collected donations for assisted living and nursing home
- Participated in STAR Events 2021, "Food Innovations"
- Member of S.M.I.L.E Club
- Participated in FCCLA week
- Attended all FCCLA chapter activities
- Participated in chapter community service project, Rae of Sunshine
- Packed and hid Easter eggs for students
- Freshman of the Year Award

### ● 2021-2022

#### -VP of Competitive Events

- Participated STAR Events "Professional Presentation"
- Hosted Mental Health workshop over Stigmas
- Hosted Mental Health Workshop over Coping Mechanisms
- Back to School Fair
- Handed out coffee to office workers
- Tie-dyed shirts for FCCLA week
- Homecoming Parade Participant
- Battle of the Classes Host
- 8th Grade Tour Guide
- Worked the Pig-Out festivals for S.M.I.L.E Club
- Notes for the Nursing Home
- ACT Snack Bar
- Raised awareness for breast cancer Think Pink Night
- Read books to Straub Elementary School
- Participated in Dr. Seuss Week
- Hot Chocolate Bar at Christmas Parade
- Made bags for linemen after tornado
- Gave out gifts for National Counselors Week to all counselors in district
- Gave coloring books to local nursing home
- Created positive messages around the school
- Hosted High School Hot Chocolate Bar
- Conferenced with Kentucky Representative William Lawrence

## Region ●●●

### ● 2020-2021

- Participated in STAR Events "Food Innovations"
- Placed 1st in STAR Events
- Placed Gold in STAR Events
- Participated in Regional Community Service project, Rae of Sunshine

### ● 2021-2022

- Attended all Region 9 Conferences
- Participated in STAR Events "Professional Presentation"
- Participated in Regional Community Service Project, Rae of Sunshine

### ● 2022-2023

- VP of Individual Programs

## State ●●●

### ● 2020-2021

- Participated in STAR Events 2021, "Food Innovations"
- Placed 1st in STAR Events 2021
- Placed Gold in STAR Events 2021
- Participated in Statewide Community Service Project, Rae of Sunshine
- Attended State Leadership Conference (2021)

### ● 2021-2022

- Participated in STAR Events 2022 "Professional Presentation"
- Attended State Leadership Conference 2022
- Participated in Statewide Community Service Project, "Rae of Sunshine"
- Participated in "Show and Share" Event 1st Place "Professional Presentation"
- Served on State History Committee

## National ●●●

### ● 2020-2021

- Invited to participate in the "National Show and Share" at National Leadership Conference (2021)
- Participated in National STAR Events competition (2021)
- Attended National Leadership Conference (2021)
- Participated in numerous National Programs (Student Body, Community Service)

## Community Involvement

- Nominated for title of "Gifted and Talented in Leadership"
- attended and Spoke at Young Women leadership summit
- Member of The Trinity United
- Methodist Church
- Member of Trinity United Methodist Church Youth Team
- "Youth Advocate" on Trinity United - Co-Leader of Trinity United Methodist Church Youth Group
- Methodist Church Board
- Member of [REDACTED] Orchestra (8 years)
- Member of [REDACTED] Girls Golf team (3 years)
- Participant in Main Cast of [REDACTED] Orchestra/Choir Musical (2021 and 2022)
- Collected Donations for Angel Tree Ministries (4 years)
- Served on the Production team of Trinity United Methodist Church
- Member of SODA (Student Lead Organ Donation Advocates) chapter at [REDACTED] High School
- Member of HOSA (Health Occupations Students of America) at [REDACTED] High School
- Member of FBLA (Future Business Leaders of America) at [REDACTED] High School
- Lead vacation bible school (4 years)

### ● 2021-2022

- Awarded 1st Place in "Hospitality and Tourism" Skill demonstration
- Will participate in National STAR Events competition
- Planning to attend National Leadership Conference (2022)
- Participated in numerous National Programs (Student Body, Community Service, and Stand Up)



## NATIONAL OFFICER CANDIDATE ESSAY 1

The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

**National Officer Candidate:** Nathaniel Janssen

**State:** Minnesota

Describe FCCLA opportunities you have chosen to participate in for personal growth and leadership development, and explain how this has prepared you to serve as a member of the National Executive Council.

One of the FCCLA opportunities I have chosen to participate in for personal growth and leadership development is Capitol Leadership. Capitol Leadership is an experience where members have the opportunity to go to our country's Capitol building and talk directly with the senators and representatives about the importance of FCS. I attended Capitol Leadership in 2021, and it was one of the greatest FCCLA experiences I have ever had. When I went, the organization's talking points for members were promoting anti-tobacco legislation and promoting the Perkins funding program. I had the honor of speaking to staffers of Jim Hagedorn and Amy Klobuchar. I had a very good learning experience at this opportunity, as I got to learn not only about how the national government works but also more about FCCLA's role in changing schools and FCS funding for the better. This opportunity also gave me an awesome example of how to be a great leader by meeting and interacting with the NEC as well as our nation's leaders. I had an opportunity to learn about all of the planning and actions that the NEC takes to put on great FCCLA events like this one, and this has shown me a lot about what it takes to serve on the NEC.

Another opportunity that I have chosen to participate in for personal growth and leadership development is the National Leadership Conference. I have attended both Fall and Summer NLCs, including ones in Atlanta, Anaheim, Nashville, Dallas, and Washington D.C. I chose to attend these great opportunities in order to grow as a leader and as a person. Attending workshops and sessions within these conferences has allowed me to build an impressive set of leadership skills that have assisted me in being a state officer, and they have prepared me for serving as a member of the NEC. I have attended these events both as a STAR events competitor and as a state officer.

Attending trainings, workshops, and networking with other chapter members and officers has allowed me to see the needs of other areas and states, giving me a much better perspective on how decisions might affect members very differently. The needs are so different from one state to another. It is vital that persons at the national level understand that decisions can affect areas of the country very differently. One must be very mindful of the consequences of decisions and policy, and be willing to take an honest look at possible effects of decisions made at the national level. By attending NLC and other FCCLA events, I have learned so much about how decisions affect people.

A local FCCLA opportunity I participate in is our annual Santa's Close drive. We raise money to purchase Christmas gifts for underprivileged kids, and all the money stays right in our community. Our FCCLA chapter is one of the largest contributors to this annual drive. After collecting the money, chapter members shop for the gifts and deliver them to our armory, where they are sorted by age and category so that parents can come and shop for their kids. Seeing the huge number of gifts, interacting with other community organizations, networking with the adults of our community, and reminding each other that we are all working together to give kids a great Christmas is one of the most impactful projects because it reminds me there are always people in need and when you collaborate with others, you maximize the benefits for the greatest number of people.

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## NATIONAL OFFICER CANDIDATE ESSAY 2

The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

**National Officer Candidate:** Nathaniel Janssen

**State:** Minnesota

Select an FCCLA National Program or partner initiative that you participated in with your chapter and describe the impact it has made in your chapter, school, and/or community.

An FCCLA National Program that I have participated in with my chapter is Families First. My chapter has done several community service projects involving this national program. My personal favorite Families First project that my chapter has done is Santa's Closet. Santa's Closet is a project my chapter does where we partner with other community organizations to raise money for purchasing toys for underprivileged families so that they may give their children gifts on Christmas. We have classes at school compete for who can donate the most, and the top three classes get a prize. We have raised thousands of dollars so that underprivileged children can still have presents on Christmas. This has had a very positive impact on our chapter members, who get to see the generosity of our student body. Sometimes we think that teenagers are too selfish to care about others. By conducting this campaign, our chapter members see first hand the generosity of the student body. The one thing that chapter members also get to do is purchase the gifts for kids in need. It is a rewarding day to support our local businesses by shopping locally, as well as thoughtfully purchasing gifts for others. We get to then deliver the gifts to our local armory and add them to the gifts that other organizations have purchased. This allows our members to interact with the adults of our community and see that each organization works together for the good of the youth in our community.

This has impacted my school by inspiring the student body to take part in the spirit of giving and to help out their own community. They have learned that some of the kids who benefit from this program are their peers, and might be the kids sitting next to them in class. It has allowed our students to gain an attitude of gratitude, and taught them to think about others. This has created a positive impact throughout the whole community, as it inspires people to help out those less fortunate and to lift them up so that they too can enjoy Christmas. This service project has become a tradition that my chapter does every year, and we are very proud that we are consistently one of the top givers in our community.

Another Families First project my chapter has done is the Military Picnic. In this project, members put together a fun picnic with food, games, and door prizes for families with active service or veteran members of the military. FCCLA members coordinate games, activities, and crafts for the children of military families. This project is another one of my favorites, as it inspires members in the chapter and in the community to give thanks to those who have served our country. It is also a chance for chapter members to use their skills they have learned about child development to give age appropriate activities for children of a variety of ages.

Both of these projects inspire members of the community to help one another, give thanks, and come together. It is a chance for the chapter members to partner with the community and set an example for adults and youth on the importance of serving one's community in whatever capacity is needed.

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# Nathaniel Janssen

\*\*\*\*\*

<b>State:</b> Minnesota	<b>Years of FCS Instruction:</b> 1.16 years
<b>Chapter:</b> [REDACTED]	<b>FCS Courses:</b>
<b>Affiliation:</b> Comprehensive	2017 Foods & Nutrition I – 0.33 credit
<b>Grade:</b> 11	2018 Foods & Nutrition II – 0.33 credit
<b>Years in FCCLA:</b> 5	2019 Basic Foods – 0.5 credit

\*\*\*\*\*

## Offices Held

2018-19 SW Area JHC  
2019-20 SW Area President  
2020-21 MN Rep to Board of Directors  
2021-2022 MN Vice President of Marketing  
2022 (Pending) National Officer Candidate

## School & Community

2017-2021 Band  
2017-2021 Jazz Band  
2017-2021 Clay Target  
2017-2022 Tennis  
2021 All Conference  
2017-2019 Math Counts  
2017-2022 Knowledge Bowl  
2022 Section Champions  
2017-2022 Robotics  
2021 & 2022 Academic All State

## Local

2017-2022 Santa's Closet  
2017-2021 Mid-Winter Area Meeting  
2017-2022 STAR Event competitor

## State

2017-2022 State Meeting Attendance  
2018-2021 Minnesota Shadow Day participant  
2018-2021 Minnesota Leadership Camp

## National

2018-2021 NLC  
2019 Fall Conference – Dallas  
2021 Capitol Leadership  
2020 STAR Event (gold medal)

2017-2022 Church Tech Crew  
2017-2022 Kids Church Costumed Character

## Contributions to FCS

Advocate with legislators  
Mentor younger members



## NATIONAL OFFICER CANDIDATE ESSAY 1

The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

**National Officer Candidate:** Riley Walker

**State:** Missouri

Describe FCCLA opportunities you have chosen to participate in for personal growth and leadership development, and explain how this has prepared you to serve as a member of the National Executive Council.

FCCLA has given me many opportunities to grow both personally and as a leader. Every opportunity I have chosen to participate in has prepared me to assume the responsibilities of a National Officer. Through the various levels FCCLA has to offer, I have been able to fully experience the true power this organization has to grow its members, and personally developed my confidence as a leader, passion for the organization and the desire to empower others. At the chapter level, I served as a chapter officer for 3 years, holding the positions of Parliamentarian and 2nd Vice President. Through my positions at chapter meetings, parties, and banquets, I was able to develop many leadership qualities. I practiced the skills of effective communication, team collaboration and delegation while planning chapter events, such as our Secret Grandparent Tea. Through my chapter's Secret Grandparent Program, a program that pairs members with adult community members, I learned how to speak and represent our organization to a wider range of audiences.

At the Regional level, I chose to compete individually in STAR Events in the category Event Management. I received recognition at the Regional, State, and National level for my Event. Working independently on my project, I was able to grow creatively, and learn how decisive you must be in planning events. This task helped me develop my time management and presentation skills which have helped me in all aspects of life. I also served as a Regional officer for 2 years serving as President, and State Liaison. In these roles, my passion for the FCCLA organization really developed. Interacting with other regional chapters helped me realize how I could encourage and empower others to be more involved in their own FCCLA journeys.

I am most proud of my choice to run for a State office. This past year, in the position of Vice President of Public Relations, my leadership skills and confidence soared. This position taught me how to effectively communicate with peers, adults, business leaders and influential people; how to market for events; how to overcome difficult obstacles; and to persevere and perform under stress. I was also able to use all of my previous experiences to plan and put on Missouri's State Conference. My role as a State Officer cultivated my desire to pursue higher levels of leadership within FCCLA.

By diving into all of the opportunities FCCLA has offered me, I have learned cooperation, taken responsibility, developed leadership, and given service. My choices for personal growth have prepared me to serve on the National Executive Council.



## NATIONAL OFFICER CANDIDATE ESSAY 2

The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

**National Officer Candidate:** Riley Walker

**State:** Missouri

Select an FCCLA National Program or partner initiative that you participated in with your chapter and describe the impact it has made in your chapter, school, and/or community.

FCCLA has many opportunities for members to get involved and learn how to make a difference for their communities. When members involve themselves in FCCLA and its many programs, the impact they can have on their communities is beyond measurable. FCCLA's National Program Power of 1 gave me the opportunity to help my community in one of the greatest ways possible.

Growing up in a small community, I never thought mental health would have an impact on my life. This was a naive thought to have but at the time reasonable. Mental health, especially for teenagers, was not something discussed very often. This all changed when my small, rural school lost a young student to suicide. After grieving such a loss, my community was in shock, and in need of support. FCCLA gave me the opportunity to help my community and chapter in a way I never thought I would.

Through the National Program, Power of 1, I was able to create a program that has positively impacted myself, and if put into motion will positively effect my chapter and my school community. I took on the challenge of addressing the mental health of the students in my school. I felt this was important seeing that mental health was so poorly addressed in the past. I was able to come up with a plan that will work best for my school and community.

Phase one of this plan was to create a social media page that posts strictly positive and encouraging messages everyday in order to promote positive messages, and redirect negative thinking in order to boost self confidence. This phase will be the first step and will hopefully start making a difference. I hop that students will message the instagram page and talk about how they were impacted by these posts.

Phase two is to host an assembly at my school to talk about the importance of addressing and talking about mental health. This would allow my project to reach all Middle School and High School students in my school. Through this assembly I would be able to provide resources such as self-care apps, coping mechanisms, and access to local mental health counselors and therapists. I hope to recieve amazing feedback from this assembly.

My hope is that this project will be influential on my community. I wanted to make this project happen but unfortunately Covid has forced this project to take a backseat at my school. My project, I hope, will help students in my chapter and community learn more about mental health than most High School students. This project is only at its beginning and I know it can do so much for my community. This project has also allowed me to grow as a person and to discover one of my true passions. This project has taught me that helping others and advocating for mental health is something I love doing.

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# Riley Walker



MISSOURI

JUNIOR

3 YEAR MEMBER

## FCS Education (3.5 YEARS)

- Intro to FCS - 7th Grade (1 quarter)
- Intro to FCS - 8th Grade (1 quarter)
- FCS1 - 9th Grade
- General Foods - 10th Grade
- Fashion and Fabrics - 11th Grade

## FCCLA Participation

### Chapter

- Chapter 2nd Vice President (2020-2021)
- Chapter Parliamentarian (2021-2022)
- Chapter Event & Activity Attendant (2019-2022)
- Secret Grandparent Program (2019-2022)

### Regional

- Regional STAR Event participant (2 years)
- Regional Meeting attendant (3 years)
- Regional President (2019-2020)
- Regional State Liaison (2021-2022)

### State

- State STAR Event Participant (2 years)
- State Fall Leadership Conference attendant (2019)
- State Show-Me Leadership Conference (2021)
- State Leadership Conference attendant (2022)
- State Vice President of Public Relations (2021-2022)
- Missouri FCCLA Legislative Shadowing (2022)

### Nationals

- National STAR Event Participant- Silver Recipient
- Power of One- 2 units completed, 2 in progress

## Contributions to FCS Education

- Advocated for FCS classes to stay within our school
- Recruit and Retain students to take FCS education courses

## Participation in Community and School

- Outside Jobs - JCPenney (2021-2022), Felix Street Gourmet (2022)
- Volunteer Work - Senior Center (2020-2022), Veteran's Day Breakfast (2021-2022), Face Painting (3 years)
- Leadership Savannah (2022)
- Sports - Basketball, Softball, Cross Country, Track, Cheerleading
- Organizations - Student Council, Class Officer, FBLA, FCA, Band, Color Guard, and Scholar Bowl

**TOWARD NEW HORIZONS**



## NATIONAL OFFICER CANDIDATE ESSAY 1

The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

**National Officer Candidate:** Zoe Minton

**State:** Missouri

Describe FCCLA opportunities you have chosen to participate in for personal growth and leadership development, and explain how this has prepared you to serve as a member of the National Executive Council.

Through FCCLA, I have completed a Working on Working; Power of One project. I did this during my eighth grade year of FCCLA and worked on it during my Family and Consumer Sciences class. For this project, I completed a variety of assessments on the Missouri Connections website. I matched my results to potential careers. I then researched to learn more about my top two results.

I am currently working on a Power of One; A Better You project. This project has allowed me to better understand my finances and enabled me to make better use of both my time and money by teaching me how to balance working to pay for my car insurance, gas, and other needed items while attending school, and participating in cheer, FCCLA, other clubs, and two jobs. This project has really helped me become more responsible and has helped me learn to manage my time better.

As an FCCLA member, I have been an active chapter Secretary, Treasurer, and I currently serve as our chapter President. In addition, I served as the Parlemitemaren for Region 6 and currently serve as a State Officer. In addition to furthering my time management skills, these opportunities have also enabled me to develop my communication, teamwork, collaboration, and organizational skills, all of which would help me be a successful national officer.

One of the most influential FCCLA programs that I have participated in is STAR Events. In fact, Star Events are really what got my FCCLA experience started. I have completed a STAR Event project every year of my FCCLA membership. I have advanced to the national competition with each one of my projects. By completing these projects, I have learned to work with people (both young and old) and learned the importance of compromise. STAR Events participation has given me many more opportunities to develop my communication, teamwork, collaboration, and organizational skills and has reinforced my time management abilities. I believe that participating in STAR Events has undeniably helped me prepare for the demands of being a national officer.

Finally, , through my participation in STAR Events, I have been given the opportunity to attend National Leadership Conferences, both virtually and in person. Through traveling, I have visited several new places, and I will be forever grateful for those opportunities. In addition, I am even more thankful for the countless ideas that I have gained and the people that I have met. FCCLA has truly been an ultimate leadership experience for me!

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## NATIONAL OFFICER CANDIDATE ESSAY 2

The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

**National Officer Candidate:** Zoe Minton

**State:** Missouri

Select an FCCLA National Program or partner initiative that you participated in with your chapter and describe the impact it has made in your chapter, school, and/or community.

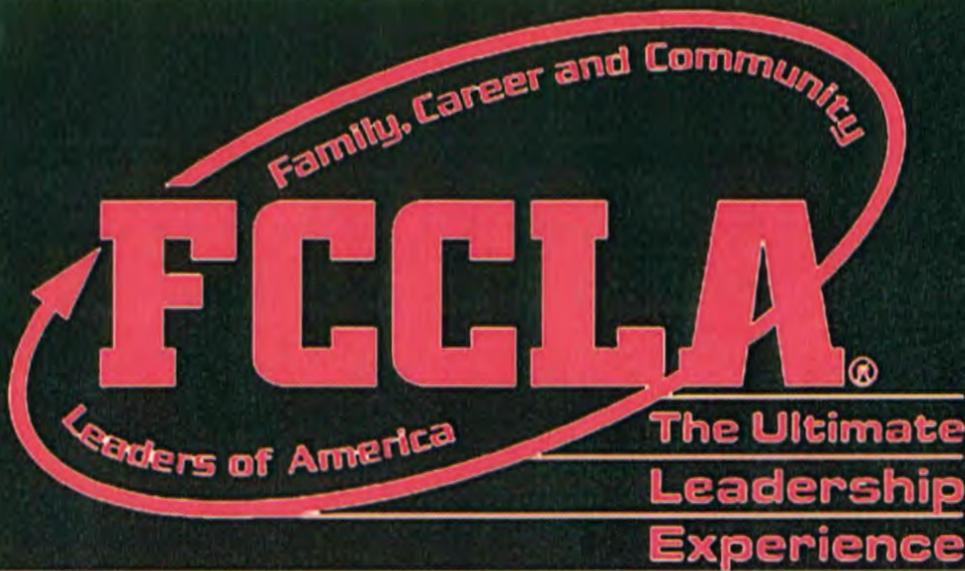
My chapter is very active with the FCCLA national program Community Service and I have participated in all of the activities we have done. Through my participation, I have developed leadership, time management, and communication skills. Completing these projects has also made an impact on our chapter, school, and community. .

One of the projects that our chapter organizes is the Penny War for Toybox. The goal of this project is to assist local families in need with providing gifts for their children at Christmas. We work with [REDACTED] Club on this project. This project impacts our chapter because it is an excellent public relations tool and it encourages our members to show empathy toward individuals and families whose situation is different from their own. This project also has an impact on our school because it promotes school spirit while bringing us together to work for a common cause. Our community also benefits from this project because by supplying toys for families in need, we let them know that our chapter cares about them and that we want to help them through rough times.

Another service project that I have participated in with our chapter is providing assistance to the community parks and recreation department during both the Trunk-or-Treat Halloween Festival and the Hometown Christmas Festival. Both of these festivals have a carnival-like atmosphere and take a tremendous amount of manpower to run. During these events, families build bonds because they are able to interact together. By volunteering to work stations, members of our chapter learn to provide friendly customer service while interacting with members of the community. These festivals promote our organization and our school in a positive way. Our community also benefits from these activities because they bring people together and promote a sense of community pride.

Although our chapter participates in many more community service activities, the last one that I am going to mention is a project that one other member and I organized and implemented. We titled this project " Read and Succeed. " This project was created after the Covid school shut down in the spring of 2020. As a result of this shut down, many students who were entering second grade in the fall of 2020 were really behind in reading. We decided to make a difference by partnering members with second grade students. The FCCLA partners spent twenty-five minutes a day, three days a week listening to the second graders read. Partners also played games that helped the children better use phonics and learn new words. This project was an excellent public relations tool for our chapter and individual chapter members gained valuable skills working with children. Our school benefited because most of the second grade students were able to improve reading skills and meet state expectations. Ultimately, our community will benefit by having a more literate population.

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Zoe  
Minton

Missouri

Sophomore  
Membership: 4 years  
FCS Instruction: 4 years

[zoekadvnce@gmail.com](mailto:zoekadvnce@gmail.com) | 573-419-9571 |

#### Family and Consumer Sciences Courses:

- Life Skills, 7th grade/ credit .25
- Explore, 8th grade/ credit .25
- Child Development, 9th grade/ credit .5
- Advanced Child Development, 9th grade/ credit .5
- Nutrition and Wellness, 10th grade/ credit .5

#### Participations in FCCLA:

##### Chapter Level

- Treasurer, Secretary, and President
- Advanced to state for STAR events in 2020, 2021, 2022
- Participated in Families First, Power of One, Community Service, FACTS, Career Connection, Financial Fitness

##### Regional Level

- Attended 2020 and 2021 Regional Conference
- Regional Parliamentary and state officer candidate
- 2020 and 2021 Focus on children STAR Event advanced to national level
- 2022 Professional Presentation STAR event advanced to national level

##### State Level:

- Attended 2020 and 2021 State Leadership conferences
- Advanced to Nationals for STAR Events in the years 2020, 2021, and 2022
- Elected to become a National Officer Candidate
- Attended 2021 Fall Leadership Conference

##### National Level

- Attended virtual NLC in 2020 and NLC in Nashville of 2021
- STAR Events for the years 2020, 2021, and 2022

#### Contributions in Community:

##### Clubs

- GAS, FTA, FBLA, FCCLA, Student Council, and Mass Media

##### Jobs

- I work in the food industry cooking, preparing, and serving food

##### Community Service

- Picking up trash, helping with festivals, Penny War for Toy Box, Food Bank, raking leaves, gardening and helping with the Special Olympics.

#### Contributions to FACS:

- Enrolled in many FACS courses
- Promote programs by encouraging others to join a FACS course
- Advocate for programs
- Apply skills learned from Food courses to my jobs
- Apply skills learned from Child Development while babysitting



The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

**National Officer Candidate:** Gianna DeBruyn

**State:** New Jersey

Describe FCCLA opportunities you have chosen to participate in for personal growth and leadership development, and explain how this has prepared you to serve as a member of the National Executive Council.

The best part of being an FCCLA member for six years is understanding what it means to be a part of the " Ultimate Leadership Experience. " As an active member in FCCLA, there are an infinite number of leadership growth opportunities! Through our organization, I have been able to grow my leadership potential through a variety of experiences.

The most popular opportunity in FCCLA is State and STAR competitive events. Competing in these events has helped me grow my research ability, public speaking skills, and showed me the value of following directions. One of the best outcomes of the competitive events is the travel opportunities to attend the National Conferences. I have competed in 5 State events, and STAR Events 7 times . My participation in STAR Events helped me develop teamwork and interpersonal communication skills, as well as various career and technical skills. STAR events led me to my career pathway, the business of fashion.

Attending Capitol Leadership in Washington D.C. gave me the opportunity to advocate on capitol hill to my state leaders about the importance of FCCLA and FCS education. This experience offered me the opportunity to tap into my passion for FCS Education. Capitol Leadership is one of many amazing conferences that provided me with the opportunity to develop my advocacy skills and promote FCCLA.

Serving as a state officer for the past 3 years has offered immense leadership growth and training. I have gone through multiple state officer training and learned many skills as a student leader such as networking with many students from across the nation. My many responsibilities as a state officer have grown my enthusiasm and dedication to our organization .

During the 2021 NLC, I participated in the AAFCS Pre-Professional Financial Certification Program. Hours of extensive study of personal finance has helped me learn valuable skills that will prepare me for lifetime financial responsibility. I now have a stronger understanding of our NJ FCCLA state association's budgets and financial management. I am proud of being one of 8 FCCLA members that passed this financial certification exam.

Most recently, FCCLA has also provided a Franklin Covey Leadership Academy training course for members on " The 7 Habits of Highly Effective Teens. " I am excited to be part of this online, self-paced leadership training course that has taught me various ways to strengthen my leadership, organization, time management, and communication skills. This course has led me to grow as a stronger leader both in team environments and on personal quests.

Successful leaders seize opportunities. From personal finance information to Franklin Covey leadership training, my participation in FCCLA opportunities has prepared me with the skills to serve as an effective and motivated member of the National Executive Council.

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The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

National Officer Candidate: Gianna DeBruyn

State: New Jersey

Select an FCCLA National Program or partner initiative that you participated in with your chapter and describe the impact it has made in your chapter, school, and/or community.

Community Service is the cornerstone of FCCLA. After all, Community is in our name. My chapter has many community service initiatives in a calendar year. Food Drives, helping the Ronald McDonald House, A Princess Tea, and our annual Lunar New Year Rice Sale.

It is always amazing when one initiative can impact two or more important educational and chapter objectives. The benefits of our Lunar New Year Rice sale are numerous. My chapter sells tasty containers of seasoned rice mix prepared by our FCCLA members. Each package of seasoned rice mix is sold for \$5 with the proceeds being split between the Atlantic City Rescue Mission, and the Southern Regional High School Food Pantry. When purchasing an order of rice, the customer has the choice between the regular recipe or a vegan recipe so that every person in our community can take advantage of this community Service project. Each purchase comes with 1 ½ cups of seasoned rice, 2 packets of soy sauce, a small information sheet on the Lunar New Year, and a step-by-step recipe on how to prepare the rice!

Through this service project, Southern Regional FCCLA members learn culinary skills, measuring and math skills, safety and sanitization, the value of diversity in our community, and respect for the less fortunate. Planning for this initiative is extensive and requires dedication and motivation from those involved. Each package of rice is prepared, packaged, and delivered by hand.

Members learn about another culture through the history of the Lunar New Year celebration. Members find it fun to learn about the animals associated with each new year. 2022 is the year of the Tiger, members and customers were educated on the strength and bravery the Tiger represents. Those born in the Year of the Tiger are said to be courageous leaders brimming with self-confidence and enthusiasm. These strong traits pair particularly well with their notable generosity, natural ability to sympathize, and endless commitment to helping others. This year, all orders were delivered on the Lunar New Year, February 1, 2022.

This Initiative tends to fall around the beginning of February as does the annual Southern Regional Food Drive. This district event aids in supplying the Atlantic City Rescue Mission with non-perishables and toiletries for over 6 months! In collaboration with this event, the Southern Regional Food Pantry and the Atlantic City Rescue Mission are supplied largely with supplies and funds to keep our community members in need fed and clothed for months.

Overall, this event educates our members and community members of the rich history of the Lunar New Year and provides insight into this Asian celebration. It also provides members with culinary experiences and raises funds for families in need. Community service is FCCLA's way to strengthen our communities. With the rising price of living and the impact of the pandemic many impoverished families are struggling. With community service initiatives like the annual Southern Regional Lunar New Year Rice Sale, we can help these families in need while teaching our members valuable life skills.

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## Gianna DeBruyn

New Jersey

Chapter

Affiliated Member for 7 year – Grade 11

### Leadership Positions in FCCLA

2022-2023 NJ FCCLA State President  
2021-22 NJ FCCLA First Vice President  
2020-21 NJ FCCLA VP of Leadership Dev.  
2019-21 Chapter VP of Community Service  
2019-20 NJ FCCLA VP of Membership  
2018-19 Chapter President

### Leadership Development

2022 Franklin Covey Leadership Academy  
2022 NJ FCCLA Leadership Boot Camp  
2021 State Officer Training  
2021 NJ FCCLA State Officer Leadership Training  
2021 NJ FCCLA Leadership Boot Camp  
2020 Franklin Covey's Leader in Me Course  
2020 NJ FCCLA State Officer Leadership Training  
2020 NJFCCLA Leadership Boot Camp  
2019 NJ FCCLA State Officer Leadership Training  
2019 NJ FCCLA Leadership Boot Camp  
2018 NJ FCCLA Leadership Bootcamp

### Community Service (FCCLA)

*2017 – present*

- NJ Board of Education Meetings – Advocated for FCCLA & FCS education
- Senior Citizen Party (3)
- Royal Tea Party (3)
- Chinese New Year Rice Sales (3)
- Food and Clothing Drives-
- Made and Donated Baby Blankets
- Ronald McDonald House - Donations and Involvement

### Service (Outside of FCCLA)

*2017 - present*

- Performed music for Homeless Shelter
- Prepared Meals for Homeless Shelter
- Girl Scout Ambassador
- Feed My Starving Children - packaged nutritional foods for children in need across the world
- Summer Serve - prepared care packages and made blankets for young girls coming out of the youth trafficking industry.

### FCS Coursework

2021-2022 Creative Baking  
2020-2021 Fundamental Foods  
2019-2020 Clothing and Construction  
2019 Skills for Life

### Meetings and Awards

2022 NJ FCCLA State Leadership Conference  
2<sup>nd</sup> Place Gold Medal  
Professional Presentation

2021 NJ FCCLA Fall Leadership Conference  
2021 FCCLA National Leadership Conference  
Pre Pac-Financial Literacy Certification  
2021 NJ FCCLA State Leadership Conference  
1<sup>st</sup> Place Gold in "Hospitality, Tourism, and Recreation"

2020 NJ United CTSO Fall Leadership Conference  
2020 National Leadership Conference  
2020 NJ FCCLA State Leadership Conference  
Silver medal in "National Programs in Action"

2019 NJ FCCLA Fall Leadership Conference  
2019 National Leadership Conference  
Silver Medal in "Career Investigation"  
2019 NJAFCS Curriculum Connections - 2019  
2019 NJ FCCLA State Leadership Conference  
1<sup>st</sup> place gold in "Career Investigation"

2018 NJ FCCLA Fall Leadership Conference  
Silver medal in "Go Green"  
2018 National Leadership Conference  
Silver Medal in "Illustrated Talk"  
2018 State Leadership Conference  
1<sup>st</sup> Place Gold in Fashion Runway  
2<sup>nd</sup> Place Gold in Illustrated Talk

2017 NJ FCCLA Fall Leadership Conference  
Silver medal in "Cupcake Challenge"  
Silver medal in "Go Green"



## NATIONAL OFFICER CANDIDATE ESSAY 1

The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

**National Officer Candidate:** Camryn Maddoux

**State:** Oklahoma

Describe FCCLA opportunities you have chosen to participate in for personal growth and leadership development, and explain how this has prepared you to serve as a member of the National Executive Council.

In August 2020, I joined FCCLA with the excitement of knowing that I would get to sew my very own pajama pants! Once I stepped into the FCS room, my advisor began encouraging me to get involved and I fell in love with everything that FCS and FCCLA had to offer. Jumping right in the deep end, I competed in creed speaking, placing first in my district and third in the state. I also was a member of a Top 40 Knowledge Bowl team. I decided to "Make it Count" and began seizing every opportunity for personal growth and leadership development. After attending my first District and State Leadership meetings, I became motivated to seek a chapter office.

Throughout my years as an FCCLA member and officer, I have had a multitude of opportunities to strengthen the skills needed to be a member of the National Executive Council. As a volunteer with the Citizens Caring for Children, I have developed a deeper sense of compassion for helping foster children find joy. Competing in speaking events has given me a greater voice to help not only myself but others who need a voice as well. Having the opportunity to advocate for FCS and FCCLA to state legislators, further developing the passion that I have for these amazing organizations. I have had many opportunities to meet people from all over the country and hear inspiring stories.

Throughout all of these experiences, I have learned from and observed the great leaders before me. They have paved the way for my future leadership experiences. Watching the ways that they have handled not only conflicts, but also worked through personal challenges. These leaders still had endearing smiles on their faces to show their excitement for FCCLA has brought many excited faces beaming to hear what they have to say. These leaders have shown true leadership, honesty, hard work, compassion, and respect to all members of FCCLA, helping me to gain a passion for the many different leadership roles that I have taken on this past year.

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## NATIONAL OFFICER CANDIDATE ESSAY 2

The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

**National Officer Candidate:** Camryn Maddoux

**State:** Oklahoma

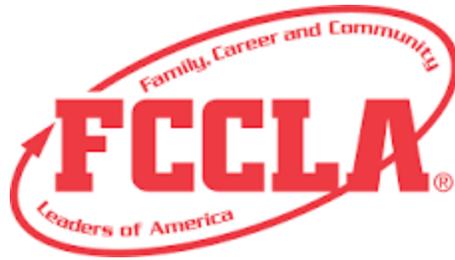
Select an FCCLA National Program or partner initiative that you participated in with your chapter and describe the impact it has made in your chapter, school, and/or community.

A National Program that I participated in with my chapter was Families Acting for Traffic Safety (FACTS). An item we felt was a concern in the community was the railroad close to my school. Students and residents cross the tracks daily and students will walk across the tracks after school without paying attention. My chapter discussed the dangers of the railroad and gave them many tips, such as how crucial it is to be cautious when crossing the railroad, how far away you should stand or park away from the tracks while waiting on a train, and that you should never stop while on the tracks to aid community members in being safe when crossing them. My chapter officers also attended a workshop presented by Oklahoma Challenge and talked to the members about railroad safety. We incorporated the parts of their workshop that we felt significantly affects kids at our school into our presentation.

This information has impacted my chapter, school, and community, making many parents feel safer and reassured when their children cross the railroad. The information has also made the students feel safer and more knowledgeable about crossing the railroad. Increased awareness of the dangers of the railroad gives my community greater knowledge and reassurance that students can cross more safely now.

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**Camryn  
Maddoux**



**Oklahoma**

## **FCS Classes**

2020-2021 (9th)

FACS Basics

2021-2022 (10th) Human Growth &  
Development

## **Local**

2021-2022 ██████████ FCCLA VP of Public Relations

2021-2022 ██████████ FCCLA VP of Marketing

Planning and executing chapter activities and meetings

Chairman of chapter fundraising

Advocate for the many purposes of FCCLA

Account manager for ██████████ FCCLA social media

## **District**

Virtual District Meeting - 2020

District Meeting - 2021

District STAR Events - Creed Speaking- 1st Place,  
2020

Soles for Souls District Service Project

## **Other Activities**

██████████ FFA Advisory Council Member

Mid America Industrial Park Ambassador

Class Treasurer

██████████ First Baptist Church Youth Member

██████████ First Baptist Church Nursery Volunteer

██████████ FFA Member

Superintendent's Honor Roll

## **State**

State Convention - 2021, 2022

State STAR Events- Creed Speaking- 3rd Place,  
2021

Participated as Courtesy Corp State STAR Events

2022

## **National**

Top 40 Knowledge Bowl, 2020

Top 16 Knowledge Bowl 2021

## **Contributions to FCS Education**

FCS Advocate at Oklahoma State Capitol

FCS recruitment with younger students

FACTS Advocate for ██████████ High School

Advocating for FCS Education at local School

Board Meeting

## **Community Service**

Volunteering at local food banks

Packing bags of food at Christmas for families in  
need in our community

Made and distributed blankets to SafeNet DVIS  
shelter

Citizens Caring for Children Christmas gift

packaging for Oklahoma children in foster care



## NATIONAL OFFICER CANDIDATE ESSAY 1

The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

**National Officer Candidate:** Emma Zamborsky

**State:** Oklahoma

Describe FCCLA opportunities you have chosen to participate in for personal growth and leadership development, and explain how this has prepared you to serve as a member of the National Executive Council.

FCCLA offers a plethora of growth and leadership development from the local level to the national and even international level. Personally, I have had the most growth through Star events, being the head of local committees, and leading workshops.

I have participated in Star Events for two years and completed, but not competed, in 4 Star Events. These include Event Management, Repurpose and Redesign, Interior Design, and Leadership. Event Management has helped me look at all the options and weigh the pros and cons. Repurpose and Redesign has helped me creatively decide how to work within any given situation, and reflect ways to improve sustainability, while also reducing negative environmental impacts. Interior Design has helped me figure out how to accommodate the needs of others and think outside the box. Leadership has helped me look deeper into the way I treat others and develop myself further.

Leading committees for our local FCCLA philanthropies has allowed me to develop my leadership abilities because I had to work cohesively as part of a group of people who all had different ideas and philosophies but all had the same end goal - get the job done and get it done well. I wanted to make sure that each committee member knew their value inside the committee and inside FCCLA. I had to help the team work through disagreements and sticky situations, and I also had to learn how to manage the group and their projects while making sure that we met our deadlines.

Lastly, being an officer in FCCLA has helped me for the future that lies ahead. At the local level as president, there were times when I had to make sure that everyone, including myself, was doing their part as officers. I had to put myself out there in order to publicize and recruit chapter members. As a district officer, I had to do my part in memorizing scripts, advocating for the FCS education in schools, and helping out with other districts when and where needed.

FCCLA has made me go from a shy person to a person that has learned, and continues to learn, her potential. I have gone from hiding behind the stage curtain to being the one in front. I am no longer afraid to speak up for those in the back. It made me spread my wings and fly " towards new horizons. " I have grown and developed beautifully because of FCCLA, and know that the tools that this organization has given me will help me continue to grow in the years to come.

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The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

**National Officer Candidate:** Emma Zamborsky

**State:** Oklahoma

Select an FCCLA National Program or partner initiative that you participated in with your chapter and describe the impact it has made in your chapter, school, and/or community.

Community Service has always meant a lot to me and my chapter. This is why year after year we always choose to do community service as our National Program, though we have yet to submit the project for an award. We love to follow the steps set out in the national program to see how much we grow. This year we chose Citizens Caring for Children, the Oklahoma FCCLA State Service Project.

Citizens Caring for Children is an Oklahoma based non-profit set out to provide better foster homes for foster children. It asks the Oklahoma community to donate items such as clothes, books, and school supplies to their store so that foster children can come in and "shop" for what they want. Everything for the foster children is free but the items still have tags on them, so it gives the foster children a sense that they are "buying" their items rather than taking someone's hand-me-downs. Citizens Caring for Children has different programs set up each month so that people can donate more specific items that foster children might need throughout the year. For example, Back2School is a program that asks specifically for school items and clothes, so that the foster children can pick out one new outfit, a pair of shoes, undergarments, a backpack, and some school supplies.

The reason our chapter chose this non-profit this year is because it really resonated with our chapter as a whole, and we felt that this program would really help our community. A few of our members applied and were selected for the Teen Board, which provides leadership opportunities and volunteer service hours. This group works closely with the children as they pick out their items to take home with them. We worked closely with the Director of Development and Communications, Abby Werth, an alumna of our school and a former FCCLA National Officer, to ensure that our chapter was doing everything that it could to help the foster children of Oklahoma.

As our chapter comes to a close on our first year of serving Citizens Caring for Children as our Local Chapter Service Project, we have decided to continue on with this non-profit again next year. We have noticed an improvement in the foster community, thanks in part to Citizens Caring for Children helping them save money on hygiene and clothing items as they continue to take in foster children. In the end, it's not about the award or the cash that our chapter could get from submitting the project, but seeing the faces of the foster children we've helped as they get to feel safe and better prepared for school and life ahead.

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## Emma Zamborsky - Oklahoma

School: [REDACTED]  
Chapter: [REDACTED] FCCLA

Class: Junior, Rising Senior

Years in FCCLA: 4 years

Years of FCS Education: 2 years

### FCS courses taken:

FCS Basics (8th), Fashion Design and Apparel Production (11th ½ credit), Intro to Fashion Design and Merchandising (11th ½ credit)

### Offices Held:

Chapter President (8th), Chapter VP of Public Relations (11th), Oklahoma North 4 District President (11th)

### Chapter Involvement:

Chapter Voting Delegate at State Convention 2021, Star Event Presentations 2021, Pink Out Week Committees, Pink Out Week Bake Sale 2 years, Pink Out Week T-Shirt design 3 years, Pink Out Week Hat Day at elementary schools (2021), Chapter T-Shirt Design 2 years, Harvest II Canned Food Drive (2018-2019), Holiday Teacher Reception Facilitator (2022), Faculty Meeting Set-up and Tear Down (2022), Chapter Meetings (2018-2022), Planning Chapter meetings (2019/2022), Hosting Chapter meetings (2019), Advocated for chapter FCCLA officer positions (2022), Spring Leadership Team (2021)

### District Involvement:

District Officer Training (2021), District Leadership Conference attendee (2018-2022), District Leadership Conference speaker (2019/2022), District Star Events (2018/2021), Oklahoma District Officers meetings (2022), District Officers meetings (2022), District President article in Oklahoma Connection (2022), Planned and Hosted District Leadership Conference (2022), District President Recognition (2022)

### State Involvement:

Lead Conference (2019/2022), State Leadership Conference (2018-2019/2022), Take Aim (2022), Courtesy Corps State Star Events (2022), Courtesy Corps State Leadership Conference (2022), Oklahoma Challenge Participant (2018-2022), State Star Events (2021), Lead Conference workshop (2022), Joint Executive Council meetings (2022), Oklahoma Capital Leadership (2022), Get SET (2022) District Application at New Teachers meeting (2022)

### National Involvement:

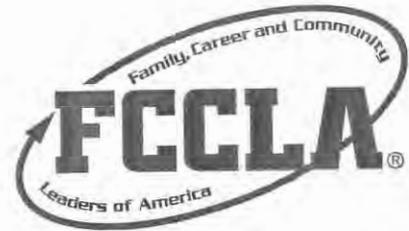
Virtual National Leadership Conference Substitute Attendee (2021), Oklahoma National Leadership Conference Events (2021), Virtual Leadership Experience (2021)

### Contributions to FCS Education:

Advocated for FCS, FCCLA, and Career Preparation at the Oklahoma State Capitol (2022), advocating at local level for FCS classes (2022)

### School and Community Involvement:

[REDACTED] Concert Band (2016-2022), Oklahoma Solo and Ensemble Contest for Band (2017-2022), [REDACTED] Color Guard (2019-2022), [REDACTED] Winter Guard (2018-2022), Solo and Ensemble Contest for Winter Guard (2021), [REDACTED] Guard Captain (2022), [REDACTED] Beta Club (2019-2022), [REDACTED] Makes a Change (SMAC) (2021), SMAC Hat Day Committee (2021), [REDACTED] High School Drama Club (2021-2022), [REDACTED] High School Theater Club Sophomore Representative (2021), [REDACTED] High School Theater Club Secretary and Treasurer (2022), [REDACTED] High School Theater Productions (Fall 2020-2022), North Central Directors Association Honor Band (2017), [REDACTED] Medical Center Volunteer (2020-2021), Tiny Paws Cat Shelter (2021), [REDACTED] Community Band (2021) Harvest II Canned Food Drive (2018-2019), Babysitting (2021)





The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

**National Officer Candidate:** Amie Ann White

**State:** Texas

Describe FCCLA opportunities you have chosen to participate in for personal growth and leadership development, and explain how this has prepared you to serve as a member of the National Executive Council.

Make my Membership Count. Since joining Family, Career, and Community Leaders of America (FCCLA) four years ago, everything I have learned about leadership and personal development has been a fundamental part of my experience, preparing me to serve on the National Executive Council (NEC). My adventure began when I chose to join due to home issues, simply because a name that began with "family" sounded the most fitting for me at the time. But, attending an ice cream recruitment day ended up changing my life forever. As a member, I have always taken my membership by the reins. My first year was filled with multiple activities, some of which included serving as a chapter officer, state association testing, participating in a national program, and an individual STAR event. I had no idea that I would end up walking on stage to receive gold in Anaheim, California for career investigation as a little eighth-grader. While attending I learned about partnerships, Family and Consumer Sciences, networking, and more at the National Leadership Conference. Locally, I have taken opportunities to support my chapter in more than a dozen competitive events, fundraisers, community service, meetings, and recruitment. This has truly taught me how to be a supportive and helpful officer for all members across the nation.

Over time within FCCLA my mindset-now including personal growth and leadership development-went beyond measure. With fresh confidence and a major passion for FCCLA, I knew my next step was to dig deeper and run for regional office. Through the process, I acquired networking skills, public speaking skills, organizational knowledge, and a willingness to work hard for my dreams. Holding a Region Service Learning office made my experience count as I learned more about national programs, community service, outreach, promotion, teamwork, and responsibility. Later on, the position of State Parliamentarian taught me extensively about parliamentary procedure and opened me to a multitude of National level duties that strengthened my leadership and knowledge. Serving as the Election Voting Delegate for Texas gave me an understanding of the national conferences, the bylaws and constitutions, and provided an opportunity to learn more about the duties of the National Executive Council. In addition, serving on the National Nominating Committee enabled me to gain a better understanding of the qualities that an NEC member should demonstrate. Through partner contests, I learned more about our association's goals through the focus we place on youth issues. I gained networking and advocacy skills beyond measure when being a top donor in the Ultimate Leadership Fund, teaching and spreading the association to as many as possible. In addition, knowledge of Family and Consumer Sciences education has been a necessary part of becoming a member of the National Executive Council to me. Learning about our central focus, pathways offered, and skills gained through FCS has brought my knowledge to a new level so I can further understand the purposes of our organization. Lastly, personally in my years in FCCLA, I have seen myself become a new person. I have discovered my voice, passions, and drive while also becoming a better servant leader and beginning to understand my true purpose. I owe the person I am to FCCLA. Through multiple offices, opportunities, and the unmeasurable amount of personal growth and leadership development, I have become prepared to serve on the National Executive Council.

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The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

**National Officer Candidate:** Amie Ann White

**State:** Texas

Select an FCCLA National Program or partner initiative that you participated in with your chapter and describe the impact it has made in your chapter, school, and/or community.

“I’ve got the magic in me!” - Bobby Ray Jr. Simmons. This 2010 top hit is not just for magic, but personal power. The National Program of Power of One, in which myself and my chapter participate every year, has been a monumental part of discovering myself and has turned me “into gold.” The five units of power of one can be a perfect description of the impact it made on me, my chapter, school, and community. Firstly, A Better You. This white colored unit improves one’s individual and personal traits. “Take a journey into my mind.” In my school, the impacts of this unit were very evident. Students in the chapter were actually getting to know themselves and find their true interests, being able to tailor their experiences while in youth to their personality. Second is family ties. As the only national non-profit organization with the family as the main focus, this second unit really makes it count. This one has definitely changed the lives of the members in my chapter, especially when they learned how crucial the second purpose is- to strengthen the function of the family as a basic unit of society. In my community, this unit helped members become closer with relatives and learn compassion for the ones around them. If you don’t believe the impact from just me, hear it from B.o.B. when he says in the song “so I call my mama when I got time!” Next is Working on Working. This unit of power of one is related to the first purpose, to provide opportunities for personal development and preparation for adult life. This one majorly impacted the students in the FCS courses at my school. The members in my chapter and school learned knowledge not taught in many curriculums like job searching, scholarships, financials, cooking, and more essentials. From exploring careers to learning necessary skills, FCCLA helped them become focused on how to shape their own future. Following up is Take the Lead. This fourth unit isn’t just about developing leadership qualities but honing them into your everyday life and practices. In my community, volunteering to help the homeless every month helped tremendously. “I’ll need a volunteer, how about you?” Members learned not to just give back and care for others (like all leaders do) but gave them selfishness and taught them how to lead teams for high-speed organization and teamwork while organizing donations and food preparation (yet another skill gained in FCS!) Lastly is Speak Out for FCCLA. This unit is not only about positive sharing/connecting with adults and peers, but advocacy for the organization. Through speaking at FCS state conferences to recruiting members, this is by far my favorite unit I have engaged in. As members “rep” the FCCLA red (PMS #185 looks good on everyone!), they not only have recruited members but have stated that they realized how amazing FCCLA is when recalling their own experiences! It’s as if students are like B.o.B.’s lines again when he said: “People tryin’ to inherit the skill, so they ask me.” In my community, this unit has created meaningful change for the school board, local businesses, adults and elderly, and even their own families, creating support and opportunities! It is evident that the power of one national program has impacted my chapter, school, and community, and will continue to do so for many years to come alongside the other programs. Besides being one of the greatest ways for students to gain self-recognition for an individual project geared towards their needs, it is also the perfect chance to teach the planning process! Participation in the power of one units is the perfect way to teach members and others about FCCLA while creating individual change in our members’ lives, and make them feel that they’ve got “The magic in me!”

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## AMIE ANN WHITE

State: Texas School: [REDACTED] Chapter: [REDACTED] FCCLA Affiliation: Comprehensive Years: four



### Local FCCLA Involvement

Middle Level- Open house event- Assist with Comp Events- Power of One- FCCLA week- TX Recruit Week - Attend fall leadership- Ozark Lollipop- concession stands- First Responders Appreciation Secondary Level- Open house - Power of One- FCCLA week- TX Recruit Week- Brownie fundraiser- Freshman orientation- CTSO interest booth- Christmas bake sale- adopt a child- valentines day fundraiser- Ozark lollipops--bingo calendar-other fundraising Leading- Oversee chapter officer summer and yearly meetings-trained chapter officers and coordinated conference planning- hosted fall leadership workshop- oversee competitive events and tests- FCCLA promotion presentations to the school board and civic organizations (2019-2022)

### Region FCCLA Involvement

(Cannot compete in Competitive Events as a Texas Officer, personally only allowed one year) Region III-V Conferences: Evaluating 5+ STAR Events and Assisting (2022) -Region II Conference (2019-2022) FCSA Mission, Creed, Purposes Gold- Career Investigation 2nd-Spotlight on Projects Voter- Leadership Workshop Attendance- House of Delegates attendee (2020) FCSA Etiquette Gold- SOP Voter- Ran for Office-HOD attendee (2021) Ran For Office -Hosted General Sessions-Oversee Service Learning (2021), participated (2019-2022) HOD attendee -SOP Voter (2022) SOP Voter- House of delegates attendee- Ran for Office- Created and coordinated Leadership Workshop -Co-planned and Lead General Sessions- Region II State Officer Candidate (2020 & 92021)

### State FCCLA Involvement

State Leadership Conference (2019-2022) -Career Investigation 1st (2019) -Attended FCS & partner workshops yearly-Ran for office (2021-2022)- Spotlight On Projects voter (2019-2022) -Power of One completion- Officer Summer Camp 20,21 State Fair & Ag Awareness 2021-State Executive Council Meeting 2021- Peer Education 2019- State Service Learning Project (2019-2022) Hosted Fall Conference (2021) -FSCTAT FCCLA booth & FCS presenter

### National FCCLA Involvement

Attended: National Leadership Conference (2019-2021) - Texas National Meeting 21- Career Investigation Gold (2019) -Student Leadership Workshop (2019) -State Officer Training 2021-Virtual National Leadership Conference (2020) -National Nominating Committee Member (2021) -Election National Voting Delegate (2021) -PSA Partner Contest Submission (2022) -Power of One completion- Run4Red (2019-2020) -Professional Presentation and Job Interview Evaluator- Ultimate Leadership Fund Top Donator Winner

### School and Honors

Collegiate: Weatherford Community College: Sophomore: 85% completion (51/60 credits) on Associates Degree in General Studies, Honor Society, and Talent Search Student. Harvard College Leadership Program Certification, Texas Tech University Scholarship Secondary FFA, Floral Design Internship, Student Council-Class officer (2018-2022), SHS Competitive & Varsity Cheerleading (Captain), '20 HOSA President, Spanish Club, BPA: State competitor, Secretary 21, Event Coordinator 22, National Honor Society, FCA, Perfect attendance 5 years, A Honor Roll (2016-2022), Top 3%, Texanne Finalist, Optimist Award

### FCS (3 yrs, 4 credits)

Exploring Careers 5-8th  
Princ. of Health Sci. 1.0-9th  
Professional Comm. .5-9th  
Interpersonal Studies .5-10th  
Communication App .5-10th  
ServeSafe Certification in FCS

### Contribution to FCS

- City, Business, and School
- FCS awareness presentations
- Contacted Radio and Legislators
- Advocate for FCS Pathways and careers, Local News
- Presenter at Statewide FCS conferences

### Offices Held

- Chapter Secretary 18-19
- Chapter President 19-21
- Chapter Public Relations 21-22
- Chapter State Representative 21-22
- Region II VP of Service Learning 20-21
- State Parliamentarian 21-22
- State VP of Leadership Development 22-23
- Texas National Officer Candidate 22-23

### Community Service

- Helping The Homeless
- GreenHouse Project
- Grace Fellowship Youth Group Volunteer
- Food Shelter Volunteer
- Operation Gratitude
- Letters for Rose
- Local Service for Independent School District
- Chamber of Commerce and school board volunteer
- Elementary school volunteer
- Blood Drives



The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

National Officer Candidate: Madison Brian

State: Texas

Describe FCCLA opportunities you have chosen to participate in for personal growth and leadership development, and explain how this has prepared you to serve as a member of the National Executive Council.

Ever since the name change in 1999, FCCLA has gone through monumental changes and has created more possibilities for personal growth and leadership development. As the arrow in the emblem stands for embodying new arenas, this organization has allowed me to do just that through numerous programs and opportunities offered. Additionally, these have helped me to further embrace our mission and make each and every year count.

My journey through FCCLA began my freshman year, and by far was the best decision I have ever made. Being inspired by a previous State Officer from my school, created the vision to take my leadership skills to the next level. The first outlet I discovered with this organization was the national program, Power of One. This allowed me to take the wheel in my life and learn vital skills that I would use throughout my adult life, but also sooner than I thought. In this year alone, I have improved personal traits through A Better You, Taken the Lead in my school, and advocated for FCCLA and FCS. The planning process was a lifesaver because, without it, I would have not been able to make these into a reality. Power of One has also allowed me to develop leadership and better speaking skills that light the path to the next stop of my FCCLA journey.

In the same year, I stepped out of my comfort zone and picked a STAR event that no one else from our school had ever done. Being from a small school, we do not have every pathway of FCS and when picking Interior Design, I knew that I needed to use previous skills learned during the planning process. By doing this, I was not only able to create a project but in time, allowed me to be a better communicator. Though never racking, I developed strategies to speak more calmly and professionally and was able to take my project all the way to Nationals. The National Leadership Conference was an amazing experience and I learned how to write the next chapter in my story.

Running for office was the next road in my journey and has helped me reach new horizons. Preparing a speech and going through an interview not only prepared me for being an officer but has given me life skills I will use beyond high school. Being an officer opened new exciting experiences for me, and through this, I have been able to meet members from all over our region and state; in addition to creating a close bond with my officer team. At that moment, I learned that it takes each team member to put on an event. This office also allowed me the opportunity to be a voting delegate at NLC. Watching the National Office Candidates, especially our National President, Hunter Prinz, take the stage changed my life forever and created a dream in me.

Being a National Officer Candidate is such an honor and I am very humbled not only to represent my state but this organization as a whole. Programs such as Power of One, STAR Events, and also Running for Office and experiences associated with those, allowed me to acquire skills that would be an asset to the organization. These have prepared me to become an ambassador for this organization on how it is truly life changing. If elected, I want to continue to create the ultimate leadership experience through my knowledge and project that FCCLA is for everyone, no matter the chapter size or location.

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## NATIONAL OFFICER CANDIDATE ESSAY 2

The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

National Officer Candidate: Madison Brian

State: Texas

Select an FCCLA National Program or partner initiative that you participated in with your chapter and describe the impact it has made in your chapter, school, and/or community.

Though taking part in FACTS in our chapter and turning it into a Spotlight on Project, the national program that has made a lifelong impact is Power of One. Through Power of One, we are challenged to take personal power and responsibility to improve the world around us. When I think about Power of One, I think of it like a prism, everyone looks at it from a different perspective and carries out a unique project. Throughout the years, I can say that it has changed me and prepped me for becoming a National Officer Candidate, and created a ray of change in our small town.

In my chapter, out of the five units, the first unit executed is A Better You. To become the change and make it count, you must improve yourself before taking on the world. Students have varying projects and just in our chapter, members have reduced stress, enhanced confidence, and improved their performance in the classroom. Through this, they are able to become planning genius' as they use the planning process for assistance, taking the project one step at a time. After improving ourselves, we are able to be strong family members through Family Ties. As FCCLA is the only organization with family as its central focus, it becomes necessary to improve these ties. We may think that improving relations with family members would not create such an impact, but as a prism hits the light, we are able to become models for our student body and also community members. From personal experience, I can say that my whole community, chapter, region, and state officer team has become my family through this unit. After having full support from everyone around you then, you are able to reach new horizons and Take the Lead. This part of the program allows you to take your personal traits, planning skills, and relations to a whole new level. Take the Lead 's projects can vary from taking on new leadership roles to coordinating community service projects or events. Working on Working is another way to blend all your knowledge and skills together, making a difference in your community by taking part in the workforce and improving employability skills. But, the absolute best unit to wrap everything up is Speak Out for FCCLA. On this prism, the red blinds others to see how FCCLA has created a lifelong change in their community. These other units help contributed to telling others about the positive experiences through FCCLA. In our chapter alone, we were able to Go for the Red and bring more members. Through this unit, I got the honor to speak to community members about the monumental changes FCCLA has created in my life through the abundance of opportunities available.

This national program has modeled me into a prism because everywhere I go, I am able to shine my light and be an ambassador for this organization. Power of One is life-changing for us members and when taking part in it you never know what you can achieve, just know you can make anything into a reality. Through this program, I have also learned valuable lessons, and it has allowed me to make a mark in my school, community, region, and also the state. As a result, it created the spark in me to run to be a part of the National Executive Council because I want to continue changing the world, one member at a time and I know I have the necessary skills to do so.

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Madison  
Brian

Texas | Junior

FCCLA Chapter

3 year member

FCS Education:  
3 years



..... **FCCLA EXPERIENCE** .....

**Leadership Positions:**

Chapter Reporter (2020-2021), Chapter President (2021-Present), Region VP of Parliamentary Law (2021-2022), State VP of Leadership Development (2022-Present)

**Local:**

Chapter Fundraisers, Chapter Meetings and Activities, Fall Leadership, Grandparent's Day, Organized and Coordinated School Board Dinner, Power of One Units, Star Event Chapter Consultant, UIL Hospitality Room, and Veteran's Day Breakfast

**Region:**

II- (2022): Attended LifeSmarts Workshop, Delivered Lunches, House of Delegates Timekeeper and Runner, Lead Consultant and Evaluator Training Assistant

IV-Region Conference Attendee (2020-2022), Ran for Office (2021,2022), Ran House of Delegates (2022), STAR Event Evaluator: Texas Proficiency Events - Toys that Teach (2022), Relaxers at Second General Session (2022), Lead Consultant and Evaluator Training (2022), Officer Training Camp (2021), STAR Event Competitor: 1st Place Interior Design (2020), HOD Voting Delegate (2020) Spotlight on Projects Voter (2020, 2021)

**State:**

State Conference (2020-2022), State Officer Candidate and Newly Elected VP of Leadership Development (2022), Door Greeter at 1st General Session (2022), House of Delegates (2022), Leadership Workshops (attended and introduced speaker) (2022), Spotlight on Projects Voter (2021, 2022), State Fair (2021), Officer Training Camp (2021,2022), STAR Event: 1st Place Interior Design (2020)

**National:**

National Leadership Conference (2020-2022), National Officer Candidate (2022), Go for the Red Award (2022), National Voting Delegate (2021), Attended National Workshops, Expos, General Sessions (2020, 2021), STAR Event: Interior Design- Gold Medalist (2020)

..... **School/Community Involvement** .....

**School:** FFA CDE and LDE Competitor (2020-Present), Organized a trip to Texas A&M for Middle school students (2022), FCCLA (2019-Present), Band (2017-2020), Yearbook (2021-2022), National Honor Society (2021-Present), Shattered Dreams Participant (2022), TISD Student Technology Assistant (2021-Present), Church Youth Group & Officer (2016-Present)

**Community Service: (Over 80 Hours)** Collected Items/Put Together Boxes for the Operation Christmas Child, Downhome Ranch Volunteer, School Cafeteria Volunteer, Shepherd's Heart Food Pantry Volunteer, Technology Department Volunteer, Cares, UIL Hospitality, Vacation Bible School Group Leader, Volunteered for numerous church fundraisers/activities

..... **Honors** .....

All A Honor Roll (2016-2021), ATSSB All-Region Jazz Band 1st Chair (2020), FFA Creed Speaking (1st District, 3rd Place Tarleton Invitational) (2020), FFA Floriculture CDE Competitor (2022), National Honor Society (2021), Outstanding Soloist (2019), Perfect Attendance (2016-2021) State Marching Competition Bronze Medalist (2018)

..... **FCS Contribution(s)** .....

- School Board Presentation
- Civic Group Presentation (Chamber of Commerce)
- TISD Community Involvement Day
- Organized an Elective/Organization Fair (promoted both FCS classes and FCCLA)

..... **FCS Classes** .....

**6 Credits**

- Career Portals-6th Grade (2016-2017)
- Intro to Culinary-9th Grade (2019-2020)
- Principles of Hospitality- 10th Grade (2020-2021)



The essay question below is limited to one page only, do not alter this format, and do not attach additional information.

**National Officer Candidate:** Shelby Smith

**State:** Wyoming

Describe FCCLA opportunities you have chosen to participate in for personal growth and leadership development, and explain how this has prepared you to serve as a member of the National Executive Council.

FCCLA's mission has certainly impacted my life, for I have had many opportunities to grow as both a person and leader. I have asked myself a lot what it was that made me qualified to be a National Officer. There were many questions I needed to answer: Who am I, and who do I want to be? What makes a good National Officer? And what kind of change do I want to make? I believe that my experiences within FCCLA have better prepared me to serve on the National Executive Council and give back to the organization that has helped me the most.

For me, it all started with STAR Events in the eighth grade, and I have competed in them every year since. In my four years of competing, I have learned about advocacy, organization, professionalism, and public speaking. Additionally, creating projects has allowed me to learn more about FCCLA as a whole, giving me knowledge and soft skills that can be hard to learn. STAR Events have given me the ability to plan in ways that spark change, and this is where my confidence in myself first began.

After my first few years in FCCLA, I was encouraged to run for office by my supportive adviser and fellow members. After much hesitation, I ran for state office last year. I was undeniably scared and did not know what to expect, but the process paid off. I was elected to serve as Wyoming FCCLA's 2021-2022 State President, and I am very thankful for the experiences and relationships I was able to capitalize on during that term. Being a state officer taught me that leadership is more than a position. Instead, leadership is encouraging others to believe in themselves. It is showing everyone your imperfections and being genuine. It is reaching out to new people and helping them gain the confidence to reach their fullest potential. I have learned that leadership is incredibly unique, and it is not something that can be pigeonholed into a title.

Serving as a state officer also helped me grow as a person: I learned how to work in a team, problem solve, be creative, and build relationships. FCCLA has brought me to meet new people in my community, work with leaders from across the state, and develop life long friendships with members from across the country. I know that having the ability to connect with many people is important for a National Officer, and serving as a state officer has helped me do exactly that.

An FCCLA National Officer is someone with a huge platform: 155,000 members are relying on them to lead this organization forward. Whether or not they choose to make a positive difference is up to them. National Officers are willing to work hard, think creatively and critically, develop knowledge, and most importantly: inspire and support those they meet along the way. The opportunities I have embraced through FCCLA have prepared me to do this. Even if I do not experience the honor of being a National Officer: I am proud to say that this organization has shown me how to be confident in myself, become a better leader, and genuinely want the best for others.

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**National Officer Candidate:** Shelby Smith

**State:** Wyoming

Select an FCCLA National Program or partner initiative that you participated in with your chapter and describe the impact it has made in your chapter, school, and/or community.

My favorite national program would certainly be Student Body, for it has helped me impact my community and learn more about my own health. Just a few days before COVID-19 brought our world to lockdown in 2020, my school hosted a keynote speaker that we brought here through FCCLA. Considering the detrimental effects lockdown had and continues to have on mental health, the timing for this event was just right. Teachers, faculty, parents, and students were able to receive mental health support just before one of the most isolating and tragic times the world has gone through.

The idea for this started with my STAR Event project for National Programs in Action. Even before the pandemic, the mental health of people in my community was suffering. I was concerned with the lack of awareness about these issues. I wanted people to know how to seek help and recognize when others are struggling too. I brought this concern to my chapter, who willingly helped carry this project out. Utilizing the modules of Student Body, we decided to center our focus on “The Real You” and “The Resilient You” . We wanted people to live in ways that positively affect their mental and emotional health, which is why our focus was on these units the most. We gathered sponsorships from local businesses and teamed up with my school's HOPE Squad program to bring a keynote speaker to our town. Thanks to the generous donations of a hotel room, gifts, and money- this event was made a reality.

The speaker we brought to our school came in for a full day. We started the morning with a keynote, had small group sessions, signed up for one-on-one talks, and hosted a parent meeting after school. Each of these sessions brought up important discussions for people of all age levels. We learned about mental health resources, wellness activities, supportive student/parent relationships, and ways to make a difference. Seeing others openly talk about their own experiences was truly inspiring, and it made me want to continue to advocate for mental health and wellness.

Ever since then, I have been very passionate about Student Body. I continue to speak out about it by having personal discussions with others, posting on social media, and hosting wellness workshops on both the local and national level. Student Body has even changed my perspective on my own health and wellness by teaching me how to find balance and treat myself kindly. I am still learning how to do this and am learning to be patient with my own mental health journey.

Never did I think an FCCLA national program would teach me so much about myself and others. Through Student Body, I have learned that mental and physical health truly matter, and speaking up about our own struggles is nothing to be ashamed about. Similarly, the well-being of those around us is immensely important, so it is crucial that we check up on the people we love. I am learning and teaching others that it is okay to mess up, and it is okay to be human. Engaging in this FCCLA national program has shown me that it is okay to speak up, for there is change to be made and people to be encouraged.

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## **Shelby Smith- Wyoming NOC**

- School: [REDACTED]
- Year in School: 11th (Class of 2023)
- Years of FCS Instruction: 1.5 Years
- Chapter: [REDACTED] FCCLA
- Years in FCCLA: 4 Years (2018- Present)

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### **Family and Consumer Sciences Courses**

- 7th Grade: 7th Grade FCS (0.5 Credit)
- 10th Grade: Child & Family Studies (0.5 Credit) and Intro to Early Childhood Education (0.5 Credit)

### **Offices Held**

- Chapter Public Relations Officer (2019-2020)
- Chapter Vice President (2020-2021)
- Wyoming FCCLA State President (2021-2022)

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### **Local Involvement**

- Wreath and Butter Braid Fundraisers (2018-2022)
- FCCLA Membership Recruitment Night (2019-2021)
- "5 Reasons You Should Join FCCLA" Membership Campaign (2021)
- Ice Cream Social (2021)
- Quilt Raffle (2022)
- FCCLA Week: Baked Pancakes for Educators and Made Cookies for Chapter Members (2022)

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### **Region Involvement- Fall Leadership Conferences Attended: 3**

- Hosted "Making it Count as Student Leaders" workshop (2021)

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### **State Involvement- State Leadership Conferences Attended: 4**

➤ **STAR Event Gold Medals Earned: 3**

- Voting Delegate at State Leadership Conferences (2019)
- Chapter Officer Training (2019)
- State Officer Training (2021)
- Membership State Officer Project: "FCCLA Wants YOU!" (2021)
- Statewide Zoom Webinars (2022)
- Hosted two (2) workshops at state about Stand Up and Student Body National Programs (2022)
- All State FCCLA Award (2022)

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### **National Involvement- National Leadership Conferences Attended: 3**

➤ **STAR Event Gold Medals Earned: 2**

➤ **STAR Event Bronze Medals Earned: 1**

- Disney Leadership Academy at NLC (2019)
- Nominating Committee Member (2021)
- Election Voting Delegate (2021)
- Hosted workshop over zoom for Florida Virtual Fall Leadership Conference (2021)
- Instructional Video Design National Qualifier (2022) \*cannot compete at NLC because I am an NOC\*

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### **Contributions to FCS Education**

- Governor's CTE Proclamation signing attendee via zoom (was pushed online due to unforeseen circumstances) (2022)

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### **Participation in School and Community**

- Varsity Volleyball Team Captain and Starter
- Student Council Class Representative
- National Honor Society
- Wyoming All State Choir
- Bridge Worship Team Guitarist
- Part Time Job: [REDACTED] Recreation Center Receptionist