



# 2022-2023 STAR Events

## Students Taking Action with Recognition

STAR Events (Students Taking Action with Recognition) are competitive events in which members are recognized for proficiency and achievement in chapter and individual projects, leadership skills, and career preparation.

### National STAR Events

- Baking and Pastry
- Career Investigation
- Chapter in Review Display
- Chapter in Review Portfolio
- Chapter Service Project Display
- Chapter Service Project Portfolio
- Culinary Arts
- Culinary Math Management
- Early Childhood Education
- Entrepreneurship
- Event Management
- Fashion Construction
- Fashion Design
- Focus on Children
- Food Innovations
- Hospitality, Tourism, and Recreation
- Interior Design
- Interpersonal Communications

Level 1 - through grade 8  
Level 3 - grades 11 & 12

Level 2 - grades 9 & 10  
Level 4 - Postsecondary

- Job Interview
- Leadership
- National Programs in Action
- Nutrition and Wellness
- Parliamentary Procedure
- Professional Presentation
- Promote and Publicize FCCLA
- Public Policy Advocate
- Repurpose and Redesign
- Say Yes to FCS Education
- Sports Nutrition
- Sustainability Challenge
- Teach or Train

### Online STAR Events

- Digital Stories for Change
- FCCLA Chapter Website
- Instructional Video Design

To compete in National STAR Events, members must be affiliated members, be qualified by state advisers and submit registration by the national deadline. Check your state STAR Events participation deadlines.

### Competitive Event Partners:

- Auguste Escoffier School of Culinary Arts
- B-Sew Inn Education Division
- Culinary Institute of America
- Culinary School of Fort Worth
- Fashion Institute of Design and Merchandising
- Johnson & Wales University
- National Association of Parliamentarians
- Sullivan University
- Zwilling

### Awards:

- Top 10 Recognition per Event/Level
- Gold Rating & Medal per participant
- Silver Rating & Medal per participant
- Bronze Rating & Certificate per participant
- Scholarship Opportunities

*State FCCLA Associations may have additional sponsors and modified or additional event offerings.*





# 2022-2023 Skill

# Demonstration Events

Skill Demonstration Events provide opportunities for members to demonstrate college and career-ready skills in family and consumer sciences and related occupations. All competitions take place online this year!

Level 1 - through grade 8

Level 2 - grades 9 & 10

Level 3 - grades 11 & 12

## In Person Events

- **Culinary Food Art**  
(Level 2, 3)
- **Culinary Knife Skills**  
(Level 2, 3)
- **Fashion Sketch**  
(Level 2, 3)
- **FCCLA Creed Speaking & Interpretation**  
(Level 1, 2, 1st Year Members)
- **Family and Consumer Sciences**  
(Level 1, 2, 3)
- **Interior Design Sketch**  
(Level 2, 3)
- **Interviewing Skills**  
(Level 1, 2, 3)
- **Pastry Arts Technical Decorating Skills**  
(Level 2, 3)
- **Speak Out for FCCLA**  
(Level 1, 2, 3)
- **Technology in Teaching**  
(Level 1, 2, 3)
- **Toys that Teach**  
(Level 1, 2, 3)
- **#TeachFCS**  
(Level 1, 2, 3)

## Online Challenge Tests

- **Family and Consumer Sciences**  
(Level 1, 2, 3)
- **Culinary Math Challenge**  
(Level 2, 3)
- **Early Childhood Challenge**  
(Level 1, 2, 3)
- **Family and Consumer Sciences**  
(Level 1, 2, 3)
- **FCCLA Knowledge Challenge**  
(Level 1, 2, 3)
- **Fashion Construction & Design Challenge**  
(Level 2, 3)
- **Family and Consumer Sciences**  
(Level 1, 2, 3)
- **Interior Design Challenge**  
(Level 2, 3)
- **Nutrition Challenge**  
(Level 1, 2, 3)
- **Science in FCS Challenge**  
(Level 1, 2, 3)

To compete in Skill Demonstration Events, members must be affiliated and registered to attend the associated conference or other designated event. Registrations are limited, so first-come, first-served until the event is full.



## Awards:

- Top 3 Recognition per Event/Level
- Downloadable Certification per participant
- Scholarship Opportunities

# 2022-2023 FCCLA/

# LifeSmarts

# Knowledge Bowl



# LifeSmarts

*Learn it. Live it.*

The FCCLA/LifeSmarts Knowledge Bowl is a team competition that tests FCCLA members' knowledge in six content areas.

1. Personal Finance
2. Consumer Rights & Responsibilities (to include Family, Career & Community Studies)
3. Technology (to include Fashion Design)
4. Health and Safety (to include Food Science & Nutrition and Early Childhood & Human Development)
5. Environment (to include Hospitality, Tourism & Recreation)
6. FCCLA Knowledge

**Direct Qualifying**  
(must complete Parts 1 & 2)

**Part 1:**

Online test at  
[www.lifesmarts.org](http://www.lifesmarts.org)

**Part 2:**

Top 40 teams participate in  
Quiz Bee and Pool Play  
during NFC

16 teams+ 2 alternates  
qualify to the National  
Leadership competition

**Online Team Smarts Round**

All qualifying teams and  
identified alternates will take  
the Online Team Smarts Quiz

**National Leadership Conference  
Pool Play Competition**

Top 8 teams compete in  
Knockout Bracket

Two finalist teams play for the  
National FCCLA  
LifeSmarts Knowledge Bowl  
Championship



**Awards:**

1st, 2nd, and 3rd place event winners will receive awards during one of the National Leadership Conference General Sessions. Finalists are listed on the National FCCLA website.



**Knowledge  
Matters**

Virtual Experience Learning

**2022-2023**

# FCCLA/ Knowledge Matters Virtual Business Challenges

The FCCLA/ Knowledge Matters Virtual Business Challenges encourage FCCLA members to test their skills in personal finance or fashion. These competitions are free for affiliated FCCLA members. Participating members utilize a competition version of the Virtual Business - Personal Finance or Fashion classroom software.

**Only affiliated members grades 9-12 are eligible to compete.**

**COMPETITION ROUND 1: OCTOBER 18 - NOVEMBER 11, 2022**

**COMPETITION ROUND 2: JANUARY - 24, 2023**

**NATIONAL CHAMPIONSHIP ROUND: SPRING 2023**

The top 8 nationally ranked teams from each Competition Round will qualify to compete at the National Championship Round.

**National Leadership Conference Awards**

The winning teams of the National Leadership Championship Round will receive cash awards of \$1,000 (1st place), \$500 (2nd place) and \$250 (3rd place) from Knowledge Matters and be recognized on stage during the National Leadership Conference.

