



2021 National Officer Candidate Application Materials

Below are the names of the 25 National Officer Candidates. Click one of their names to go to their application materials

Diana Aquilar	Rebekah George	Zeb Kelly	Haley Reid
Briana Castro	Gracie Geppert	Jessica King	Alyssa Tat
Amber Chan	Karlyn Gustin	Mia Moore	Breanna Warren
Ashley Coulter	Katie Harfmann	Cristian Osorio	Claire Webb
Maria Deddens	Amanda Ibanez	Isabel Palacios	
Leona Dominguez-Mueller	Rebekka Jay	Kylie Parisien	
Madalyn Fox	Kirstin Johnson	Hunter Prinz	



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: Diana Aguilar

State: Georgia

How have you advocated "Beyond Measure" for FCCLA and FCS education throughout your time in FCCLA and what do you plan to do in the future to continue these efforts?

Advocating Beyond Measure

When I think about the phrase "Beyond Measure" I picture someone who exceeds the average expectations while working toward a goal. With my time in FCCLA I've not only learned to be my best and authentic self, but also how to assist others in their journey to becoming a leader. First and foremost, just three short years ago, I was a shy and introverted freshman until my advisor/ teacher encouraged me to compete in Star Events. Sitting across from me were two complete strangers that turned into my partners and eventually my best friends.

If it wasn't for competing in STAR Events I would not have received the opportunity to attend the 2019 state conference. It was then that I realized I wanted to take the next step in my journey. I became the VP of Public Relations for my chapter, where I promoted our chapter through multiple social media platforms and kept our members up to date. I cherished and enjoyed every moment I was able to interact with members while I served my chapter.

Nevertheless, I was seeking more. My advisor pushed me to run for a state officer position, but I was not selected to serve. This gave me the initiative to run for Region office the following year. It was from here that I truly felt I made a difference. I was able to be the link between our amazing members and the state staff. I promoted SAY YES to FCS through workshops, and having one on one conversations with members. I was able to answer questions and hold chapter visits regarding FCCLA. All virtually of course; nonetheless, it just made the experience that much better! I was able to reach multiple schools at once, making networking that much easier. My favorite workshop I have held would have to be the local chapter officer training. I used our GA Discover Training as a resource to help me create interactive activities whether they be at home or at school.

Now looking back and comparing my first STAR Event and my workshop presentations to my latest, I now see how far I have come. I want to continue learning and growing with FCCLA. I'm ready to advance my leadership skills at the national level and reach my full potential.

STOP typing here! You must not continue typing past this page for Essay 1. Additional pages will not be accepted.



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

National Officer Candidate: Diana Aguilar

State: Georgia

Describe how you were able to adapt as a leader and continue to make positive changes during the global pandemic.

The New Normal

Canceled events, places shutting down, fear of a loved one getting sick: These overwhelming thoughts took over our schools, our work, and our society as a whole. This pandemic may have thrown me off balance, but FCCLA has taught me how to be resilient and bounce back. Through STAR events, National Programs, and our ability to network, we have the potential to adapt to new situations and create better outcomes for ourselves and our peers.

With everything "gone virtual" for this past year, some may look at it as a negative. I saw this as an opportunity to reach out to multiple schools at once. With websites like Zoom and Google Meets we have the ability to reach out and connect with more people now more than ever. Especially when it comes to working in a team. My fellow region officers and I have learned so many valuable life skills over the past year. And looking back to where I started and where I am today I can see how much I have grown.

Online STAR events taught me that even if you think you have time, never procrastinate, and the work you put into it really pays off. Power of One taught me to always check up on myself because if I am not able to boost myself how will I uplift others. I had the honor of having multiple interactions with members of the organizations. As well as the opportunity to hold multiple chapter visits and workshops virtually this past year. Each of these occasions has taught me how to improve my leadership qualities and my overall self as a person.

When the pandemic hit last March, it felt like everyone was scrambling and trying to hold onto what looked to be "normal". Wearing masks and social distancing may have set us back in the beginning but as members of FCCLA, we are always prepared to overcome obstacles. That is what I love about FCCLA...our obstacles became our opportunities. Now we have skills that we would have never had and I can't wait to see what the future holds for my generation.

STOP typing here! You must not continue typing past this page for Essay 2. Additional pages will not be accepted.

Diana Aguilar

Georgia

██████████ High School

██████████ High FCCLA

11th Grade

4 years in FCCLA

4 years in Family and Consumer Sciences

Family and Consumer Sciences course(s):

2017-2018	8 th Grade	Food, Nutrition and Wellness	1 Carnegie Unit
2018-2019	9 th Grade	Food for Life and Early Childhood I	1 Carnegie Unit
2019-2020	10 th Grade	Food Science and Early Childhood III	1 Carnegie Unit
2020-2021	11 th Grade	Early Childhood II	1 Carnegie Unit
2020 – 2021	11 th Grade	NOCTI Early Childhood Education Certification	
2020-2021	11 th Grade	ServSafe Food Handler Certification	

Local/Region/State/National FCCLA Participation:

2018-2019	Attended Georgia Fall Leadership Conference, Day at the Capitol, Region 2 Meeting, Region/State/National STAR Events – Food Innovations, Georgia State Leadership Conference, National Leadership Conference in Anaheim, CA
2019-2020	Attended Georgia DISCOVER Training, Region 2 Meeting, Georgia Fall Leadership Conference, National Fall Conference in Dallas, Day at the Capitol, Region/State/National (Virtually) STAR Events- Food Innovations, National Leadership Conference
2020-2021	Virtually Attended All - Georgia DISCOVER Training, Region 2 Meeting, Georgia Fall Leadership Conference, Georgia Fall Leadership Rally (Peanut Recipe Contest), Region Officer Training, Region Monthly Zoom Meetings, December SEC, State Leadership Conference

Offices held in FCCLA:

2019-2020	Vice President of Public Relations – ██████████ High School
2019-Present	Teens in the Driver's Seat Committee Chairman
2020-2021	Region 2 State Officer – Georgia FCCLA
2020–2021	State Liaison for ██████████ High School

Contributions to Family and Consumer Sciences education:

- ██████████ High Afterschool Program
- Volunteered to teach Career Lessons at local elementary school
- Say YES to FCS Campaign
- Hosted Rising 8th Grade Parent Night

Participation in your School and Community:

- Little Miss ██████████ Pageant
- ██████████ High Truck or Treat
- Operation Christmas Child
- COVID Care Boxes with my church



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

National Officer Candidate: Briana Castro

State: Washington

How have you advocated "Beyond Measure" for FCCLA and FCS education throughout your time in FCCLA and what do you plan to do in the future to continue these efforts?

SUBJECT: An Advocacy Story "Beyond Measure"

Hello, Nominating Committee, Voting Delegates, and to everyone whom it may concern, Professional email writing and proficient adult to youth communication have been one of the most invaluable skills I have learned in my time with Family, Career, and Community Leaders of America (FCCLA). I've learned and developed several others- but knowing how to skillfully write an email and speak businesslike have been the most underrated and vital parts to my path going 'beyond measure.'

I believe that going 'beyond measure' is more than just the 2020-2021 FCCLA national theme; but it's pushing beyond personal limits and mental barriers to a purpose greater than yourself. Through advocacy for FCCLA and Family and Consumer Science (FCS), there have been unlimited opportunities for me to accomplish that and go 'beyond measure'.

One of the earliest ways I remember specifically advocating for FCCLA, was in Mrs. Bice's middle school classroom. It was open house night, and our chapter was hosting a FCCLA workshop for parents and prospective students. That year was my first as a State Officer, so I felt pressured to rise myself to the high expectations that I thought others might have of me. A sheer cold sweat enveloped my skin and tension-filled jitters quietly shook my body as we welcomed in the throngs of families who were constantly assessing and evaluating their surroundings- trying to imagine themselves, their child, or their sibling sitting in those desks and working on projects to hang on those walls. After each session, I felt my self-doubt and nervousness subtly sliding away and being replaced with my burning passion for FCCLA. I wanted the students to be empowered and encouraged to be a part of The Ultimate Leadership Experience, and for the adults to understand and witness how our organization is building the leaders of tomorrow. That night marked one of the most personally influential advocacy events, as I also started to learn how to competently communicate with adults.

The day I wrote emails to Washington State legislators for the first time, was the longest day of my life. At first, I was ready and pumped to talk about one of the topics I could go on and on about; the importance of FCS. Then, panic set in as I realized...I did not know how to write a proper email. After many hours of frantically clicking and reading blogs and educational websites (and asking my advisor to read every single one of my rough drafts), I finally had written my very first email. This was an extremely rewarding experience- as I became a pretty good email writer who could compellingly advocate through a screen.

Other ways I have advocated for FCCLA and FCS include: presenting to students in schools that are thinking of forming a chapter, meeting with local businessowners, school staff, district administrators, and state legislators at our state's capital.

I can guarantee you, I won't ever stop speaking out for our amazing organization and FCS. I will proudly advocate for them during every opportunity that comes my way. However, my specific plans for advocacy in the future entail more community outreach; such as interviews and meeting for local and state news channels, newspapers, radio stations, and podcasts.

Feel free to contact me with any questions, comments, or concerns you may have.

Warmly,

Briana Castro, FCCLA Lover & Enthusiast

STOP typing here! You must not continue typing past this page for Essay 1. Additional pages will not be accepted.



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

National Officer Candidate: Briana Castro

State: Washington

Describe how you were able to adapt as a leader and continue to make positive changes during the global pandemic.

Soon after joining FCCLA, red became my everything; it's become my favorite color and even my favorite album (Taylor Swift's, 'RED'). In my eyes, red holds their head high, shoulders back, and struts like it's a runway and they're the star. They're the Maserati that just keeps on going no matter what type of adversity they bump into on the road. They are simply burning red passion-in the shade PMS #185, of course.

"Red suggests strength, courage, and determination." (FCCLA Branding & Promotion Guide) With red, I was able to adjust to unprecedented times while making significant contributions to my family and community. I'm sure no one expected quarantine to last longer than twenty-two days, and it threw everyone's life out of balance; mine is no exception. As treacherous days dragged on, and no chance of going back to normalcy was in sight, I felt lost in my life. During the early months of the pandemic, it took a major toll on my mental and emotional wellbeing. Luckily, I had my red that coaxed me out of this state: Family, Career, and Community Leaders of America. With FCCLA, I successfully reformed my mindset and saw the pandemic as an opportunity to begin again. With strength, courage, and determination, I was soon able to adapt as a leader and come out a stronger version of myself.

My first major project during the pandemic, is one I have always held in the starlight of my heart: the Jalisco Families in Need Drive. Since 2016, I have been part of this unofficial organization that primarily donates hundreds of articles of gently used clothing to families in Mexico each year. The families to which we donate these items to are the least fortunate in their community. The pandemic hit their families the hardest, and dramatically decreased their quality of life. During the highest peak of the pandemic in Mexico, most of them were facing possible unemployment from already unstable jobs, rising living prices, and even worse, they were the most vulnerable and exposed to COVID-19. For as long as I can remember, the Jalisco Families in Need Drive has been organized purely by experienced community members. I was driven by my belief that our group could go beyond measure, and we could expand the drive to encompass COVID-19 preventive items and living necessities, aside from clothing. I took the leap to run for 2020 Lead Coordinator- a step I wouldn't have made without the red empowerment. My ideas were well received by our group, and I became one of the youngest Lead Coordinators in our history. I am proud to say that we collected and donated countless masks and little more than a thousand dollars' worth of other items, aside from clothing.

Some other big activities that I have been working on, include a school-based blood drive and We Care Kits. With sickness lingering around in every corner, our world is in critical need of blood. Currently, I have been working closely with the Class of 2022 leadership team, the local Red Cross Center, and the school's administrators to start hosting our first ever blood drives in the upcoming years.

Another huge concern, is the increase of children and young adult homelessness in my hometown this past year. To combat this issue, our FCCLA chapter has also been collecting and creating 'We Care Kits' for the homeless community while simultaneously raising awareness. All in all, the global pandemic has fortified my red characteristics and inspired me to continue making meaningful changes during calamitous times.

STOP typing here! You must not continue typing past this page for Essay 2. Additional pages will not be accepted.

BRIANA CASTRO- Washington

High School, FCCLA
Junior, Class of 2022- 5 years in FCCLA

LOCAL

17 March of Dimes
18 Relay for Life, Dude. Be Nice
17, 18 McLoughlin Open House Presenter
19, 20 Trunk or Treat
20 Kind Bathroom Messages
20 Middle School FCCLA Advocacy Presenter
17, 18, 19, 20, 21 FCCLA Week
21 We Care Kits

REGION

17, 18, 19, 20 Regional Fall Conference
(Co-planned & Lead)
Fall Conference Workshop (Planned & Lead): 17
Community Service, 17, 18 Chapter Presidents,
18, 20 National Programs, 19 FCCLA 101
17, 18, 19, 20, 21 Region STAR Events
Conference (Co-planned & Lead)
21 Region 8 STAR Event Evaluator
Star Events Competitor: 17 Illustrated Talk, 18
Entrepreneurship, 19 National Programs in
Action (highest gold score), 20 Career
Investigation (highest gold score)

STATE

19-20 SPIRIT Award Creator & Coordinator
(State Wide Recognition Activity)
19-20 Banquet & Recognition State Committee
20-21 LEAD Through National Programs Creator
& Coordinator (Statewide Programs Activity)
21 Miracle Miles (State Community Service)
18, 19, 20, 21 State Spring Region Meeting
(Co-planned & Lead)
17-18, 18-19, 19-20, 20-21 Member of the SEC
Star Events Competitor: 17 Illustrated Talk, 18
Entrepreneurship, 19 National Programs in
Action, 20 Career Investigation

NATIONAL

17, 18, 19, 20 National Leadership Conference
17, 18, 19 NLC Leadership Academy
18, 20 National Fall Conference
18 NFC Leadership Academy
STAR Events Competitor: 17 Illustrated Talk, 18
Entrepreneurship, 19 National Programs in Action
20 Online National Programs Evaluator

Foods & Nutrition-7th & 8th (2.0) Family and
Community Services-9th (0.5) Human
Development- 9th (0.5) Interior Design-10th (0.5)

20 WA State Voting Delegate
19, 20 Power of One Recipient

OFFICES HELD

17-18 Chapter Co-President, Secretary
17-18, 18-19 State Vice President of Region 8
19-20 State Vice President of Recognition
20-21 State Vice President of Programs

FCS CONTRIBUTIONS

18, 20 Legislative Advocacy Day @ Olympia
18, 21 Email Writing to Legislators
18, 20, 21 Phone Calls to Legislators
17, 18, 19, 20 Meeting with Superintendent
19 WA ACTE Presenter 20 PowerPoint Maker

SCHOOL

17-18, 18-19, 19-20, 20-21 Leadership/ Class
ASB Representative
19-20 Class of 2022 Vice President
18-19, 19-20, 20-21 Natural Helpers
19-20 Natural Helpers Vice President of
Public Relations
18-19, 20-21 National Forensic League
19 National Forensic League National
Competitor: Congress, Dramatic Interpretation
20-21 Link Crew Leader
17, 18 Varsity Dance Co Captain
17, 18, 19, 20 Track & Field
19-20 Wrestling, Team Leader
18, 19, 20 Varsity Swim
15, 16, 17, 18, 19, 20 Hispanic Academic
Achievers Program Award (HAAP)
20, 21 President's Volunteer Service Award

COMMUNITY

19, 20 Outdoor Movie Night Fundraiser (WE
Health)
19, 20 Fruit Fundraiser (WE Education)
19 Canned Food Drive (WE Health)
19, 20 New Students Tour Guide
20 Communities in Schools Food & Supplies
Pantry (Co-Coordinator & Helper)
20 Zoom Children's B&N Spanish Reader
15-present Religious Youth Leader
16-present (20 Coordinator) Jalisco Families
in Need Drive



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

National Officer Candidate: Amber Chan

State: California

How have you advocated “Beyond Measure” for FCCLA and FCS education throughout your time in FCCLA and what do you plan to do in the future to continue these efforts?

Throughout my three years in FCCLA, I have advocated “Beyond Measure” for FCCLA and Family and Consumer Sciences (FCS) education through my attendance at various events. First off, I have had the pleasure to attend my state’s Capitol Leadership Experience in February of 2020. During the three-day conference, I was able to advocate for FCCLA and FCS to the senators and assembly members who represent the Bay Area where my region is located. Additionally, I have advocated for FCCLA as a staple in FCS education to non-FCCLA advisors through my attendance at two Leadership and Management Conferences sponsored by the Family and Consumer Sciences Teachers Association of California. During the conferences, my State Officer team and I were able to present about FCCLA and also display the benefits of FCCLA – leadership, public speaking skills, ability to network with others, and the list goes on – to FCS teachers in the hope that they would want their students to experience the same benefits!

In the future, I hope to carry on these efforts by continuing to advocate for FCCLA and FCS education to legislators, students, and teachers. Specifically, I plan to attend our state’s Capitol Leadership Experience to further advocate for FCS education and FCCLA to California’s legislators. Likewise, I hope to attend the National FCCLA’s Capitol Leadership to promote CTE and FCS education and advocate for its presence in every school across the nation! At a local level, I plan to schedule presentations with my school district to advocate for FCCLA and stress the importance of FCS education within all schools within our district. Additionally, I hope to present about FCCLA at my district’s Industry Day Presentation where I can advocate for FCCLA by sharing all FCCLA has to offer with students and industry professionals.

In the final year of my FCCLA journey, I hope to continue to promote FCCLA and FCS education by continuing to meet with my local, state, and national legislators; attend conferences; and so much more!

STOP typing here! You must not continue typing past this page for Essay 1. Additional pages will not be accepted.



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

National Officer Candidate: Amber Chan

State: California

Describe how you were able to adapt as a leader and continue to make positive changes during the global pandemic.

As we all know, this year for all of us has been difficult and has changed the way we are able to connect with our fellow members. Instead of going to conferences and regional meetings throughout the year, we are now reduced to interacting through a screen. Due to the challenges that this global pandemic has brought and still brings, I believe that I was able to adapt as a leader and continue to make positive changes by embracing technology and ensuring I put conscious effort into utilizing social media as a tool to connect with members.

Using social media has become an important outlet to reach members, and as the California State Reporter, I had to lean into that job and make sure that I was using social media more heavily than past State Reporters may have. With opportunities already restricted, I had to pivot by utilizing social media as a means for stressing the importance of members' attendance at the virtual conferences that my State Officer Team and the Region Officer teams have been able to host. Additionally, ensuring that members are constantly engaged and interested in FCCLA played a big role in my creation of interactive activities and posts for social media. Moreover, in the past year, Zoom calls and texting have also become essential means of communication. Specifically, I found it especially important to focus on outreach within our state's Region Officer network using texting. This consisted of checking in more frequently by attending the Region Officer team's executive council meetings or just texting them to see if they need anything. In my opinion, this step was crucial in forming bonds with the other Region Officers to have open communication between the local, regional, and state organizations to ensure that everything ran smoothly.

While the pandemic did hinder in-person interaction and events that would generally occur, there was a big benefit that I experienced! By being able to attend all FCCLA events right from my home and with proper time management skills, I had a more flexible schedule allowing me to be able to step up and volunteer for more projects. Some of those projects include making flyers and "Save the Dates" for events; editing videos that we put out for our members; or just dedicating more time to creating newsletters and content for California's social media page.

As for making positive change during the pandemic, I would say that although traditional community service has been altered, finding ways to give back in a safe manner was possible! For example, in my chapter, we decided to host a clothing and sanitary product drive where a member would do a drive-by in their cars to those who want to donate; the donor would then put their donations into the trunk of the car. The designated member would then take it to the drop-off location where an organization that we partnered with would help distribute the goods to those in need.

While this year has come with its challenges, by utilizing social media, embracing technology, and coming up with innovative community service ideas, I believe that I have been able to adapt and continue making positive changes.

STOP typing here! You must not continue typing past this page for Essay 2. Additional pages will not be accepted.

Amber Chan

State: CA

School: █████ High School

Chapter: █████ FCCLA Chapter

Type of affiliation: Comprehensive

Year in school: 11th (Junior)

Number of years in FCCLA: 3

Years of FCS Instruction: 1

Family and Consumer Sciences Courses Taken:

9th Grade: Food and Nutrition

Participation in FCCLA:

Local:

- Received Golden Chapter Degree (2018-2019)
- Promoted FCCLA at Back to School Night (2019)
- Promoted FCCLA at Open House (2019)
- Promoted FCCLA at Freshman Orientation (2020)
- Recruited FCCLA members at School's Club Fair (2019, 2020)

Region:

- Attended Regional Fall Meeting (2018-2020)
- Attended Regional Spring Meeting (2019-2021)
- Attended Region Officer Training Conference (ROTC) (2019)
- Placed 1st in STAR Life Event Planning at 2019 Spring Meeting
- Led the Region 5 Chapter Officer Leadership Training (COLT) (2018)
- Attended Region 5 Chapter Officer Leadership Training (COLT) (2019, 2020)
- Received Golden Region Degree (2019-2020)

State:

- Attended and presented workshops at the State Leadership Conference (2019, 2020, 2021)
- Led the virtual Region Officer Leadership Conference (ROLC) (2020)
- Led the State's virtual Fall Leadership Meeting

(2020)

- Placed 1st in Life Event Planning at 2019 SLC
- Placed 1st in the Parliamentary Procedure Fall Skill Competition at the 2020 Virtual Fall Leadership Conference
- Attended and presented about FCCLA at the Leadership and Management (L&M) Conference for FCS Teachers (2020, 2021)

National:

- Attended the 2020 Virtual National Leadership Conference
- Attended the 2020-2021 Virtual Leadership Experience
- Member of Communications National Network
- Completed the National Program, Power of One

FCCLA Officer Positions Held:

- 2018-2019 Chapter Co-Secretary
- 2019-2020 Chapter Secretary
- 2019-2020 Region 5 Secretary
- 2020-2021 Chapter Co-Vice President
- 2020-2021 State Reporter

Contributions to Family and Consumer Science Education

- Attended the State Capitol Leadership Experience and advocated for FCS Education (2020)

Participation in School and Community:

- 2018-2019 Freshman Class Treasurer
- 2019-2020 Sophomore Class Secretary
- Member of Model United Nations (MUN)
- Member of the California Scholarship Federation (CSF)
- Member of Best Buddies
- Stage Crew in School's 2019 Fall Play
- Volunteer at █████ Elementary After School Program (2017-2019)



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: Ashley Coulter

State: Kentucky

How have you advocated "Beyond Measure" for FCCLA and FCS education throughout your time in FCCLA and what do you plan to do in the future to continue these efforts?

During my 5 years (and counting) as a student in Family and Consumer Science classes and as a member of Family Career and Community Leaders of America, I have found that advocating for an organization or for an educational department about which you are very passionate about becomes something you do every day without even noticing it. By advocating "Beyond Measure" for both FCS and FCCLA, in and out of school, it has truly been such a rewarding experience that I cannot wait to continue during my last year of high school and beyond.

In advocating for Family and Consumer Sciences education, I have become a spokesperson on behalf of the Highlands High School FCS Department. I am the student that anyone comes to if they have any questions about the FCS classes, or if a teacher would like to make a purchase in the student-run FCS based enterprise. I have become very familiar with two of the FCS Career Pathways – Hospitality and Tourism in Culinary classes and Visual Arts and Design in Fashion and Interior Design classes, a field I will likely pursue after high school. FCCLA and FCS are like my fishbowl, I am very familiar with how it runs and I can navigate through any career pathway; I can adapt to any changes thrown my way, and I never tired of the fishbowl I have created.

Going on my fifth year in FCCLA, I have learned the ins and outs, the ups and downs, and the most effective ways to network or share information with a group of individuals. I advocate for FCCLA's core value, a love and respect for family, by showing how support and love of your family is the strongest foundation you can build. I have learned that posting on social media, sporting an FCCLA t-shirt, and talking about the program have been the most effective. The supportive foundation that my family has laid for me has helped me floursih Beyond Measure!

By going to conferences, meetings, hosting school wide membership drives and community service projects, coordinated FCCLA sponsored events, serving as an officer on the chapter, regional, and state level – I have not only advocated for FCCLA, but it has also led to me be asked, "Aren't you in FCCLA? What is that?" almost every day. I know that my advocacy efforts through my school, region, and state have been effective. Although, I spend most of my time advocating and working on FCCLA or FCS material, I am still forever in debt to both, as they have given me the most in life and have turned my life around for the better, as well as provided me with opportunities and leadership positions that have taken me "Beyond Measure".

After I have graduated high school, I will be an active member of Alumni and Associates to show my continued support for the organization. As an alumni member, it will enable me to reconnect with old friends, volunteer, share my personal and professional experiences and to continue the lifetime of experiences that FCCLA continues to offer, even outside of high school. Considering the future, I will be a continuous advocate for FCS as it has helped prepare me for my future career in one of the four FCCLA Career Pathways, specifically Visual Arts and Design where I hope to continue a passionate career in Fashion Design and Marketing, which I owe to my FCS classes that helped illuminate my true passions and helped me grow "Beyond Measure"!

STOP typing here! You must not continue typing past this page for Essay 1. Additional pages will not be accepted.



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: Ashley Coulter

State: Kentucky

Describe how you were able to adapt as a leader and continue to make positive changes during the global pandemic.

The speed and spread of the corona virus pandemic have posed the biggest challenge to today's leaders to overcome what was 'normal' and has called for a quick turnaround in almost every aspect in any situation. During this global pandemic, the most important skill I gained as a leader has been adaptability, with uncertainty constantly on the horizon this past year, I had to be prepared for any task that was thrown my way. Decisive action and honest communication have led me to amazing opportunities – even during covid. During my term as the Kentucky State Vice President of Community Service, I worked very closely with the Rae of Sunshine Foundation throughout the year. Rae of Sunshine, founded after Taylor Rae Nolan (former KY 1st Vice President) who lost her life to suicide, the organization works hard to promote spreading smiles through acts of kindness, eliminating the stigma of mental health and increasing resources in support of social and emotional health. Through this foundation, I have helped spread as many smiles throughout the state of Kentucky as I could through computer screens and recorded videos. Through being a FCCLA member and serving as a state officer in a pandemic, I have learned quick thinking, adaptability, better communication skills, and how one smile can go a long way.

The skills that I have gained as a leader through a pandemic have stretched farther than FCCLA and helped me in my everyday life. With improved adaptability, quick thinking, and better communication I have been able to better myself through multiple aspects of my life. I have been able to make positive changes in my home life, school and work life, and my social life, all which piece together to build a better me. My improved communication skills have allowed me to improve productivity, build trust and help to provide clarity and direction to my peers. Quick thinking has allowed me to become more creative in the classroom and my schoolwork, and in my everyday life. In the midst of a pandemic, everything has been flipped upside down without any warning, adaptability has helped me overcome some of my biggest challenges throughout the Covid-19 pandemic. By working towards a better me, it has encouraged me to make a difference in my family and community. This year was a year full of virtual conferences and meetings. My term as a state officer was entirely on the computer - which took a lot of perseverance, communication, and creativity. My officer team and I worked tirelessly to bring KY FCCLA the first and best virtual conference, and ways to participate at home with their chapters. The Kentucky, Indiana, and Ohio State Officer Teams and advisers also worked tirelessly to bring the first ever, Tri-State Leadership Conference to the FCCLA members of the participating states.

The Covid-19 pandemic has accelerated unprecedented changes day-to-day creating a new obstacle for everyone every day. As young and future leaders we were challenged with a shift in our daily lives, we needed to adapt quickly and find creative ways to overcome and conquer this challenge. My new and improved communication, adaptability, and quick-thinking skills have been my guiding light through the darkest time in my life. Through these tough times, I was able to find ways to better myself and my servant leadership skills to help me reemphasize my purpose, to make someone smile, and help my community, school, chapter and state keep their light shining bright.

STOP typing here! You must not continue typing past this page for Essay 2. Additional pages will not be accepted.



ASHLEY COULTER

KENTUCKY, [REDACTED] HIGH SCHOOL

11TH GRADE
4 YEARS IN FCCLA
4 YEARS IN FCS

FCS CLASSES

2020-2021 (11th) - Fashion and Interior Design II - 1 credit
- Fashion and Interior Design Intern - 1 credit
- Culinary I - 1 credit
2019-2020 (10th) - Fashion and Interior Design I - 1 credit
- Foods and Nutrition - 1 credit
2018-2019 (9th) - FACS Essentials - 1 credit
2016-2017(7th) - Financial Literacy/Intro to FCS - 1 credit

CHAPTER

2020-2021 Chapter First Vice President
2020 National Community Service Program Chairperson
2020 Rae of Sunshine Activities Chairperson
2020/2021 Student Leadership Day Chairperson
2020-2021 KY FCCLA Charter Day Chairperson
2019-2020 Chapter First Vice President
2019-2020 Chapter Degree
2019 Sepsis Alliance Community Service Chair (Penny Wars, School-Wide Halloween Dress Up and Trick or Treat)
2019,2020 FCCLA Rush Week Chairperson
2018-2019 Chapter Vice President of Membership
2018-2019 Junior Degree
2018-2021 Homecoming Chairperson
2018,2019 Sepsis Alliance Chairperson
2018,2019,2020 Teacher Halloween Dress Up Day Chairperson
2018,2019,2020 Homecoming Spirit Week Chairperson
2018-2021 Club Day Chairperson
2018-2021 FCCLA Week Chairperson

REGION

2020 STAR Event - Chapter Service Project Portfolio, 1st Place
2020 Regional Meeting - brought greeting from state
2019-2020 Region 7 Vice President of Membership
2019 STAR Event - Nutrition and Wellness, 1st Place
2018 STAR Event- Entrepreneurship, 1st Place
2017-2021 Regional Meeting Attendee

STATE

2020-2021 State Vice President of Community Service - 1 Term Allowed
2021 State Degree
2021 Kentucky State Virtual Leadership Conference
2020 Tri-State Leadership Officer Development
2020-2021 Rae of Sunshine Community Service Project Chairperson
2020-2021 Kentucky Community Service Committee Chairperson
2020-2021 Steven Covey Leader in Me
2020-2021 Rae of Sunshine Activity Chairperson and Ambassador
2020 STAR Event - Chapter Service Project Portfolio - 1st Place
2019-2020 First Vice President's Committee
2019 STAR Event - Nutrition and Wellness- 1st Place
2018 STAR Event - Entrepreneurship- 2nd Place
2018,2019 Kentucky State Leadership Camp
2018-2021 Kentucky State Leadership Conference

NATIONAL

2020-2021 National Programs Network
2020 STAR Event- Chapter Service Project Portfolio - Gold, 4th Place
2020 Nation Virtual Leadership Conference
2019 STAR Event - Nutrition and Wellness- Gold, 3rd place
2019 National Fall Conference - Dallas, TX
2019 Capitol Leadership
2018,2019 National Leadership Conference
2018 STAR Event - Entrepreneurship - Bronze
2018 National Cluster Meeting - Louisville
2018 Skills Demonstration - FCCLA Knowledge Test - 1st Place
2018 National Cluster Meeting - Leadership Academy Participant
2018 Power of One
Community Service, Student Body, Stand UP National Program

FCS CONTRIBUTION

2020-2021 Co- Manager for the FCS Student Run Enterprise
2019 Advocated for the Perkins Bill on Capitol Hill
2018- Present Advocated for FCS Courses and Career Pathways
2018-Present Spokesperson for [REDACTED] FCS Courses
2017-Present Fashion and Culinary Career Pathways

SCHOOL AND COMMUNITY INVOLVMENT

Varsity High School Tennis
She Became
Co- Manager for Bluebird Embroidery
Teen Court
Northern KY Advisory Council
[REDACTED] High School Advisory Council
Superintendent Advisory Council
Swim Instructor @ Goldfish Swim School

National Honors Society
National English Honors Society
National Math Honors Society
Freshman Mentor
Superintendent Advisory Council
Babysitting
Volunteering



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

National Officer Candidate: Maria Deddens

State: Indiana

How have you advocated “Beyond Measure” for FCCLA and FCS education throughout your time in FCCLA and what do you plan to do in the future to continue these efforts?

Leadership through FCCLA has made students advocates within their families, their schools, and in their communities. My own advocacy journey started six years ago. As I competed in STAR Events, the Advocacy category is where I found my voice. I have been very lucky to have partnered with other students to advocate about multiple topics including the negative impact of cyberbullying, the importance of FCS programs and pathways, and the importance of teaching cursive writing in elementary school. The recent change in the STAR Event from Advocacy to Public Policy Advocacy emphasizes the need to bring higher awareness of the topics of interest for students across our nation. These issues can be at the local, state, or federal level.

I feel that I have been able to advocate on multiple levels. Within my school corporation, FCCLA students are seen as the “go to” people when influencing change within our schools. For example, I have been very lucky to advocate within our middle school to bring awareness to students, parents, educators, and my community about cyberbullying and how we can end it. My local radio station and newspaper interviewed us about our efforts. For another example, my advocacy partners and I have gone into third grade classrooms to talk with kids, sent letters to parents, developed an Instagram account as the “Handwriting Heroes”, and spoken on the radio to bring awareness about the importance of cursive writing education. We have also had several conversations with Indiana Senator Jean Leising on this topic. Senator Leising is advocating for legislation that would mandate cursive writing instruction within my home state of Indiana. All of these efforts are due to the platforms that are brought before us as members of FCCLA.

FCCLA and FCS Education advocacy is very important to me. In my roles as a chapter officer, district officer, or state officer, I have had opportunities to bring awareness about FCCLA and FCS to many. Being an ambassador at all times in our personal lives as well as when participating in FCCLA functions will help others to gain a better understanding of our mission. I have been fortunate to speak to administrators, school boards, valued community partners, and local and state politicians about FCCLA and FCS Education. Recently, our state legislators were trying to reduce funding for certain FCS and other CTE pathways. I worked diligently with other leaders in a text/email campaign. The advocacy efforts helped bring awareness about FCS funding within my state and ensured that the funds would remain.

I plan to take the advocacy skills I have learned through FCCLA and continue to advocate for the value of Family and Consumer Sciences programs. My future plans include a proactive approach to reach out to the Indiana Legislators and invite them in to experience an FCS classroom of 2021 and advocate for not only continued funding but increased funding. I serve on the No Kid Hungry statewide task force. We presented to the State Food Service Directors Association about the national program, No Kid Hungry and its efforts with my state. Advocacy and the leadership skills that FCCLA provides for its students make us agents for change in our own lives, our schools, our communities, and beyond. We are all called to be servant leaders who are willing to bring awareness to topics that are important. We use our passion and the skills learned in FCCLA to impact the world around us.

STOP typing here! You must not continue typing past this page for Essay 1. Additional pages will not be accepted.



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

National Officer Candidate: Maria Deddens

State: Indiana

Describe how you were able to adapt as a leader and continue to make positive changes during the global pandemic.

Many talk about the unprecedented times we are living in, but not me. In many important ways, life is the same as it has always been. Because of FCCLA and our 75 year history, important aspects of our lives remain the same. It's about family; it's about career; it's about community; and it's about us, the leaders! The leaders of the past, the leaders of the present, and the leaders of the future. Our world is different because of the global pandemic, but FCCLA has remained steadfast. We are a dynamic organization that adapts to the needs around us. Our focus is on family and the multiple roles of men and women in today's society.

FCCLA has taught me about the here and now by preparing me for these times. The foundation that FCCLA laid has allowed me to rise to the occasion of great leadership during the pandemic. I have learned how to lead virtual meetings, how to embrace new technologies, and I am now able to teach others about the importance of adapting to new challenges. FCCLA has pushed my limits and challenged my boundaries so that I can be the best version of myself. It has made me a stronger communicator and a stronger leader within my school, within my community, and within my role in Indiana FCCLA as the state president this past year.

All of these skills come from the basic planning process that each member utilizes during competitive events. The building blocks and foundations from FCCLA allow students to build upon themselves and to discover the ultimate leaders stored within. I have seen this not only with myself, but with so many others within our student led organization this past year.

In order to make positive changes within an organization, one has to know how to adapt. This is one of the numerous skills I have learned during these challenging times. Personal adaptability encompasses being able to effect changes in the course of action and allow things to run smoothly. Throughout this past year, I have had to change not only the way I think, but also the ways of my chapter, district, and even state. Having to adapt to these new changes has allowed me to be willing to learn and to take on more roles and responsibilities.

One skill I have learned from leading during this global pandemic is to never lead without thinking of others. A leader is someone who achieves goals through the efforts of others. Throughout the past year, I have implemented small acts of kindness throughout my community. At the beginning of quarantine, I started writing notes to send to local nursing home residents, made masks, and wrote thank you notes to healthcare heroes. I also became skilled in how to run a virtual meeting effectively and to keep my peers engaged. Now more than ever, it's crucial for leaders to demonstrate compassion. A compassionate leader creates stronger connections by improving collaboration, believing in each other, and being empathetic.

Being an effective leader during COVID-19 has not been easy, but I have gained confidence in my ability to lead others in a positive way. I have developed leadership skills that will enhance my fullest potential, and I have truly shown the values and meaning of Family, Career and Community Leaders of America. The pandemic has changed many different aspects of our lives and helped me grow as a person. What matters most is how one views the challenges ahead. Good leaders are special people; they view a situation, recognize a need, and have courage to take the necessary actions. Leaders understand the importance of teamwork, cooperation, and fulfilling responsibilities.

STOP typing here! You must not continue typing past this page for Essay 2. Additional pages will not be accepted.

MARIA DEDDENS

State: Indiana

School: ██████████ High School

Chapter: ██████████ FCCLA

Grade: Junior- 11th

Years in FCCLA: 6

Years in FACS Instruction: 5

FAMILY AND CONSUMER SCIENCE COURSES TAKEN

7th: Family & Consumer Sciences Class (1 Credit)

8th: Family & Consumer Sciences Class (1 Credit)

9th: Fashion & Textiles I & II (2 Credits), Nutrition & Wellness / Advanced Nutrition & Wellness (2 Credits)

10th: Child Development / Advanced Child Development (2 Credits)

11th: Human Services I & II (2 Credits)

OFFICES HELD

- 2016-2017 SD Middle School President
- 2017-2018 SD Middle School Vice President
- 2018-2019 EC High School VP State Projects
- 2018-2019 District VP Membership
- 2019-2020 EC High School Vice President
- 2019-2020 District President
- 2020-2021 Indiana State President
- 2021-2022 Indiana State President

PARTICIPATION

Chapter-conduct meeting, plan events, fundraise, and help with competitive events. Annual Ice Cream Social, FCCLA/FFA Hayride, FCCLA Bingo, Pork Chop Dinner fundraiser, Car Wash/Bake Sale, RUSH Week, FCCLA Teacher Appreciation Breakfast, 2019 and 2020 SDMS officer training, Girl's Night (2016-2019), Snowflake Dance for special needs students (2016-2019), North Dearborn Village pumpkin carving, tree decorating and caroling (2016-2020), Eat Dinner with Your Family (2016-2020), FCCLA Week (2016-2020), 2018 & 2019 Drowsy Driving Fashion Show, Member Recruitment(2017-2020), SDMS Open House(2017 & 2018), ECHS Open House, Project Ignition Leadership Summit, SDMS Officer Night speaker, Power of One and Step One

District-attend Fall & Spring Leadership meetings 2016-2020, Conducted student sessions on: Active Chapter Membership, State Projects, STAR Event Participation, and Stop Cyberbullying in Your School and Community. Officer position 2018-2020

State- attended 6 State Leadership Conferences, 5 Leadership Academies, 5 Fall Leadership Rallies, lead over 2,400 state members, conducted 4 state-wide activities: State Leadership Conference, Summer Leadership Conference, Fall Leadership Rally, and Middle School Fall Leadership Rally. Meetings in person until Spring 2020, then lead virtual events. Participated in STAR events for 6 years earning Gold each year and qualifying for Nationals each year. 2018 AAFCS Conference speaker. Advocated for FCS & FCCLA with the Indiana State Legislature 2019-present.

National- attended 4 National Cluster Meetings, 4 National Leadership Conferences. Competed in STAR Events for 4 years- 2017, 2018, 2019, 2020 Gold Medal, 2nd in the Nation in Advocacy Project, 2018 Cluster Interview Skill Competition- 1st place, 2019 Cluster Technology in Teaching- 1st place, 2020 Cluster Technology in Teaching- 2nd place. Served as a voting delegate for the 2020-2021 National Officer Election

CONTRIBUTIONS TO FCS EDUCATION

- Mentor new FCS students, FCCLA officers, and competitive event participants within school and state
- Advocate for state FCS funding through email/text campaign to state legislators.
- Advocate for FCS classes and FCCLA to School Board within my School Corporation.

SCHOOL AND COMMUNITY PARTICIPATION

- National Honor Society, Student Council, Student Ambassador, School Improvement Plan student representative, AOK Club. Girl Scouts (bronze & silver award), All Saints Parish Youth Group,
- Skyline Chili Restaurant- Server, food production, and new employee trainer.



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: Leona Dominguez Mueller

State: Nevada

How have you advocated “Beyond Measure” for FCCLA and FCS education throughout your time in FCCLA and what do you plan to do in the future to continue these efforts?

As I have only been in FCCLA for two years, and the first I was rarely active, advocating “beyond measure” this past year has been extremely important, especially as a state officer. At my school I made posters to hand out and post in hopes of gaining new members, shared my passion and interest in my courses and other available pathways. I wanted to show students that FCCLA has a lot to offer everyone. I opened several conversations about FCCLA and its pathways for different careers in order to reach a wider audience. I wanted to make sure students knew about the benefits of FCCLA. I wanted them to find a positive outlet for their passions like I did. I believe that all too often, students see CTSOs as just another responsibility to adhere to, but I wanted FCCLA to be represented for what it truly is, an organization focused on the betterment of individuals with strong passions to build up better societies. I presented FCCLA as a fun and knowledgeable experience, rather than a chore or a quick mark on a college application. Trying to engage students is one of the hardest things as a student leader and this problem only grew with a full distance year. Working with my state officer team, we implemented zoom game nights in our monthly workshops with members to gain a sense of community among us since we could not meet in person. Creating strong, positive bonds with members leads to everyone having an overall better experience in FCCLA, and that is exactly what I want for the organization. Going “beyond measure” means challenging yourself to do better and grow, and through positive energy, passion, and hard work I tried to overcome the barriers that were set on the year.

In the future, I plan to continue to be a strong advocate for FCS education and FCCLA. I want our organization to grow, and I hope to see more students passionate about our pathways, trainings, and benefits. I plan to do more member outreach; I want to be in contact with our members more throughout the year to see what other chapters are doing, because I feel that a disconnection between members at every level lead to a loss of care for the organization. Bringing our members together more for interesting, engaging, and useful workshops more often would be great, but this does not come from thin air. It means more outreach to advisors to encourage more engagement, and more enthusiasm and communication from state officers. If officers are not showing their enthusiasm for FCCLA, why should members. I would like to continue to go “beyond measure” by leading more students towards FCCLA and FCS courses in fun and positive ways.

STOP typing here! You must not continue typing past this page for Essay 1. Additional pages will not be accepted.



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: Leona Dominguez Mueller

State: Nevada

Describe how you were able to adapt as a leader and continue to make positive changes during the global pandemic.

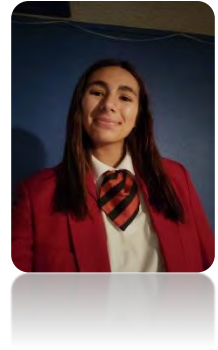
The last year provided a lot of struggles on many levels as a leader and an individual, but at the end of the day I had to find ways to overcome these battles. Early on in the year I was easily thrown off track and discouraged about the year ahead of me; it seemed like all of my great ideas were dwindling away before my eyes. All of those great hopes to meet with members in person to spark community outreach programs were ripped from our hands as leaders. We had to regroup and find new ways to support our communities and make positive impacts. The game was changing, and fast.

As a leader I racked my brain everyday for new ideas to implement in FCCLA, other extracurriculars, and personal endeavors to keep moving forward toward those positive horizons. The hardest part of adapting to the year was getting out of the "pity party" mindset. I had to pull myself out of a dreary hole filled with remarks such as "well this year is ruined because..." and "well we can't do this anymore." I needed to flip the switch and think about what was possible rather than what wasn't. I needed to pursue new aspirations and save the old ones for a different year with different circumstances.

This is how we adapt. We decide that our old ways are no longer good enough for the life we are living in the very moment, and that's what I did. I looked into new community projects that involved less contact, searched up reputable charities to get involved with, started my own babysitting business, put more focus into making the Nevada FCCLA experience entertaining and knowledgeable even though it was all through a screen, and remained present in my own community. I ended up working with Project 150 (a donation center) with my schools' National Honor Society chapter by donating, sorting and sending in clothes from a clothes drive, cleaned up parks, and worked at a food bank (I made sure to follow specific protocols and guidelines once the opportunity was available to remain safe). I also got involved with, and became very passionate about "charity:water," an organization dedicated to bringing clean water to developing countries, as well as the Sea Turtle Conservatory, which dedicates money and time to research on sea turtles and their safety. For both organizations, I donated and advocated through social media to bring attention to specific issues important to me. Furthermore, early on in 2020, I officially started my own babysitting business when one of my mom's friends asked me if I could watch her children during school hours when they had to be full distance due to COVID, as she is working, single-mom and could not stay home to watch over them. I had been watching the kids for a few weeks when she told me she had felt bad that she was not able to pay much, but under the circumstances of April 2020, I understood that many families could not pay for necessary childcare, and the idea hit me. I could be that option for parents to send their children to a safe and educational environment while they work, and at low rates compared to thousand dollar childcare systems. I decided I would take any payment that the families could afford at the time as the money wasn't my top priority. I honestly just needed to feel useful and I have always enjoyed being with kids, so it was perfect for me. I now have about 10 kids ranging from 2-12 that I watch during school and help them with their work and give them a fun place to stay while their parents are working. Finally, in FCCLA I tried to implement certain projects and ideas, but member involvement was relatively low, making projects difficult, but I know that through all of my experiences I have truly grown to be a more positive and efficient leader due to the set-backs of this year.

STOP typing here! You must not continue typing past this page for Essay 2. Additional pages will not be accepted.

Leona Dominguez-Mueller



State: Nevada

School: ██████████ Careers and Technology

Chapter: AACT FCCLA

Year in School: Junior 2020-2021

Number of Years in FCCLA: 2 Years

Total Years in FCS Instruction at end of 2020-2021 School Year: 3 Years

Family and Consumer Sciences Courses Taken:

- 1) 10885 - Human Development I (1 credit; completed in 9th grade 2018-2019)
- 2) 10401 - Teaching & Training I (1 credit; completed in 10th grade 2019-2020)
- 3) 10403 - Teaching & Training II (H) (1 credit at end of 2021; half completed 11th grade)
- 4) 10409 - Teaching & Training L (1 credit at end of 2021; half completed 11th grade)

Participation in FCCLA:

- **State Level**
 - Attended Nevada SLC (2020 & 2021) and Nevada FLC (2020)
 - 2020 - Competed in Event Management STAR Event (won gold)
 - 2021 - Competed in Job Interview STAR Event (won gold)
 - Nevada State President (2020-2021)
 - Led Nevada NLC and FLC 2021 with team
 - Planned and led some of our bi-weekly, Nevada workshops
 - Introduced community projects I was passionate about
 - Wrote 5th and 10th of the month reports
 - Attended an FCCLA board meeting
 - Nevada State VP of Community Service (2021-2022; just elected, so no projects yet)
- **Local Level**
 - Chapter Social Media Manager (2019-2020)
 - Ran all media pages and made posters for events
 - Chapter Manager (2020-2021)
 - Planned meetings
 - led discussions about FCCLA events at state and national levels
 - FCCLA produced Fall Festival (2018 & 2019)
 - This is an event our chapter puts on for the community around Halloween for children and families to come together and play games, eat, “trick or treat,” and take cool pictures with student-made photobooths
 - FCCLA bake sales (2018, 2019, & early 2020)

Contributions to FCS Education:

- Volunteered in my school’s Pre-K as an assistant (2019-early 2020)
- Wrote many lesson plans in teaching & training courses (2020-2021)
- Advocated FCS benefits to other students in hopes of gaining membership and enthusiasm for the courses and FCCLA (2020-2021)

Participation in School and Community:

- Started my own babysitting business for struggling families (April 2020-Present)
- Volunteered at food banks (2020-Present)
- Donated and worked with Project 150, a local donation center (2020 & 2021)
- Volunteered in Pre-K at AACT (2019-early 2020)
- Volunteered at a senior center (spring break of 2017-2020)



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: Madalyn Fox

State: Iowa

How have you advocated "Beyond Measure" for FCCLA and FCS education throughout your time in FCCLA and what do you plan to do in the future to continue these efforts?

FCCLA has become a big part of my life, and this organization has done so much for me. It's only fair that I try my best to advocate "Beyond Measure" for FCCLA and FCS education. My FCCLA chapter is huge on recruiting members. That is why we decided to reach out to students and tell them a little bit more about FCCLA. It is so exciting to see my peers' interest in FCCLA, since it is something that I have become so passionate about during my high school years. I have advocated for this amazing organization not only by reaching out to my peers at Hinton, but I am very proud of the work my chapter has completed, and I was eager to share that with the adults in my community. This is why I decided to present to my school board. We did this so people in my community can learn a little bit more about FCCLA and the things we advocate for. I gave an informative presentation about FCS and FCCLA and described what I strive to accomplish in my chapter and across the state. It was an amazing experience to be able to educate others about FCS and I hope we can continue to spread our message to our community and beyond. Another way I advocate for FCCLA is posting on social media and completing public relations projects. I reach not only my school, but others in our own community, the state, and the nation. By putting posters up around my community and posting on social media, people are able to see everything we do in FCCLA. I have also created my own FCCLA Instagram account in order to share not only my FCCLA story, but so I am able to reach out to other members more easily. A few people have come to me for advice about running for a chapter, district, or state office and I was more than willing to share my personal experiences! Around two years ago I was in their shoes, I wanted to get more involved but I just wasn't too sure how. It means so much to me knowing that I was able to help others achieve their goals. Incoming freshmen are often scared to enter high school. This is why I created a presentation to show the 8th graders about why they should become an FCCLA member and take FCS courses. The presentation is just a couple slides about why they should be involved in FCCLA. It introduces our chapter officers and ways to contact us if they have any questions. We also explain different opportunities that FCCLA offers. Including projects, running for offices, and of course the best way to get an 8th graders attention trips and traveling! In the future I plan to continue my efforts of informing others about FCS education and FCCLA through reaching out to different communities in the state and nation without an FCS program and show them the benefits of having these courses in their curriculum. Another thing I can do is use my personal experience to show them how much it can help students. By using my personal experience, I hope that they will be more open to learning about the benefits of being involved in FCCLA and enrolling in FCS courses. Acting as a role model for members of the community, the state, and the organization is a great way to advocate for FCCLA. All members of FCCLA have the chance to become leaders and role models for other students to follow and with my remaining time as a member, I hope that I can show others that they are able to advocate not only for themselves, but for their organization and FCS courses. FCCLA has done so much for me. I honestly believe that it has made me not only a better leader, but a better person over all. My goal is to help others see how much they can do with their time in FCCLA. I know that all of our members are able to achieve amazing things, and I can't wait to help them do exactly that.

STOP typing here! You must not continue typing past this page for Essay 1. Additional pages will not be accepted.



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: Madalyn Fox

State: Iowa

Describe how you were able to adapt as a leader and continue to make positive changes during the global pandemic.

Last spring, even though two weeks out of school sounded amazing at the time, I wouldn't have guessed that it would have led me to where I am today. It's hard to say that I have gained something when so many others have lost so much. However, I am a very firm believer that you can find something positive even in the worst situations.

Parents are figures in our lives who are the ones pushing us to be better and helping us when we need it. Little did I know that our roles would be reversed in some ways and that the pandemic provided an opportunity to spend time giving back to my family. During the time we were at home, there were many things that I didn't know would actually become very important to me. From firefighter banquets for my dad, to helping my mother in her first grade classroom, while her students were learning virtually, I was able to fill my extra time to help them and support them to do their best. My parents have always been the ones who pushed me the most and I didn't know how much I enjoyed being able to help and support them in return.

All of the extra time allowed for simple things like more meals prepared and eaten together and our talks at dinner was where I really learned the most about myself and the strength of our family relationships. Many of our family dinner conversations revolved around ideas and goals for the future. The time at home allowed me to spend much quality time with my family. Now, the littlest things like family dinners or a movie night are things that I miss and look forward to. I wouldn't have considered staying in and watching Tiger King with my parents, but looking back, those simple nights are what I miss most. It doesn't matter what I'm doing, as long as I am doing it with those I love, and that is what really makes it special. In that sense, I have realized the importance of being aware of how little moments can make a big impact, and that helps guide me in my decision making and how I can approach life in general whether it's in a leadership role, my role as a daughter, or my role as a friend.

During the pandemic I found myself reaching out to extended family that I may not have talked to otherwise. I couldn't help but worry about their health. Even though my household was healthy, I had to think about my aunts and uncles, my cousins, and any other family across the country that may have been affected more than myself. With many miles between us, during this time we stayed connected and became closer than we ever had been. In the past, we would just send birthday cards in the mail, but now we chat on the phone, use Facetime and keep in touch more.

These stronger bonds with extended family have meant the world to me, especially since I don't get to see them in person very often. Taking that leap and reaching out can help those around you. The need to communicate to those that are special to you is something I have really valued due to these times, especially since it is hard to stay connected. Relationships are so important when it comes to being a good leader. I have come to the realization that valuing the little things make you appreciate everything a lot more and I think that is a great trait in a strong leader.

Without the little things, the big things can only take you so far. Leaders are people who appreciate others and a good way to practice this is through appreciating people in your community. You can do that by caring about the small things like asking others how they're doing, paying someone a compliment or helping those in need. These little things in your community goes a long way. You don't have to be a "people person" like most believe a good leader should be. When you take time to connect with people, they value you more.

STOP typing here! You must not continue typing past this page for Essay 2. Additional pages will not be accepted.

FCCLA and Family and Consumer Science Course Information- 3 year Member

Food and Nutrition I and II, Hospitality and Tourism- 9th grade, 1 total credit earned (.5 credit each)

FCCLA Involvement**Local Involvement**

- Officer Positions
 - Chapter Secretary, 2019,2020
 - Chapter President, 2020-present
- Step One Recipient, 2019
- Social Activity Chair, 2019
- STAR Event Chapter Mentor, 2020,2021
- Attend local chapter meetings, 2020-present
- FCCLA Week Chair, 2019, 2020, 2021
- Membership Recruitment Chair, 2020, 2021
- Public Relations Campaign Chair, 2020, 2021
- Letters to nursing home residents, 2019
- Elderly Valentines for assisted living, 2020
- Go for the Red Membership, 2018-2019

District Involvement

- District Meeting Attendee,2018, 2019, 2021
- District STAR Attendee, 2019, 2021
- Voting Delegate, 2018
- Food Innovation STAR Event Gold Award, 2019, 2020, 2021
- District Officer Candidate, 2019
- District Secretary, 2019,2020
- Ronald McDonald House service project, 2019

State Involvement

- Attended FLR, 2019,2020, 2021
- Attended State Leadership Conference, 2019, 2021
- STAR Event Room Timer, 2019
- Public Relations Peer Ed Team, 2019,2020
- Food Innovation STAR Gold Award, 2019, 2020, 2021
- Virtual SLC Participant, 2020
- State Officer Candidate, 2020
- Iowa First Vice President, 2020-2021 *can only run once for a state office*
- Lead breakout session for FLR,2020
- Lead breakout sessions for State Conference, 2021

National Participation

- Attended National Fall Conference, 2018
- Go For the Red Recipient, 2019
- Completed Leadership Academy at National Fall Conference, 2018, 2019
- Food Innovation STAR Competitor, 2019, 2020
- Participated in the Virtual National Leadership Conference, 2020
- Participated in Virtual Leadership Experience Conference, 2021
- Knowledge Bowl Competitor and Team Captain, 2019, 2021
- National STAR event judge volunteer, 2021

Community Involvement**Family and Consumer Contributions**

- Presentation to incoming Freshman about why they should join FCCLA and take FCS courses, 2019, 2020, 2021
- Talking with community members and school board members in order to advocate for FCS, 2018, 2019, 2020, 2021
- Advocate to state legislators and senators FCS education at CTE Day at the Capital, 2019

School Activities

- Basketball/Football Cheer, 2020, 2021, 2022, Captain
- Show Choir, 2019, 2020, 2021, 2022 Dance Captain
- Quiz Bowl, 2019,2020
- Track and Field, 2019, 2020, 2021
- Cross Country, 2019,2020
- National Honor Society, 2020-present
- Yearbook: Jr. Editor, 2020, 2021, Chief Editor, 2021, 2022

Job Experience

- Maurices Stylist, 2020
- Hostess at CRAVE, 2020-present



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: Rebekah George

State: Arkansas

How have you advocated "Beyond Measure" for FCCLA and FCS education throughout your time in FCCLA and what do you plan to do in the future to continue these efforts?

Going "Beyond Measure" is something all FCCLA members hope to achieve. Advocating for FCCLA and FCS is an important task when recruiting members and encouraging students to pursue careers in Family and Consumer Sciences Career pathways. I've been able to advocate for FCCLA and FCS through many amazing events.

Locally, I've helped raise awareness about FCCLA at my school by leading and participating in various fundraiser events, particularly, our Valentines fundraiser called "Carnations with a Kiss". Also by sharing the importance of the leadership opportunities given by FCCLA at school meetings, I've been able to recruit members and start them on their path to "The Ultimate Leadership Experience". At the district level, I've led training meetings on leadership, advocating what FCCLA is all about. As our districts skit, I was able to tie in the career pathways FCS offers in an exciting, entertaining way as I played the role of Bob Ross (and yes, there was a big fluffy wig involved). Throughout the state I've been able to virtually share how FCCLA has impacted my story, by recording videos of the impacts that FCCLA and FCS have had on my life on CTE Day and FCCLA Week.

FCCLA has benefited me in many ways through amazing leadership opportunities that have helped me grow as a leader and person. My experience draws me to share how FCCLA can benefit others on their journey. In the future, I plan to support FCCLA and FCS by becoming a lifelong member, giving to FCCLA and/or other FCS related organizations that inspire to help students become better leaders in their career, possibly getting the opportunity to train upcoming officers and share the benefits of the organization, and possibly speak out for FCCLA and FCS at conferences or meetings if giving the opportunity. By explaining the benefits of FCCLA and careers in FCS, I will encourage leaders to pursue these fields.

As FCCLA members, we understand that advocating "Beyond Measure" for the things we care about is crucial to helping others join the cause. I plan to go above and beyond in the pursuit to cultivating a community of young leaders through supporting and encouraging students to join FCCLA and search for careers in FCS pathways.

STOP typing here! You must not continue typing past this page for Essay 1. Additional pages will not be accepted.



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: Rebekah George

State: Arkansas

Describe how you were able to adapt as a leader and continue to make positive changes during the global pandemic.

When my world was turned upside down, creating positive change was the last thing on my mind. At the beginning of the pandemic, I was heartbroken, outraged, and helpless. I couldn't change the situation around me. It felt unfair. How could my sophomore year be taken away, along with my favorite club, sport, and church activities? Let me take you back to the beginning of 2020. The year of prosperity, remember? My family sat down for our annual "Word of the Year" conversation. What one word would I focus on this year to better myself? I decided my word would be "light". I wanted to shine my light to the world around me. I wanted to fully recognize and step into my talents and gifts. I wanted to be my best self, and help others do the same. Even though that is still my mission in 2021, my perspective has changed. As I sat in my living room, suddenly out of the go-go rut, I pondered a deep question. "Who was I outside of all the clubs, sports, teams, positions, titles, etc.? At the beginning of the year my word "light" started out as something I would do. I would become the president of clubs, I would make the top grades, I would be considered a leader among my peers and teachers. However, when all that came tumbling down with the pandemic, I realized all my titles were gone; meetings, clubs, sports, all gone. I sat doing homework at my kitchen table most days, trapped inside like everyone else. I wasn't allowed to do anything "normal". So again, I contemplated: "Who am I, if I'm not able to actively prove myself by doing and being the best, busiest student around?"

My word "light" began to change from, "What can I do?" to, "Who can I become?" I realized that being a leader isn't about how many clubs you were deemed president of. It became my character outside of the activities I was a part of. I began to actively remind myself that how much I've accomplished, does not define me. It's my character and who I am that expresses leadership more than a list of achievements ever could. As the year went on, normal became zoom, masks, and social distancing. Although I couldn't participate in events like normal, I adapted gracefully. I was able to go out into my community with this new perspective on leadership: It's not always what you do as a leader but who you are and who you inspire others to be. Through this pandemic I was able to adapt my perspective of leadership and continue to make positive changes throughout my community by "captivating" my new thought processes. I've learned to think of others' accomplishments as wins for the whole community of aspiring leaders, instead of just my competition. Connecting with teachers and students over zoom, participating in competitions virtually, and reaching out to my community in small groups, have all been positive impacts I've made through the duration of the pandemic. Social media and technology has allowed creativity to soar this year! Reaching out to larger groups than many in-person events usually do, this pandemic has sparked changes for FCCLA that will continue to inspire future conferences and leaders. I, along with the community of leaders in FCCLA, have all shined our "light" this year by "captivating" new perspectives and uniting with our families, schools, state, and nation.

STOP typing here! You must not continue typing past this page for Essay 2. Additional pages will not be accepted.

Rebekah George

State: Arkansas **School:** ██████████ High School **Chapter:** ██████████ FCCLA Chapter
Grade: Junior **Years in FCCLA:** 3 **Years of FACS instruction:** 3

Family and Consumer Science Education:

Family and Consumer Science Inventory-1 credit (7th grade)
Career Development 8- 0.5 credit (8th grade) Jr Personal Finance- 0.5 credit (8th grade)
Family and Consumer Science-1 credit (11th grade)

FCCLA Offices Held:

Local: Vice President of Public Relations (2020-2021)
District Vice President of Parliamentary Law (2019-2020)
State: 1st Vice President (2020-2021) - only one state term allowed

Contribution to Family and Consumer Sciences:

Advocated for FACS and FCCLA for CTE Day through a virtual video submission (2020);
Promoted FCS and FCCLA during FCCLA Week (2019-present)

FCCLA Participation

Local: Lead and participated at schools annual fundraiser "Carnations with a Kiss" (2018-present); Promoted FCCLA Week (2020-2021); Promoted FCS and FCCLA during FCCLA Week (2019-present)
District: Gold Medalist STAR Events (2019); Attended or lead Planning/Election meetings (2019-present); Attended or lead Fall Conference (2019-present); Led District Training (2019-2020)
State: Gold Medalist STAR Events (2019); Attended State Leadership Conference (2018-present); State Executive Council (2020-2021); Power of One Recognition (2021); State Officer Leadership Training (2020); Attended AR State Fair CTSO Day (2019); Promoted FCCLA Week (2021); Advocated for FACS and FCCLA for CTE Day through a virtual video submission (2020)
National: Silver Medalist STAR Events (2020); Attended National Leadership Conference (2020); Attended National Cluster Meeting (2019)

School and Community Involvement:

Band member (All-region placer in 2017, 2018) (2016-2018); Choir member (All-region placer 2020) (Choir President 2021) (2019-present); Singing group called Treble Makers (2nd place in United Way Competition 2021) (2019-present); Volleyball (2017-present); Cheerleader (All-American Cheerleader 2020) (2019-present); Beta Club member (AR 1st place in Speaking Competition 2020) (2019-present); FBLA member (AR 4th place in Speaking Competition) (2020-present); American Legion Oratorical Contest Participant (2020-2021); Leo Club member (Leo Club President 2019) (2018-present); All A Honor roll (9th grade to present); Student Council member (Student Council Panel Member 2019) (2018-present); Church volunteer ("Little Life" volunteer or Tech Board) (2016-present); Clinton Presidential Leadership Series (2020-2021); Junior Class president (2021); Race for Life volunteer (2019)



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

National Officer Candidate: Gracie Geppert

State: South Dakota

How have you advocated "Beyond Measure" for FCCLA and FCS education throughout your time in FCCLA and what do you plan to do in the future to continue these efforts?

I have advocated "Beyond Measure" for FCCLA and FCS education throughout my time in FCCLA in the following ways.

First, after attending a Check Out FCCLA membership event during FCCLA Week of my 6th grade year, I made sure 6th grade classrooms were visited each year to hear about the opportunity to join FCCLA in 7th grade through FACS class participation. That same experience would set off a spark that lead me to be an advocate for FCCLA and help me receive a Go For the Red Award. In addition to classroom visits, I found several other fruitful ways of gaining new members. For instance, showing the national membership video helps share the big picture of possibilities and rewards. I have organized numerous FCCLA membership booths and interest fairs for fall registration and orientation events. Interactive games and prizes helped draw attention to FCCLA and show prospective members that FCCLA can be fun. Visiting the 7th grade classes at the start of each semester allows student members to connect with and adds credibility to what the teacher/adviser does to encourage membership. Nothing can beat a personal conversation to answer prospective members' questions and extend a personal invitation to attend a meeting or event. Since my chapter meets at the middle school, I have offered rides to other high school members that may need transportation to FCCLA meetings. I do not want anyone to miss out on FCCLA!

Second, retaining members is a continual challenge as people get "too busy" or think "this is just not for me." During my year as chapter president, I was very conscious of making sure members were given a responsibility. Having a specific project to work on gives purpose and proves they have something of value to contribute. When signing up for committees, I purposefully work with younger members to help them learn the process. I work to build their confidence by giving simple, yet challenging tasks along with personal support as needed so they succeed. I work to help middle school members see that high school members are not as scary as I first thought they were! Having an active program of work keeps members busy and makes showing up worth their time. Community service projects that NEED everyone to help are a good fit. Helping my adviser keep up to date on our Google Classroom allows those who have meeting or event conflicts to keep abreast of what is happening in the chapter. The option to complete forms online rather than delivering papers directly to our adviser, who works in two buildings, is a huge benefit of using Google Classroom as a chapter management tool. Sharing ideas for fundraising helps those who might otherwise choose not to spend their money to cover membership dues.

Third, recognition is the piece that really says, "you are important." I ensure members receive FCCLA locker signs - a big thing in our school - early in the school year to showcase their membership. I started a Mitchell FCCLA Chapter Instagram account where I post awards achieved, ways to celebrate FCCLA Week, ideas for chapter community service projects, etc. Members who advance to national STAR Event competition present to our local school board for recognition. Our chapter end-of-the-year recognition event includes parents and special guests. Conducting community service projects contributes to recognition of chapter members by various community groups. When chapter highlights are submitted to the local newspaper, there is a feeling of increased chapter and member recognition and a wider impact of service to the community.

My future plans are to serve on the South Dakota FCCLA Advocacy State Leadership Team. This team assists with seeking sponsorships, organizing workshops, a career fair, and activities for our FCCLA State Leadership Conference. I made sure our chapter submitted a candidate for the SD FCCLA Hall of Fame, which celebrates someone who went above and beyond in our community during the past year. I plan to encourage my chapter and all chapters to do a better job of submitting applications for national level awards for the great projects they carry out in their communities. I will share what I learned about members being able to earn the Power of One award each year of membership. I am excited that members now have access to member information via the national FCCLA portal. I will encourage members to utilize portal access which increases awareness of all the information available on the national website. I appreciate the members statewide who reached out as I served as a state officer and will continue to share FCCLA updates. I recall the excitement created in our chapter when Sandy Spavone followed the Mitchell FCCLA account I run for my chapter. I will continue to go BEyond MEasure to build relationships and attempt to create a feeling of appreciation and respect among members, advisers, and staff at all levels of the organization across the nation.

STOP typing here! You must not continue typing past this page for Essay 1. Additional pages will not be accepted.



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

National Officer Candidate: Gracie Geppert

State: South Dakota

Describe how you were able to adapt as a leader and continue to make positive changes during the global pandemic.

I was able to adapt as a leader and continue to make positive changes during the global pandemic in five main ways.

First, I remained mentally strong. I found that quarantine and social isolation were tough. Depression tried to push in and take over, so staying aware of being mentally strong was necessary. I consciously chose to exercise by walking my dog two miles daily, make time to color, and limit my attention to people who talked only about the negative side of COVID-19. Deliberately avoiding constant exposure to COVID-19 numbers in the news increased my energy level and I became more productive. FCCLA has strengthened my mental health by giving me purpose, projects to focus on, and others with whom to connect. The NOC application process has positively influenced me and increased my level of self-confidence.

Second, I learned to adjust. Change is hard for most people, including myself, but when the whole world is going through the same change, it is important to remember you are not alone. I adjusted to this change in my life by increasing the use of social media. FaceTime and Zoom calls often took the place of texting. Writing a letter gave Grandpa something to touch when I could not give him a hug. The most challenging task for me, personally, was preparing five workshop videos for our state fall leadership conference in place of presenting in person and getting to meet many new members face to face.

Third, I stayed positive. Completing schoolwork at home was okay, comfortable clothes and my own time schedule, but then came time for State FCCLA Leadership Conference and it was only happening virtually! I would not get to meet the other state officers, but I WAS a state officer. My employment changed when restaurants closed, but I WAS helping with deep cleaning and thus getting paid. Then, the National Leadership Conference also went virtual, but I COULD still be involved as an evaluator and attend workshops. I am now attending school in person, and we must wear masks, but we ARE in school while many others do not have that option.

Fourth, I continued thinking creatively. Every new situation requires bringing different ideas to the table. Since the pandemic is complicated with uncertainty, thinking out-of-the-box became essential. Our fall membership drive moved outside to meet social distancing guidelines, and individually wrapped snacks easily took the place of an open pan of homemade snacks. While organizing Region Meeting, we encouraged attendance for competitors only. Fewer workshops were planned so larger spaces could be utilized for social distancing during workshops. Hand sanitation stations were readily available, and masks were required.

Finally, I focused on others. Instead of turning inward, I worked to focus outward to help others who were struggling. One FCCLA member had to switch to home schooling and was no longer able to attend FCCLA events. I reassured her that she was always welcome back when things settled down. I made sure she had the chapter Google Classroom code to stay informed at her level of comfort. Asking real questions and listening for real answers led to knowing when friends and classmates were going through rough times. I communicated via FaceTime more often while in quarantine. Even with a busy schedule, it was important to make time to visit my Grandma, especially after Grandpa passed. I made time to comfort friends who also experienced loss.

My involvement in FCCLA has greatly increased my ability to adapt to any situation. I am proud of my growth in leadership skills and confidence, and thankful to FCCLA for the growth and encouragement to go BEyond MEasure!

STOP typing here! You must not continue typing past this page for Essay 2. Additional pages will not be accepted.

GRACIE GEPPERT

South Dakota | ██████ High School | ██████ Middle & High School FCCLA Chapter | Junior | 5-Year Member

Family and Consumer Sciences Courses

FACS Exploratory: 7th, 0.5 credit | Personal Finance: 9th, 0.5 credit | Nutrition and Wellness: 9th, 0.5 credit

FCCLA Offices Held

Local: Historian, **2017-2018**; Treasurer, **2018-2019**; President, **2019-2020**; Secretary, **2020-2021**

Region: Region III President, **2020-2021**

State: Vice-President of Recognition, **2020-2021** (One Term Limit)

FCCLA Participation

NATIONAL:

Step One: 2016

Power of One: 2020, 2021

National Leadership Conference Attendee: 2018, 2020

Entrepreneurship STAR Event/Gold: 2018

STAR Event Youth Room Consultant: 2018

Scavenger Hunt Participant: 2018

Professional Presentation STAR Event Evaluator: 2020

State Officer Leadership Training: 2020

Go For the Red Award: 2020

Membership Satisfaction Survey: 2021

National Program Award Evaluator: 2021

STATE:

SD State Conference Participant: 5 Years, 2017 – 2021

Power of One: 2020, 2021

Illustrated Talk STAR Event/Gold: 2017

Entrepreneurship STAR Event/ Top Gold: 2018

Chapter in Review Display STAR Event/Top Gold: 2019

Tie Blanket Service Project: 2018, 2019, 2020

PSA on Mental Health: 2020

SD CTSO State Officer Virtual Training: 2020

Virtual Fall Leadership Presenter: 2020 (5 Workshops)

CTSO State Officer Legislative Shadowing: 2021

REGION:

Region Meeting Participant: 5 Years, 2017 - 2021

Knowledge Bowl Team Member: 2019, 2020, 2021

Plan/Execute Region Meeting: 2021

Illustrated Talk STAR Event/Gold: 2017

Power of One Modules: 2016, 2017, 2018, 2019, 2020

Chinese Auction & Bake Sale Committee: 2019

Registration Committee: 2017, 2018, 2019

LOCAL:

Chair -FCCLA Booth, ██████ Middle School

Registration: 2017, 2018, 2019

Chair -FCCLA Booth, ██████ High School CTSO

Interest Fair: 2018, 2019

Membership Drive: 2017, 2018, 2019, 2020, 2021

Co-Chair -Community Family Cookout: 2016

Plastic Recycling at Middle School: 2016, 2017, 2018

FCCLA Family Potluck and Games: 2017, 2018, 2019

FCCLA Week Planning Committee: 6 Years, 2016-2021

Doodle 'n Chill for State Current Trends Project: 2019

Chair -Carnival Games for Children and Serve at Love

Feast: 2017, 2018, 2019

Chair -Annual Member Recognition Event: 2018, 2019

Member-of-the-Year: 2019-2020

Contributions to Family & Consumer Sciences Education and FCCLA

PROGRAMS: Visit 6th grade classrooms to share FCCLA member opportunities; present STAR Events to 7th grade FACS classes; promote FCCLA activities and events via school announcements/newsletters/calendar/electronic display boards/social media outlets; create chapter Instagram account; promote FCCLA branding on chapter t-shirts, fliers, posters, social media, etc.; invite family and school officials to chapter recognition events.

LEGISLATIVE: Shadow State Senator Joshua Klumb at the State Capitol - February 2021.

Participation in School and Community

SCHOOL: Debate, Oratory Speech, Yearbook, Volleyball, Competitive Dance, and Varsity Sideline Cheer.

COMMUNITY: Assemble activity backpacks for ██████ Area Safe House, tie blankets for Abbott House, Girl Scout Junior Leader, Church Youth Group, ██████ Food Pantry food drives, Ronald McDonald House pop tab collections, blood donor, Scholarship Bean Bag Tournament organizer, and employed as hostess/server at Perkins Restaurant.



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: Karlyn Gustin

State: Kansas

Describe how you were able to adapt as a leader and continue to make positive changes during the global pandemic.

As the forgetful blue fish, Dory, once said, "Just keep swimming." This line from *Finding Nemo* is the quote that I lived by in 2020. While 2020 was an unconventional year, I was still able to continue my Ultimate Leadership Experience throughout the pandemic. When conferences became virtual, I knew that this was an opportunity to grow as a leader by finding new ways for FCCLA members to still Go for the Red. This gave me the challenge to present workshops in a whole new way.

I reached out to advisers and students through Zoom, social media and YouTube. I recorded multiple presentations for Kansas chapters on topics ranging from healthy relationships to the basics of FCCLA. I faced some challenges presenting online such as technical difficulties, slow internet and wifi connection issues. Just like Dory, I had to ask for help when navigating these new waters. My adviser, parents and teachers were able to guide me to my version of "P. Sherman, 42 Wallaby Way, Sydney," where I felt both comfortable and at home. I am extremely lucky to be learning fully in person this year. This has allowed me to present online from my school. I presented a workshop called Real Relationships. In that workshop, I taught students all about healthy friendships and relationships. I also talked about domestic violence and how as FCCLA chapters, we can help stop it.

At the chapter level, I adapted to the new safety guidelines with Rush Week. In a regular year, we would have everyone in the gym and, each organization would get two minutes to present. New COVID-19 guidelines made recruiting new members as hard as swimming across the ocean to find Nemo. I was able to bring in members by breaking the freshmen into small groups during the first week of school, speaking to them one-on-one. After we recruited members, we faced the challenge of how to keep our virtual conferences fun and entertaining for our members. I helped my chapter by organizing watch parties that allowed our members to have as close to normal meetings as possible. For our Virtual State Leadership Conference, I planned an entire day for our chapter to spend together. I created team-building activities, culinary games, a service project and made sure we had plenty of time to watch the state conference.

A very challenging part of the pandemic has been figuring out how to do community service projects while exercising safety precautions for COVID-19. Prior to 2020, I loved to volunteer at local nursing homes. I enjoyed getting to help out their residents just as Dory helped Marlin find Nemo. Unfortunately, none of the local nursing homes are allowing visitors into their buildings right now. However, I was not going to let COVID-19 stop me from serving my community. I brought takeout food and desserts to employees at a nursing home to thank them for everything they have done for the residents. I wanted them to know that, even though this year has been strenuous, I have noticed all the things they have done to keep everyone safe. When I explained that I had bought the employees lunch for the day to thank them for everything they have done in the past year, they were extremely grateful and happy. This is just one way that I was able to give back to others just like Dory did when she met a stranger who had lost his son. While 2020 was a tough year for all of us, I was happy I was able to "Just keep swimming" and continue the Ultimate Leadership Experience.

STOP typing here! You must not continue typing past this page for Essay 2. Additional pages will not be accepted.



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: Karlyn Gustin

State: Kansas

How have you advocated “Beyond Measure” for FCCLA and FCS education throughout your time in FCCLA and what do you plan to do in the future to continue these efforts?

When you open a cookbook you see pages full of recipes for cakes, casseroles, breads and more. Today, I'm going to share with you something a little different: the recipe for becoming a leader through advocacy for FCCLA and FCS education. You will begin with one cup of determination. This gets people motivated to start their FCCLA journey or run for a higher office. I added a cup of determination my freshman year when I turned in my application and completed the process to run for state office. I was overjoyed when I received the news that I would be serving as the Vice President of Peer Education during my sophomore year.

The next ingredient for the recipe is a half-cup of communication skills. This is an essential ingredient for advocating. I have used it multiple times when speaking to different groups to advocate for FCS. I have advocated for FCCLA during my time as a member by presenting to the State Farm Bureau Board of Directors. In this presentation, I spoke about all the incredible leadership development opportunities that members gain from this organization. After I concluded my presentation, the board members awarded my state organization with a \$5,000 yearly partnership.

After you add in the communication skills you then need to put in a tablespoon of courage. This ingredient is a vital part of the advocacy recipe because courage is necessary when a leader gets up to speak for what they believe in. I used courage when I boarded the plane to go to Capitol Leadership in 2019. I advocated for FCCLA and FCS education by speaking to senators and state representatives and telling them my leadership story. In doing so they agreed that this is a great organization, and many stayed in touch to see the accomplishments of members at the state level.

The next part of the recipe is one-fourth a cup of resilience. This fundamental portion of the recipe is necessary because things do not always go as planned. What makes a good leader is how you handle unexpected situations. Despite the challenges of 2020, I focused on strengthening FCCLA at the local level. I advocated for my chapter by speaking to our school administration to brainstorm ways to get our members involved in community service projects that would be both productive and safe during those uncertain times. I also helped make free masks for the staff members in my school district to help them feel safe during the pandemic.

The final ingredient is two teaspoons of future involvement. In the future, I plan to stay involved in FCCLA by volunteering at the state level, giving back to the organization and continuing to speak to both youth and adults about how FCCLA is an amazing way for students to serve in their community. Also, I would like to continue advocating for chapter-level members around the state. I will do this by speaking to local schools about the once in a lifetime opportunities I have enjoyed during my FCCLA journey.

Mix all ingredients, place the batter into a pan and place it in the oven at 375° for 30 minutes. This recipe is the perfect tool when learning how to advocate at local, state and national levels. Additionally it can be used at educational events such as Capitol Leadership. I recommend using these skills at FCCLA conferences that you attend. This will help you improve your leadership skills so that you can lead Beyond Measure.

STOP typing here! You must not continue typing past this page for Essay 1. Additional pages will not be accepted.



KARLYN GUSTIN

Kansas | Junior

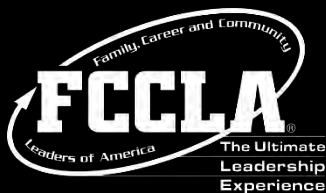
Valley
High School

Valley
FCCLA Chapter

Three-year member

Comprehensive
Membership

FCS Instruction:
4 years,
5 credits



FCCLA EXPERIENCE

Chapter: President, Vice President of STAR Events, Vice President of Membership, Vice President of Community Service, nursing home volunteer, concession stand volunteer, Ronald McDonald House volunteer, STAR Event judge, officer retreat organizer, Power of One completer, classroom set-up assistant, Parents'-Night-Out coordinator, childcare provider for parent-teacher conferences, mask sewing volunteer

District: Fall Leadership Conference workshop presenter, Summer Leadership Training attendee, STAR Event competitor, State Leadership Conference workshop presenter, District Officer Team liaison, STAR Event judge

State: First Vice President, Vice President of Peer Education, Vice President of Public Relations, Citizenship Day attendee, State Executive & Advisory Council member, STAR Event qualifier, Take AIM (Active Involved Members) Conference presenter, State Leadership Conference presenter, New Adviser Workshop presenter

National: National Leadership Conference (Anaheim & Virtual) attendee, Capitol Leadership attendee, Leadership Academy completer, National Cluster Meeting (Louisville) attendee, Voting Delegate, STAR Event qualifier, Skill Demonstration Event competitor, Officer Candidate



SCHOOL & COMMUNITY INVOLVEMENT

Activities: FCCLA, 4-H, Cheerleading, Dance, Kansas Association for Youth (KAY), National Honor Society (NHS), Student Council, Seatbelts Are For Everyone (SAFE), Prom Planning Committee, Junior Viking Career Leaders (JVCL), Forensics, FFA, Viking Leaders Youth Mentoring, Basketball, Volleyball, Track, Softball

Leadership Positions: 4-H President, 4-H Vice President, 4-H Secretary, 4-H Historian, Cheerleading Captain, Cheerleading Co-Captain, Dance Team Captain, Dance Company Student Teacher, KAY Co-President, NHS Secretary, Student Council Class Representative, SAFE President, Prom Planning Committee Chairperson



CONTRIBUTIONS TO FCS EDUCATION

- Advocated on Capitol Hill in Washington, D.C. for FCS & FCCLA
- Presented to Kansas Farm Bureau Board of Directors, resulting in \$5,000 yearly sponsorship to Kansas FCCLA
- Visited five Kansas schools to promote FCS education
- Spoke to local school board about FCS department & FCCLA funding, highlighting the benefits to students



FCS COURSEWORK

- 8th:** .5 credit - Intro. To Family & Consumer Sciences (.5)
9th: 1 credit - Human Growth & Development (.5), Family Studies (.5)
10th: 1.5 credits - Family & Community Leadership (1), Fashion & Interior Design (.5)
11th: 2 credits - Career Connections (1), Nutrition & Wellness (.5), Culinary Essentials (.5)



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

National Officer Candidate: Katie Harfmann

State: Minnesota

How have you advocated "Beyond Measure" for FCCLA and FCS education throughout your time in FCCLA and what do you plan to do in the future to continue these efforts?

As an eighth grader with big ideas and a drive to make a difference in my community, my companionship with FCCLA acquired its roots. These experiences were just the beginning to a future of serving, learning, advocating, and leading others and the vital role that Family Consumer Sciences Education would play in my future goals and ambitions. FCCLA and Family Consumer Sciences has challenged me to go Beyond Measure and develop new communication and leadership skills that have been invaluable throughout the past two years as I've grown as a leader, member, and officer. My goal is to develop as a leader and help other students obtain their full potential as members in FCCLA and students in Family Consumer Sciences. This has challenged members and myself to go beyond measure, step outside of our comfort zone, grow, and flourish through multiple opportunities in FCCLA and FCS education. When I first learned about FCCLA and the mission, I was overwhelmed, in awe, and in love with the organization. Naturally, I took every opportunity to be involved and advocate for as many service projects and volunteer possibilities provided. My FCCLA mission continued as my appreciation and passion for the organization grew. I chose to further my experience and applied for a Minnesota Area Officer position. To my delight, I was elected. This position was my first real chance to go beyond measure serving my peers and encouraging them to become involved in FCCLA. I was free to share my passion with other leaders. Throughout my year as an area officer, I advocated for FCCLA by presenting to the school board, participating in shadow day with our State Legislators, and encouraging others to run for area officer positions. My strong advocacy for FCCLA is a result of the opportunities and experiences that have allowed me to grow and develop into the leader I am today.

My next goal was to become a State Officer. I put a tremendous amount of time and effort into developing as a leader and showing my love for FCCLA in my school, community, and encouraging others to join. My hard work has been recognized as I was elected a member of the Minnesota State Officer team. I continue promoting FCCLA statewide through the Minnesota publication "The Horizon," press releases, CTSO meetings, Capitol Shadow days, and interviewing prior State Officers for public relations. I am persistent in advocating for my personal FCCLA chapter by presenting at school board meetings, informing our school leaders of how our chapter serves the community and school, and thanking them for their support. I will continue to advocate for my chapter and every other chapter in Minnesota well beyond my time in FCCLA. I am eager to grow as a person and a leader and excited to utilize my Ultimate Leadership Experience in all future endeavors.

As a National Officer Candidate, I look forward to continuing my leadership mission through FCCLA. As we overcome the pandemic and have the opportunity to advocate for FCCLA with legislators, school administration, and future partners, we will share our story about how we go Beyond Measure. As JFK said, "If not us, Who? If not now, When?" As we come together as a Nation, we must challenge ourselves and our members to go Beyond Measure and share our stories. I look forward to continuing my mission in FCCLA and Family Consumer Sciences Education and advocating for our members and FCS students. If we don't advocate for ourselves, our peers, and our future, who will?

STOP typing here! You must not continue typing past this page for Essay 1. Additional pages will not be accepted.



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: Katie Harfmann

State: Minnesota

Describe how you were able to adapt as a leader and continue to make positive changes during the global pandemic.

As a leader, I believe it is critical to maintain a positive perspective when faced with challenges and remember, Napoleon Hill said " In every adversity lies the seed of an equal or greater opportunity. " Just as someone would develop a plan, things change and this quote comes into play. The challenge over the past year has been to maintain a positive attitude and appreciate the small things in life. Serving as a Minnesota State Officer this year was definitely not what I had envisioned. I have grown an exceptional amount as the result of these challenges and have become a more effective and adaptable leader. I am grateful for the leadership of our Executive Director and the many opportunities she has provided for Minnesota FCCLA members. This year has taught me that we all need to adapt and persevere through challenging times. Persevering through challenges is easier to do with a positive attitude. John C. Maxwell said, " All organizations rise and fall with the level of leadership. " This quote by Mr. Maxwell has become evident as we look at organizations that have prospered in this global pandemic. If the organization is prospering, then the first place to look to is the leader. The reverse is also true: if something is not right, the first thing to do is fix yourself as the leader.

Most people can lead when things are going well, but when faced with difficult times it takes a strong leader for an organization to flourish and grow. Great leaders have the ability to overcome obstacles, adapt quickly to changes, and encourage others through the process. In my school, many things have changed including students in hybrid and in all in person learning and activities being changed to virtual. It is no doubt more difficult for staff to keep students engaged, involved, enthusiastic, and motivated with online education. Our chapter goal this year has been to provide as many in person meetings and service opportunities as possible. Throughout the global pandemic, students have struggled to develop connections with their peers and staff. As part of the officer team, we set this as a goal to provide a positive safe environment for our members to feel comfortable and supported. Our chapter achieved this goal by coming together and viewing the State Virtual Experience.

This year presented many opportunities and rewards as a result of the ongoing pandemic. The pandemic has provided me with leadership opportunities I have not encountered in past years. I collaborated with a Minnesota HOSA State Officer and was able to present for the Minnesota CTE Works Conference. The National Conference being online, I also had the opportunity to participate in the National Virtual Leadership Conference and the Virtual Leadership Experience. These events have provided me with a greater understanding of effective virtual communication with an audience, which will be incredibly beneficial in today's global society. We can choose to focus on what we have lost during the pandemic or we can choose to focus on the new opportunities the pandemic has provided. Due to college schedule changes and travel restrictions, I was able to create stronger ties with my siblings who were home from college. This time allowed me to do some self development, including taking the Clifton Strengthsfinder. I have heavily relied on my top five strengths of input, futuristic, competition, belief, and self-assurance. Throughout the pandemic, I have focused on my strengths and worked to make positive changes throughout my community and state. I look toward a pandemic free future while applying my strengths and working to bring our society together. I am excited to be a significant part of the future for FCCLA, Family Consumer Sciences, and our country.

STOP typing here! You must not continue typing past this page for Essay 2. Additional pages will not be accepted.

Katie Harfmann

State: Minnesota

School/Chapter: [REDACTED] High

School

Affiliation: Comprehensive

Grade: 10

Years in FCCLA: 3

Years of FCS Instruction: 1.5 years

FCS Courses:

2017 Foods and Nutrition- 7th Grade- 0.5 credit

2020 Food and Nutrition Fundamentals- 0.5 credit

2020 Apparel Design and Textiles- 0.5 credit

Offices Held

2019-2020 Minnesota Peer Educator Team

2020-2021 Minnesota State Vice President of Public Relations

2021-2022 Minnesota National Officer Candidate

Local

2019-2020 FCCLA Letter

2019-2020 Mid-winter Area Meeting

2019-2020 Local Leadership Training

➤ Workshop Creator and Host

2018-2021 Monthly chapter project volunteer and meetings

2020 Created lesson plan for MLK Day for K-M Elementary School

2019-2021 Organized Food Drive

State

2018-2021 State Meeting Attendance

2020-2021 Minnesota Vice President of Public Relations

2019 Leadership Camp at Bethel University

2019 Minnesota Capitol Shadow Day Attendee

2020-2021 Minnesota Publication The Horizon Editor

National

2019-2020 Consumer Math Challenge

2019-2020 STAR Event Hospitality and Tourism

2019-2020 RED Talk

2019-2020 Human Services Workshop

2020-2021 STAR Event Sustainability Challenge

2020-2021 Power of One

2020-2021 Go For the Red Individual Award

School and Community

2016-2021 Honors Choirs of Southeast Minnesota

2017-2021 Church User and Cantor

2017-2021 [REDACTED]-Triton Gymnastics Team

2017-2019 Vacation Bible School Counselor

2017-2019 Knowledge Bowl

2018-2019 W.E.B. Leader

2018-2021 Lifeguard

2019-2020 [REDACTED] High School Class Officer

2019-2021 Honors and AP Student

2019-2021 [REDACTED] KoMeTimes Media Club Managing Editor

2019-2021 [REDACTED] Track Team

2020 Living and Leading with Purpose Conference Attendant

2020-2021 [REDACTED] High School Student Council Member

2021-2022 LINK Crew

Contributions to FCS

Encourage membership

Speak with legislators about FCS

Present to school board members about CTEs

Present at CTSO meeting

Representation at Virtual National Service-Learning Conference

Supported FCS and FCCLA through a variety of fundraisers



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

National Officer Candidate: Amanda Raphaella Ibanez

State: Hawaii

How have you advocated "Beyond Measure" for FCCLA and FCS education throughout your time in FCCLA and what do you plan to do in the future to continue these efforts?

My time in FCCLA has been an ongoing journey of strengthening existing skills as well as developing the areas I am weak in. I always make it a personal goal to be better than where I had started and to help others grow alongside me. Going beyond the measure of comparison meant to stop focusing on the end result of my efforts. In order to go "beyond measure", one must be able to accept outcomes that are sometimes not the most favorable, however we must not limit our success to only our achievements. Through FCCLA, I have learned to aim high, but if the outcome didn't meet the expectation, I shouldn't diminish the progress I had made. I had learned to take "failure" as an opportunity to improve myself. Whenever I can, I try to push myself with the intent of being the best I can be and to continue to become better with every chance I get.

After discovering and interpreting what "Beyond Measure" meant to me, I had wanted to share that knowledge with others. In my limited time in an FCS course, I had taken every moment I could to help my peers. While we had different interests, the course provided us with the opportunity to develop general life skills that can be utilized in every career field. I had promoted the concept of going "beyond measure" to my friends and classmates through offering help in areas that were a little harder to grasp. Most of the time, I directly helped with things such as public speaking. In addition, I was able to improve myself in the process. The difference from the beginning of the year to the end of the course was significant. Both my classmates and I were able to grow and become better because we worked together in practicing a skill that is not easy to perfect.

Along with promoting "Beyond Measure" in class, I try to constantly promote the idea and benefits of going beyond measure in FCCLA. When I first joined FCCLA in freshman year, I didn't understand its purpose nor what I could gain if I continued. After experiencing that period of confusion and eventually learning more about FCCLA, I felt that many others might've thought the same as me. Ever since, I made it my goal to reach out to those interested in FCCLA and encourage them by finding out what they want to do in the future. If they have a clear goal they want to achieve, I explain how FCCLA could help with it. I constantly stress the importance of the general skills developed from being in FCCLA. Furthermore, I help the current members of my chapter utilize their strengths to help develop their weaknesses. With the STAR Event contestants, I help my fellow members identify the parts of their project in which they have the most confidence in and which parts are not so confident. After working with each other, we all gain the confidence to perform well throughout the whole project. Confidence is key to any career and being able to gain that confidence by going beyond what we thought was the limit of our capabilities, is the first step on the path of our desired outlooks in life. As a state president, I carried the responsibility of encouraging members throughout the entire state to go beyond measure and push themselves past what they think they are capable of. I encouraged members to believe in their skills and pinpointed areas that came across the most strong. I reminded many members that the title of president was merely a label and not to be afraid to ask me if they needed help. This connection allowed many members to feel comfortable to contact me and were able to strengthen their skills and go beyond the measure of their expectations as a result.

In the future, I plan to continue to make it my goal to help others and help them find their strategy to go "Beyond Measure". I want to be a lawyer in the future and I want to be able to help those in my community. Although I have ways to go before I become a lawyer, there are many opportunities from now until then where I can help people develop their strengths and weaknesses. After high school, I plan on continuing to volunteer for my community. In addition, I plan to be more involved in volunteer opportunities where I can work with students. I believe students are the individuals who need the most guidance in order to utilize their skills to the fullest. Everyone has the potential to be something great and I want to be able to help them obtain that. Many students are also more timid as they tend to underestimate themselves. I want to help build their confidence, so in whatever they choose to do, they are able to fully believe in their abilities and can spread their knowledge to others.

STOP typing here! You must not continue typing past this page for Essay 1. Additional pages will not be accepted.



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

National Officer Candidate: Amanda Raphaella Ibanez

State: Hawaii

Describe how you were able to adapt as a leader and continue to make positive changes during the global pandemic.

The pandemic brought struggles for me both as a student and as a leader. Many events and activities we would do during a normal school year had to be canceled or modified greatly. In addition, the motivation among students was very low. It was difficult to figure out ways to boost their motivation as well as maintain my own. There were times where it felt next to impossible to find a suitable alternate, however as I worked with my officer team and kept a hopeful mindset, we were able to pull through.

Because of the pandemic, one of the greatest conflicts we faced was not being able to meet in person for a variety of activities. For example, our annual leadership workshop had to be moved to an online platform. It was a challenge to be able to keep everything fairly similar since many of the activities we normally do are in person and require working with one another in hands on tasks. Nevertheless, my officer team and I created a new Hawaii State FCCLA website and uploaded an asynchronous workshop for members to enjoy. Through our new website, we were able to reach out to members more easily, and it was more convenient for people who usually have scheduling conflicts with the in person activities. We received great feedback about the activities posted and how helpful the STAR event tips were. Many chapter members were able to express themselves more easily using an online method. This allowed us to receive more appropriate and accurate feedback of how members felt about the activities. It was also easier for members to contact us and get direct help if they needed it. One of the members from a different chapter was confused about the way her STAR event worked, because it's her first year, and personally messaged me about her concerns. I was able to help and explain what was needed to be done and it made things a lot easier for her to understand. She found it easier to reach out and receive answers to her questions right away and was very grateful for getting the help she needed.

Following along with members having an easier time reaching out, many advisors enjoyed being able to contact the state officers, if needed. Before the implementation of our state website, both members and chapter advisors felt distant from the state officers. Now, advisors are more eager to contact us if they have concerns or suggestions. Their input allowed us to modify some of our plans to fit the pace of the chapters and what they were doing. Having feedback from someone overlooking the members as a whole was very helpful in planning activities that the members would be interested in. Both the other officers, and I were very grateful for the input we received from both the advisors and chapter members.

One of the more positive things of having to move to online meetings is being able to schedule meetings with more chapters easily. Transportation and availability are some of the biggest challenges when trying to attend a meeting at another school, but with online platforms, such as zoom, it was easier to hold the meetings and have the most people attend. With one of the chapters, we don't normally meet with them and as a result, they felt a little separated from the state office. By being able to hold an online meeting with them, we were able to establish a connection and directly listen to any concerns they may have. After the meeting, the members felt it was easier and less intimidating to reach out to the state officers and shown more interest in our upcoming activities.

In addition, by providing recordings of the meetings and guides for STAR events, chapter members were able to watch at their own pace. They can also rewind the videos if they missed something during the meeting. Because they had the option to watch the videos at their own pace and rewind if necessary, many members as well as advisors felt more enjoyment in watching the videos and trying the activities. Many liked the set up and found it to be less pressuring than if it were to happen in person. It took a lot of adjusting for us to reach a point that we consider to be the "new normal" but nonetheless, the feedback we received about the changes were positive and many are looking forward to what we have planned for next year.

STOP typing here! You must not continue typing past this page for Essay 2. Additional pages will not be accepted.

Amanda Raphaella Ibanez
FCCLA National Officer Candidate
Hawaii

BACKGROUND

State: Hawaii
School: [REDACTED] High School
Chapter: [REDACTED]
Current Grade Level: 11th

FCCLA AND FCS BACKGROUND

2020 - 2021 FCS Instruction Completed: None
Number of Years Active in FCCLA: 3 years (began in 9th grade)
Total FCS Course Completion:
- Arts & Communication Pathway CORE - Fashion Design (9th grade - 1 credit earned)

FCCLA EXPERIENCE

FCCLA State Officer - *President*

- Served in 11th Grade
- Re-elected for 12th Grade

FCCLA Chapter Officer - *Historian*

- Served in 10th - 11th Grade
- Will be serving in 12th Grade

Contributions to FCS Education

- Advocated enrollment in FCS courses (2019 - 2020 STAR Event "Promote and Publicize FCCLA")
- Promoted importance of FCS education (2019 - 2020 STAR Event "Promote and Publicize FCCLA")
- Increased student enrollment in FCS courses (2019 - 2020 STAR Event "Promote and Publicize FCCLA")

FCCLA STAR Event Participant

- 9th - 11th Grade

SCHOOL AND COMMUNITY

Community

- Volunteer at [REDACTED] Catholic Church (11th Grade)
 - Distribute food boxes to low income elderly, prepare and distribute plate meals to "Next Step Homeless Shelter"

School

- Class Historian (9th Grade)
- LEO (Leadership, Experience, Opportunity) Club Member (9th Grade)
- Class Recording Secretary (10th Grade)
- Mock Trial VP Spirit (10th - 11th Grade, Serving in 12th Grade)
- National Honor Society Member (11th Grade, Returning in 12th Grade)



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

National Officer Candidate: Rebekka Jay

State: Nebraska

How have you advocated "Beyond Measure" for FCCLA and FCS education throughout your time in FCCLA and what do you plan to do in the future to continue these efforts?

"With consistency a great soul has simply nothing to do." from Ralph Waldo Emerson's essay titled "Self-Reliance." When we consistently do the same actions over and over again, we do not grow or learn. But when we start to think outside of the box and push expectations, we can work toward greatness. We can be consistent with our effort, but now with our thoughts and actions. We must be willing to break through and learn and adapt. I have been able to do this through FCCLA and FCS education. My time in FCCLA and FCS classes has prepared me for my future by developing my communication, organization, and professional skills, while allowing me to push boundaries and break through to see the leader I can be. Without support from my community and school, I would not be where I am today, and without our communities and our schools, certain organization and educational opportunities would not be able to continue.

After the 2019 National Conference in Anaheim, CA, I spoke with my local school board about the importance of FCCLA and FCS education in my life and how both have helped improve my individual skills, which are used in almost every workplace and environment after high school. My chapter adviser and I also talked to the school board about the state standards for FCS and how FCS education teaches students valuable life skills, preparing them for future success and inspiring them to go 'beyond measure' in their lives.

During my time as a Nebraska State Officer, I was able to meet with state legislators on our Career and Technical Student Organization (CTSO) Legislative Day, and discuss the lack of funding available to CTSOs in Nebraska. The officers representing each CTSO collectively met with two senators and then were able to reach out to their own district representatives to further discuss our concerns regarding funding and support for our organizations. Many of our senators did not know that our organizations were not receiving funding and encouraged us to bring this up for discussion to multiple senators in hopes of getting a bill proposed to address this issue. My plan for a STAR project next year is to do an Advocacy project addressing the funding for CTSOs in Nebraska.

Along with my plan to do a STAR project, I also want to speak at the Nebraska Mind Bending Careers Conference and at the monthly Nebraska FCCLA webinars to discuss the importance of CTSOs and Career and Technical Education (CTE). I feel both of these are great platforms to advocate about the benefits of these educational and developmental opportunities for students. Through my leadership training as a state officer, I learned how to talk with others about opportunities for self-improvement, motivation, and commitment, which are also taught through FCS education. I feel these experiences have given me a solid foundation upon which to build as a national officer. This would not only allow me to advocate for FCCLA and FCS education in my own state, but also across the entire United States.

The skills and lessons that members and students are learning in FCCLA and FCS are invaluable and can lead to great accomplishments, both inside and outside of the classroom. FCCLA and FCS courses are preparing members for their lives after high school, no matter what path they choose. With the variety of knowledge and skills gained from experiences in these two areas, students and members are prepared to go "beyond measure" and exceed expectations in all that they do.

STOP typing here! You must not continue typing past this page for Essay 1. Additional pages will not be accepted.



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: Rebekka Jay

State: Nebraska

Describe how you were able to adapt as a leader and continue to make positive changes during the global pandemic.

When you are a leader, you have to be flexible, adaptable, and approachable. The pandemic forced everyone to find new and creative ways to make personal connections through a screen. This past year has been challenging for everyone, including my Nebraska State Officer Team, local chapter, and myself in my leadership roles. We have had difficulties meeting in person, hosting and attending conferences and workshops, and keeping members engaged and active throughout the year. My state officer team and local chapter officers have persevered through these challenging times to provide the best FCCLA experience we could for our members.

The difficulties began with the final part of my State Officer Candidacy being shifted to a virtual setting due to the global pandemic. Candidates were able to use Zoom and YouTube to host meetings and film videos, which helped me gain experience with both of these platforms quickly. Throughout my time as the Vice President of Membership this past year, I found ways to use Zoom effectively with members, and how to incorporate other apps and features with these platforms. Our team relied heavily on social media to communicate with our members this year since we were completely virtual. I created Nebraska's first virtual membership guide, allowing chapters to get ideas on how to navigate a year like this one through a pandemic. Chapters will be able to use this guide for years to come. Our team had the goal to host every regularly scheduled conference. We sent session videos to each district in Nebraska for their district leadership conferences. As state officers through this year, we wanted to show our members that anything is possible, it just takes a little extra time, effort, and willingness to think outside of the box to be successful. Another one of our team goals this year was to be approachable state officers. We invited members to join our monthly state officer hangouts through Zoom. Members could ask questions or just simply hangout virtually with us and get to know their state officers. We also held a Q&A breakout session during our State Leadership Conference, where we could answer questions about running for offices, our favorite parts of FCCLA, and any other FCCLA related questions. Throughout this difficult year, I was able to improve my skills of connecting with members virtually and using technology in a beneficial way for our organization.

My local chapter was able to meet in person this year, although we were not able to have food or do activities at our meetings (which are long time traditions at Logan View). Even with limitations to what we could do locally due to the global pandemic, I still encouraged members to do STAR projects and attend our virtual conferences. I communicated with my chapter about updates from the state association through our Google Classroom account and worked with new STAR project members to answer questions about what changes came with the virtual setting. Our officer team decided to have weekly update meetings and share our updates through social media with our members, instead of meeting in person. This also allowed me to connect with my local members and talk with them about their challenges during the year. Connection with members during this time was my biggest goal going into both a state officer position and a local office.

FCCLA focuses on creating connections with others while improving members' leadership skills, finding a career connection, and serving your community. Our leadership skills have had to be flexible and adaptable throughout this year. Without my experiences in FCCLA and FCS education, I would not have been as adequately prepared to face this year.

STOP typing here! You must not continue typing past this page for Essay 2. Additional pages will not be accepted.

Rebekka Jay

██████████ High School - ██████████ Jr./Sr. High School FCCLA Chapter
Member of FCCLA: 5 years - FCS Education: 2 years

FCS Education

- Intro to FCS: 7th grade (2016-17), 5 credits (1 semester)
- Independent Living: 11th grade (2020-21), 10 credits (2 semesters)

Contributions to Family and Consumer Sciences Education

- Advocacy of FCS Education to LV School Board of Directors with chapter adviser
- CTSO Legislative Day 2021: Spoke with state legislators about funding for Nebraska CTSOs and support for Career and Technical Education

FCCLA Participation

- Nebraska State Vice President (VP) of Membership - one term limit (2020-21)
- Nebraska Election Voting Delegate at 2020 Virtual National Leadership Conference
- National STAR Events Evaluator (2020)
- Vice Chairperson of Nebraska State Peer Officer Community Leader Team - one term limit (2019-20)
- ██████████ (LV) First VP of Record Keeping and Communication (2019-21)
- LV VP of Publicity (2018-19)
- LV VP of STAR (2017-18)
- Local Trick or Treat So Others Can Eat (2016-21)
- Local Hooper Boutique and Concession Stand (2018-21)
- Local Hooper Care Center Window Painting (2017-19)

School and Community Activities

- LV Future Farmers of America (FFA) Vice President (2021-22), member for 3 years
- LV National Honor Society (NHS) Vice President (2020-21), member for 2 years
- Student Director of LV One Act Plays and Musical (2020-21)
- Student Council (2019-21)
- LV Student Advisory Athletic Committee (2019-21)
- Class Secretary (2018-19)
- LV Fellowship of Christian Athletes (2020-21)
- Fremont Evangelical Free Youth Leadership Group (2020-21)
- 2021 Outstanding Student Leadership Award Recipient - Midland and Pinnacle Bank
- Count Me In Youth Leadership Summit 2021
- Hugh O'Brian Youth Leadership Attendee 2019
- Job Experience Related to FCCLA and FCS Education
 - Rebekka's Babysitting, Child Care Provider (2014-21)
 - My Own Touch Catering, Catering Assistant (2018-21)
 - Hooper Care Center, Dietary Aide (2021-21)
 - Hooper Office Bar and Grill, Waitress (2021-21)



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: Kirstin Johnson

State: Washington

How have you advocated "Beyond Measure" for FCCLA and FCS education throughout your time in FCCLA and what do you plan to do in the future to continue these efforts?

I lived for STAR Events my 7th-grade year. After being a national qualifier my 6th-grade year, I couldn't wait to find a way to continue competing and making a difference in my school. I chose to stay involved with a project in the Advocacy STAR Event. I was amazed when I found out that I had the tools to make my peers aware of the dangers of eating disorders, with my project, "Healthy is the New Skinny". I hosted meetings once a week, inviting middle school girls to eat lunch in a judgment-free space, participate in engaging activities, and hear from guest speakers, all with the goal of teaching them about the importance of self-love and positive body image. I created morning announcements, set out table tents during middle school lunch, and hung posters advertising the meetings and their focus. My project was so successful, I was invited to share my project at the Washington SHAPE Health Educators Conference. This project was my first step in an exciting journey of advocating through FCCLA.

As a chapter officer, I attended school board meetings to advocate to school officials and community leaders about the positive impact our chapter was having. I provided them with a summary of our chapter's program of work, and I would help request financial support for our travels to State and National Leadership Conferences. In addition, I became the chapter representative for our high school Associated Student Body Council. I also spoke at our Regional [REDACTED] County Career and Technical Education Advisory Meeting where I addressed community partners and explained the correlation between FCS and FCCLA.

My first term as a state officer, I attended Civic Advocacy Day where I met with legislators at the state capitol to discuss a statewide budget increase for all eight of the recognized Career and Technical Student Organizations in Washington. This budget increase was approved, but, unfortunately, it was line item vetoed by our governor, due to the Covid-19 pandemic. This year, I have been advocating through a Zoom square rather than in person at the capitol. I attended the 2021 Legislative Advocacy Day, a virtual luncheon with more than 20 state legislators. I was also able to meet with Representatives Tom Dent and Alex Ybarra and Senator Judy Warnick individually to discuss re-establishing the budget increase. The full amount requested was passed in the final legislative session and is now sitting on our governor's desk waiting to be incorporated into our state budget.

I was able to advocate for FCS Education when my Child Development class hosted a Child Safety Fair. I spent an evening answering questions about child safety and FCS education. My project, "Stop Drop and Roll", was featured in an issue of Techniques magazine. I was also featured in two different Teen Times articles, speaking to topics of how FCCLA and FCS courses have provided me the skills I need to succeed in future careers and lead during the pandemic.

FCCLA has offered me many opportunities, and I am immensely grateful. I am now on a clear path to a career in the Health and Human Services Industry. Because of FCCLA, I have the skills to succeed in any career I choose, and I will continue to model the habits of an effective leader as I enter into the workforce. I look forward to continuing my advocacy journey, whether that be at the local, state, or national level. Ensuring that FCCLA grows Beyond Measure as an organization is something I truly see myself being a part of.

STOP typing here! You must not continue typing past this page for Essay 1. Additional pages will not be accepted.



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: Kirstin Johnson

State: Washington

Describe how you were able to adapt as a leader and continue to make positive changes during the global pandemic.

It is safe to say that almost no one was prepared for the storm that blew in on March 13, 2020. I certainly wasn't prepared to enter quarantine due to a global pandemic. I had been preparing to leave for the 2020 Washington State Leadership Conference (SLC), which was to take place three days later. I was hoping the situation would not impact the state conference, but I was sorely disappointed when I learned my fifth SLC, my first SLC as a state officer, had been postponed to an undetermined date. After many ideas were proposed and discussed by the Washington Board of Directors, it was decided that a virtual SLC would be the safest option for everyone.

I had never considered the possibility of a virtual SLC. My fellow state officers and I were flying blind in uncharted territory. Our goal was to provide the closest experience to a normal SLC to the members of Washington FCCLA. We had to quickly become familiar with the Zoom platform in order to communicate with my team members, my chapter members, and both my chapter and state advisers.

During the 2020 VSLC, I was elected as the 2020-2021 Washington State Vice President of Competitive Events. My main goal in my new position was to share my love for all competitive events and make members aware of the opportunities available through them. I planned a Competitive Events 101 workshop that would be shared at the regional fall conferences throughout Washington. I was crushed when I found out that our regional fall conferences would also be taking place online. In order to accomplish my goal, I had to problem solve and research new solutions that fit our new situation. I went back to the drawing board and I came up with the idea of an online workshop which I had no clue how to create; I spent all summer learning how to make an interactive website, and building a website based on our state theme, "Rule Your Leadership Beyond Measure." The website was a fantasy world where members could learn all about competitive events and was shared with 48 State Advisers. Through this experience, I learned how to think outside of the box and learn and apply new skills to carry out my ideas.

The 2020-2021 Washington State Executive Council never met in person. We had late nights, early mornings, and good and bad times, but we never lost sight of our goals. The teamwork was not only a necessity but also something I truly am glad to have been part of. I learned how to form genuine connections and friendships with people all over the state. Additionally, it taught me to work effectively with teammates hundreds of miles away in order to turn a bad situation into a positive experience for all of the Washington FCCLA members.

The dust never truly settled after that first day, March 13th, but the more I worked, learned, and grew the easier it became to navigate the storm. I learned many new and valuable skills as a result of the global pandemic; such as how to communicate effectively, work independently, learn new skills at a moment's notice, foster relationships, and turn negative situations into positive ones. As the world continues to change I will use my new skills in order to work as an effective leader and continue to find new opportunities to grow and adapt to this new world. Global pandemic or not, I was destined to grow as an individual and my time in FCCLA has helped me to do so in tremendous ways. Through FCCLA I am confident I can continue to adapt Beyond Measure and be the best version of myself I can possibly be.

STOP typing here! You must not continue typing past this page for Essay 2. Additional pages will not be accepted.



Kirstin Johnson

Family Consumer Sciences Courses:

1.5 years of Instruction

7th Grade: MS Fabrics .500 credit

8th Grade: MS Fabrics .500 credit

9th Grade: Child Develop. .500 credit

State: Washington

School: ██████ Secondary School

Chapter: ██████ Jr./Sr. High

Affiliation: Comprehensive

Grade: 11, Junior

Years in FCCLA: 6

High School GPA: 4.0



FCCLA Offices Held

- Chapter Vice President (2017-19)
- Chapter President (2020-2021)
- WA State Vice President of Region 7 (2019-2020)
- WA State Vice President of Competitive Events (2020-2021)

Chapter Involvement

- ASB Representative(2015-2020)
- School Board Representative (2018-2020)
- New Members Mentor (2018-2021)
- Lunch Box Auction (2015-2020)
- K-Town Has Talent (2016-2019)
- Krispy Kreme Fundraiser (2018-2021)
- Bunko Fundraiser (2019)
- Rummage Sale (2016-2019)
- █████ FCCLA Car Show (2016-2018)
- Haunted Halls (2016-2018)
- Trunk or Treat (2019-2020)
- FCCLA Open House (2019-2020)
- Chapter Run4Red (2020)
- Weekend Backpack Program (2016-2020)
- Chapter Service Project (2018-2019)
- █████ County Large Group Youth Award Winners (2021)

Regional FCCLA Involvement

- Region 7 Fall Conference (2015-2020)
- Region 7 Fall Conference Host and Coordinator (2019)
- 5 Time STAR Event Competitor Earning Gold (2015-2019)
- "Region 7 Says" Newsletter Creator (2019)
- Fall Conference FCCLA 101 Workshop Host (2019)

State FCCLA Involvement

- State Leadership Conference (2016-2021)
- STAR Event Competitor and National Representative Earning Gold (2016-2020)
- Coordinator of Two Membership Campaigns (2019)
- Washington Red Talk Co-Creator (2020)
- Planned and Carried Out the 2020 and 2021 Virtual SLC
- Washington National STAR Event Recognition Session Creator (2020)
- STAR Event and Evaluator Training Facilitator (2020)

National FCCLA Involvement

- 5 Time STAR Event Competitor Earning Gold (2016-2020)
- Skill Demonstration Event Competitor
- Consumer Math Challenge 2nd Place (2016)
- FCCLA Knowledge 7th Place (2020)
- Featured in Teen Times Articles Spring 2021 and Fall 2018
- Washington Voting Delegate (2020)
- VLE Attendee (2020-2021)
- "Where in Washington" Red Talk Co-Creator (2020)
- Run4Red Virtual 5K (2020)
- Power of One (2019-2021)

Volunteer Experience

- Ellensburg Cold Weather Shelter (2018-2020)
- New Life Assembly Church (2017-2021)
- Bikes For Tykes (2019-2020)
- Beef Counts (2020)
- Othello Christmas Baskets (2017-2020)

Involvement Outside of FCCLA

- Associated Student Body Government (2015-2020)
- Knowledge Bowl State Competitor (2018-2020)
- Library Club (2017-2021)
- Fastpitch (2016-2018)
- Volleyball (2013-2021)
- Volleyball JV Team Captain (2019)
- Fellowship of Christian Athletes (2015-2018)
- New Life Youth Group (2015-2021)
- Running Start Student (2020-2021)

Contributions to FACSE

- CTSO Representative at County Wide CTE Advisory Board Meeting (2018)
- Child Safety Fair Participant (2019)
- Project Featured in ACTE Techniques Magazine Article (2019)
- CTE Advocate Olympia, Washington: Civic Advocacy Day (2020)
- CTE Advocate at Virtual Legislative Advocacy Day (2021)
- ACTE Summer Conference Presenter (2020)
- FCS Fall Conference Presenter (2020)

Awards

- Washington Year of The Apple Art Contest Grand Prize Winner (2020)
- Bronze Presidential Community Service Award (2020)
- Silver Presidential Community Service Award (2021)
- █████ Secondary School Honor Roll (2015-2021)



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: Zeb Kelly

State: Oklahoma

How have you advocated "Beyond Measure" for FCCLA and FCS education throughout your time in FCCLA and what do you plan to do in the future to continue these efforts?

There is an abundance of ways I have advocated for FCCLA and FCS education. I could get asked that question every morning and give you a different answer from the day before. FCCLA and FCS education has given me a voice, made me step out of my comfort zone, pushed me to do better, helped me develop as a young adult, given me countless reasons for living, and my personal favorite, a family. Family has been the most important component this program has given me. I have learned family is not only bound by blood, but rather the relationships you form can also build a family. Learning the key concepts about family has truly helped me advocate Beyond Measures. There are so many different ways that I have advocated for FCCLA and FCS education. Overall, my biggest contribution to advocating, "Beyond Measure," would be the opportunities to speak about how the program builds families.

The support system that comes with being a key part of these organizations is family-like. This is something I work hard to communicate to people who are interested in or already in FCCLA or FCS. I strive to lead people to treat others as if they are a part of their family. I have found that this has made our organization a safe place for so many people. Not only does this cause our members to feel safe and welcome, but our community also enjoys the way we work together. I always bring my determination to strive as a family, because that's what we are in FCCLA, a family.

How does this advocate for FCCLA and FCS education, though? The answer is simple. Every time I am asked how I do so much or how I became the leader I am today, I tell them about how my tiny FCS classroom that helped me discover FCCLA and eventually led me to find my voice. My voice has given me the confidence to help lead others in FCCLA activities and become a role model for many. I believe this is why our chapter has become such a tight-knit family.

Having confidence in myself and being a positive role model will help me as I continue to advocate for FCCLA and FCS education. Having the confidence to speak to people about what a great organization FCCLA is and how amazing of a family I have found within FCCLA will help me continue to raise awareness to people who are interested in joining for many years to come.

STOP typing here! You must not continue typing past this page for Essay 1. Additional pages will not be accepted.



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: Zeb Kelly

State: Oklahoma

Describe how you were able to adapt as a leader and continue to make positive changes during the global pandemic.

How have I been able to adapt as a leader and continue to make positive changes during the global pandemic? Discovering my voice in this noisy world has been the most beneficial to me while trying to survive a pandemic. Before joining FCCLA, I was an extremely quiet and bashful kid. I never really wanted to participate in anything or try new things, and I didn't know how to utilize my voice. After my first year in FCCLA, I discovered myself and what being a leader meant to me. FCCLA taught me how to use my voice loud and clear. However, when the first phase of the pandemic started I noticed myself reverting back to the kid I was before joining FCCLA.

When the pandemic struck, I became extremely isolated and slipped back into being shy and quiet. I went back to not wanting to participate in anything, and ultimately I forgot how to use my voice. The isolation from the pandemic hit me hard. The masks I wore were not only for protection from Covid-19 but to hide from others. I could feel the leader in me slipping away. While school was starting to come back into session, the results of the pandemic were not over for me yet. As a result of the pandemic, I was diagnosed with major high functioning depression, severe anxiety, and PTSD.

I felt lost, but then I remembered how FCCLA had taught me to use my voice once. I knew that if I put in the work FCCLA could help me find that passion again. Slowly but surely, I started participating in more FCCLA events and my confidence started returning. I was able to become a leader within my chapter and advocate for our growth. These are skills I can continue to use throughout my future. Relearning to use my voice showed me that communication and determination have become two of my biggest strengths. Utilizing those skills has allowed me to flourish this year. I was able to come up with ideas to help others become more involved in FCCLA. I also attended and participated in zoom meetings, social media events, and hybrid events. The struggles of this year in particular have taught me that through hardships will come growth. I am so grateful that FCCLA has been such a large part of my growth and has rewarded me with becoming the leader that I very much needed as a kid.

STOP typing here! You must not continue typing past this page for Essay 2. Additional pages will not be accepted.



State: Oklahoma
Chapter: ██████████ FCCLA
Year in School: Junior
Years of FCS Education: 5

Family and Consumer Sciences Courses:

Tween Life – 7th
 FCS Basics – 8th
 Human Growth & Development- 10th - 1 Credit
 Interior Design 1 – 11th - 1 Credit

Zeb Kelly



School: ██████████ Public Schools
Affiliation: Comprehensive
Years in FCCLA: 4

Offices Held:

Chapter VP of Public Relations- 2018-19
 Chapter President- 2019-21
 OK North IV District President- 2019-20
 Oklahoma State First Vice President- 2020-21

FCCLA Participation:

Local

2017-2020- Humane Society x33; Schoolwide Beautification Project x14; Elementary School Carnival x4; Oklahoma Blood Drive Coordinator x8; Various FCCLA fundraisers x8, top seller; Worked with new chapter officers and showed them the in and outs of being an officer; Facilitated chapter officer retreats; Volunteered at the Salvation Army bell-ringing; Donated to wings of hope; Planned chapters FCCLA's monthly meetings and officer retreats

2020- Raised \$1,008 for two elementary teachers battling breast cancer at my school; Volunteered at the Salvation Army bell-ringing; Donated to wings of hope; Planned my chapters monthly FCCLA meetings and officer retreats

Regional

2018-2019- LEAD Conference; District Meetings-Attended; Chicken Noodle Soup Kitchen; Breakfast with Santa
2018- STAR Event First Place Regional Interpersonal Communication

2019- District Meetings-Conducted; Presented Workshop at Lead Conference; Presented awards to STAR Event participants

2020- Virtual LEAD Conference; Virtual District Meetings-Attended; STAR Event First place Interpersonal Communication

State

2018- Take AIM; Oklahoma Challenge

2019- District Officer Training; Oklahoma Challenge

2020- District Officer Training; Monthly Zoom Calls with Oklahoma's District Presidents & members; Oklahoma Challenge; Virtual Joint Executive Council Meetings with TeamTri; Virtual CTU Camp; Social media announcements; Filmed videos for Oklahoma Challenge; Filmed videos for FCCLA at the table; Attended monthly Virtual State Officer meetings; Assisted with State STAR Events, Served on the Courtesy Corps at State STAR Events; Served on the Courtesy Corps at State Convention; STAR Event Interpersonal Communication; Presented a Virtual Workshop at LEAD Conference; Attended 4 consecutive State Conventions; Served as Oklahoma FCCLA's 2020-2021 First Vice President; Helped conduct 2020's virtual District Officer Camp; Attended Alumni movie night; Created a slideshow highlighting the 2020-2021 FCCLA State Officers at the SEC Banquet

National

2018- National Cluster Meeting in Louisville, Kentucky

2020- Virtual National Leadership Conference; National Network Teams; Leadership Academy

Contributions to Family and Consumer Sciences Education

Advocated at the Oklahoma State Capital for FCS, FCCLA, and Career Education; Presented slideshows encouraging middle school students to join FCCLA and FCS classes; Spoke on behalf of FCCLA at Oklahoma's FCS new teachers training; Spoke on behalf of FCCLA and FCS classes at Morrison Public Schools board meetings; Helped find and create curriculum for my new FCS teacher at my high school; FCS in-person and virtual chapter visits; Hosted local FCCLA ice-cream socials; Worked with Oklahoma Challenge to send out our promotional Seatbelt video; Emailed legislators regarding the Seatbelt Bill.

School & Community Participation

****Total volunteered hours: 1,237****

2017-Present- 4-H member, Chapter Officer 2019-20; BPA member; I volunteer my time making cakes, cookies, and goodie bags to donate to the following groups: teachers & staff at school, local community businesses, retirement homes, hospitals, churches, regional community events, and to the Toby Keith Kids Korral; I also volunteer my time for the following organizations/activities: Renaissance Memory Care; OG&E United Way fundraiser; Canned food drives; Veterans Day Assembly; Veterans Drive; Career Day at Morrison High School; Angle Tree; Christmas Toy drive; Samaritans Purchase (Christmas Child); Trunk or Treat (Eagle Heights Baptist Church); Wings of Hope; local YMCA; and continuing to advocate for Mental Health and Mindfulness

2019-Present- Class President; Student Council Secretary; Art-club President; Yearbook Committee; Robbie's H.O.P.E Ambassador; Mindfulness First Ambassador

Job Experiences

*████████ Cafe: (2018-2020) I worked as a host, waiter, dishwasher, plater, and cook.

*Kelly's Creations: (2018-Present) Personal Cake Business

*Dog Groomer: (2018-Present)

*Landscaping and Lawn Care: (2015-Present)

*Concession worker for OSU Athletics: (2018-2020)

*Dog sitter/house sitter: (2018-Present)

*North Central Construction: (2020-Present)

*Babysitter: (2017-2020)

*Fruity Patooties food truck: (2020-Present)

*Ray of Sunshine Helping Hands: (2021-Present)



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: Jessica King

State: Georgia

How have you advocated “Beyond Measure” for FCCLA and FCS education throughout your time in FCCLA and what do you plan to do in the future to continue these efforts?

I knew next to nothing about FCCLA when I joined almost four years ago. However, my passion for the organization grew exponentially only a few months into my membership. At our third meeting, our adviser introduced STAR Events to all of the new members, encouraging them to participate that year. I found an event that felt right for me, and competed in Teach and Train. I had been interested in careers such as physical therapy and special education teaching since my brother was born. When we moved to Effingham County, he had been enrolled in a general education inclusive school as a student with Down Syndrome. When I decided to participate in STAR Events, I contacted my brother’s teacher and made a plan to create three lesson plans for a diversified educational classroom and present them to around 20 students. Bringing these plans to life and receiving feedback from a professional in her field, I saw the depth of my passion. I quickly advanced to competitions at the Georgia FCCLA State Leadership Conference, where I received a gold medal for my project and advanced to the 2019 National Leadership Conference.

At NLC, I was able to share my project with other STAR Event Competitors, along with many other attendees I met along the way. To me, it was incredibly heartwarming to share something I was passionate about with hundreds of people from all across the nation. Even after the conference had ended, I knew that it was one of the biggest turning points in my journey with FCCLA. I connected with the State Officers from many different state delegations, and even got to meet the 2018-2019 National Executive Council, who ultimately influenced me to pursue leadership within our organization.

The next year, I worked closely with my adviser to run as a State Officer Candidate for Georgia FCCLA. Right after our first interviews for candidacy, COVID-19 struck the world and caused a nationwide quarantine. The State Leadership Conference was cancelled, but that didn’t stop my council from persevering and completing the election process to become the 2020-2021 State Executive Council. I was elected virtually in the middle of April, 2020, as the State Vice President of Public Relations.

Even though we could only host virtual conferences, my SEC was able to create workshops for members across the state that highlighted careers in FCS Education as well as what FCCLA provided for its members. As a State Officer, I was invited to CTAE Advisory Board Meetings for Effingham County, where I worked closely with CTAE directors and teachers to create plans that would encourage the enrollment of students in FACS classes, as well as their pursuit of careers in FCS Education. At these meetings, I was also able to provide information from the State Delegation to collaborate with these educators on ways to incorporate CTSOs into their classrooms and lesson plans.

When I graduate from both high school and FCCLA, I plan to gain my degree in either Family and Consumer Sciences Education or Child, Youth, and Family Studies. After receiving these degrees, I would hope to obtain a job as an FCS Educator or a school counselor, while still having ties with the organization that has benefited me so much.

STOP typing here! You must not continue typing past this page for Essay 1. Additional pages will not be accepted.



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: Jessica King

State: Georgia

Describe how you were able to adapt as a leader and continue to make positive changes during the global pandemic.

One month into the COVID-19 pandemic, I was elected as the 2020-2021 State Vice President of Public Relations for Georgia FCCLA. The entire State Executive Council started our terms completely virtually - from the elections process to our first state executive council meeting to our first virtual conference.

The majority of responsibilities included within my position were already virtual affairs, however with the coronavirus closing schools and offering virtual classes, membership was very low and it was harder to reach members. I had to take a huge step back from what I already knew about my position and access what I could make of it under the circumstances. Working with my council, we devised a social media strategy to increase member engagement and provide interactive tools for advisers.

In the past, I had really only connected with a team in-person while serving as a chapter officer. We had a means of communication outside of school, of course, but the majority of our planning for FCCLA events took place at our own meetings. Serving as a State Officer during a global pandemic was a completely different experience. Our State Staff scheduled bi-weekly meetings and planning sessions in order for everyone to collaborate and complete our work on time. It was extremely difficult at some points, but it overall impacted my sense of time management, work ethic, and teamwork.

Even though we had frequent meetings, my council wasn't able to officially meet in-person until five months into our term. We hadn't yet been able to bond with one another and work together in a physical environment prior to this. Our first virtual conference took place only one week before our first in-person State Executive Council meeting.

We made the best of this conference. From virtual workshops to pre recorded sessions, it was definitely a challenge, but it is one I would do all over again just for the experience and lessons I learned. Georgia FCCLA continued to host virtual conferences, which were huge successes. My council hosted virtual fundraisers across the state to raise money for the Georgia FCCLA Foundation and our two state camps.

Relentlessly, we worked to ensure that our members were experiencing the best conferences that we could provide them under the circumstances. We received a ton of positive feedback, and were able to connect with advisers one-on-one to answer any questions they had.

Throughout my term, the State Executive Council realized that it would be best to create a committee that would aid in protecting the rights of our members and ensuring that they were recognized and supported in our organization. This committee is now called the Civil Equality Committee, and it is run by two chapter advisers, two State Officers, and two members who hope to serve the committee and its purposes.

Outside of FCCLA, I was still active as Chapter President of FBLA and NHS. In this position, I organized virtual and socially distanced meetings, as well as volunteer events for those in need. Some of these events included canned food drives, volunteering at our school's family fun day, and clothing drives.

COVID-19 was sadly able to slow our pace, but it wasn't able to stop our passion for helping others and our drive for leadership.

STOP typing here! You must not continue typing past this page for Essay 2. Additional pages will not be accepted.

Jessica King

Georgia

High School
High School FCCLA

3rd Year FCCLA Member

3 years of FCS Instruction

11th Grade



Family and Consumer Sciences Education Classes

- ★ Early Childhood Education I
 - Ninth Grade - One Credit
- ★ Early Childhood Education II
 - Tenth Grade - One Credit
- ★ Early Childhood Education III
 - Eleventh Grade - One Credit

FCCLA Participation

- ★ Local Level
 - Chapter Treasurer (2019-2020)
 - Chapter President (2020-2021)
- ★ Region Level
 - STAR Events Competitor - Gold Winner (2019)
 - Workshop Presenter at Region 9 Meetings
- ★ State Level
 - Statesman Exam Recipient (2019)
 - STAR Events Competitor - Gold Winner (2019)
 - State Voting Delegate (2019)
 - 2020-2021 State Vice President of Public Relations
 - Distinguished Statesman Exam Recipient (2021)
 - Power of One Recipient (2021)
- ★ National Level
 - STAR Events Competitor - Silver Winner (2019)
 - National Voting Delegate (2020)
 - 2021-2022 National Officer Candidate

Contributions to Family and Consumer Sciences Education

- ★ Monthly Pre-K Classroom Volunteer (2018-Present)
- ★ ECE Pathway Award Winner (2019)
- ★ Workshop Developer and Presenter on FACS Educations Benefits
- ★ Effingham County Advisory Board Meeting CTAE Representative
- ★ NOCTI Certification in ECE
- ★ CTAE Student of the Year Nominee (2021)

Participation in School and Community

- ★ FBLA Chapter President (2020-2021)
- ★ NHS Chapter President (2019-2021)
- ★ Beta Club Member (2019-Present)
- ★ NSHSS Ambassador
- ★ Free Tutor for all Students
- ★ Volunteer Events
 - Canned food drives
 - Clothing Drives
 - Buddy Walk
 - Family Fun Day
 - 5K Events
 - Teacher Appreciation Week
- ★ Sales Associate at Food Lion, Inc.



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: Mia Moore

State: Oklahoma

How have you advocated "Beyond Measure" for FCCLA and FCS education throughout your time in FCCLA and what do you plan to do in the future to continue these efforts?

How have I advocated "Beyond Measure" for FCCLA and FCS is a great question. I have been able to advocate in various ways on the local, state and national level. As my experience and knowledge of FCCLA and FCS has grown, I understand more and more the importance of seeking out continued funding and support for our programs so that they will endure the test of time to benefit current and future students.

I have advocated most in my community. Every year, local chapter members, including myself, speak to students about reasons why they should enroll in FCS classes and join FCCLA. We set up a booth at high school enrollment to discuss FCS class options and the many added benefits of participating in FCCLA. We also speak to the 7th grade class so they will have a clear picture of what our curriculum and organization encompasses when they complete their enrollment for their 8th grade year, which is the first year FCS is offered at our school. Convincing new students to join can be challenging, but sharing with them the reasons I believe they should join definitely helps encourage their interest and participation.

On the state level, I have participated in FCS Day at the Capitol with many other FCCLA members and advisers from across Oklahoma. We scheduled face-to-face meetings with our congressional leaders, allowing us the opportunity to discuss in person the importance of FCS classes being offered in our schools and how these courses prepare us for the work force as well as leadership roles within our community.

Nationally, I was given the amazing opportunity to attend Capitol Leadership in Washington, D.C. This experience allowed me to expand my advocacy efforts to a whole new level. Now, I was speaking with Congressmen and Senators to request continued funding and promoting CTE and FCS education for every student in every school throughout the United States. By attending Capitol Leadership, I was also able to learn how important it is to stand up and have a voice in things that are important to you.

In the future, I plan to advocate in the ways I have been, as well as develop even more strategies to obtain support for FCCLA and FCS. I realize the importance of advocating on the local, state and national level, and with that, I will challenge myself to reach out to even more people so they too can reap the benefits of our curriculum and student organization.

STOP typing here! You must not continue typing past this page for Essay 1. Additional pages will not be accepted.



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: Mia Moore

State: Oklahoma

Describe how you were able to adapt as a leader and continue to make positive changes during the global pandemic.

As a result of the global pandemic, everyone has had to adapt in ways they never thought they would. For me, it was adapting to the way life changed during the pandemic. Seeing the trouble and disappointment people were facing, I knew I had to find a way to help. Many changes had to be made, and with that, things got challenging. I just kept telling myself that when there is a negative, there is always something that can be made into a positive.

Although it was sometimes hard to find the positive in something that was having such a negative impact on so many lives, I knew it was a time to reach out to those in need and help them in any way possible. One need that was apparent in my community was lack of food resources during the pandemic, so I decided it was the perfect time to reach out and help at my church's food pantry. I helped collect food donations and passed them out to those in need. Seeing the joy on the faces of those in need as they were receiving food was a very positive and rewarding outcome for me.

As event after event was cancelled, I could see the disappointment in those around me. Being elected as a district officer during the pandemic, I knew I did not want members in my district to miss out on their District Leadership Conference. Even though it would be different than our usual in-person meetings, I was very supportive of having a virtual district meeting. I wanted to make this virtual meeting as fun and exciting as possible so members would still be engaged and enjoy it. I, as well as my fellow district officers, decided to use the theme "The Wizard of Oz" so we could incorporate entertaining games and activities in which our members could participate. Hosting this meeting on a new platform gave me the opportunity to step out of my comfort zone and become an even better leader. I had very little experience with Zoom and virtual meetings at that point in time, but our team pulled together to make it work with the restrictions of social distancing.

Despite the many challenges I had to face during the global pandemic, I was able to adapt in ways that I never thought possible. These challenges pushed me to learn new things as well as participate in new things. In turn, they helped me become a better leader and inspired me to make positive contributions to the lives of others.

STOP typing here! You must not continue typing past this page for Essay 2. Additional pages will not be accepted.

Mia Moore

Oklahoma

████████ High School

████████ FCCLA

Sophomore

3 year FCCLA member and FCS student

FAMILY AND CONSUMER SCIENCES COURSES

- Intro to Hospitality & Tourism, 10th grade, 1 Credit
- FACS Basics, 9th grade, 1 Credit
- Family and Consumer Science I, 8th grade, 1 Credit

PARTICIPATION IN FCCLA

Local

████████ FCCLA Vice President of Membership – 2020-2021

████████ FCCLA Vice President of Community Service – 2019-2020

████████ FCCLA Reporter – 2018-2019

District

Southeast District I Vice President of Public Relations – 2020-2021

LEAD Conference – 2020, 2019, 2018

District Leadership Conference – 2020, 2019, 2018

District/Regional STAR Events – Job Interview 2020, Teach & Train 2019, 2018

State

Oklahoma Vice President of Development – 2021-2022

Courtesy Corps at State Convention – 2021

State STAR Events – Job Interview 2021

State Leadership Conference Attendee – 2021, 2020, 2019

Thunder NBA Leadership Development Conference – 2019, 2018

Take AIM Conference – 2019

Summer Leadership Summit – 2018

National

Virtual National Leadership Conference – 2020

National Fall Conference, Dallas, TX – 2019

Capitol Leadership Advocate, Washington, D.C – 2018

CONTRIBUTIONS TO FAMILY AND CONSUMER SCIENCES EDUCATION

FCS Recruitment with younger students

FCS Advocate at Capitol Leadership in Washington, D.C. and FCS Day at the Capitol in Oklahoma City, OK

Say Yes to FCS Promotions

Attending OSU FCS Night during State STAR Events

PARTICIPATION IN YOUR SCHOOL AND COMMUNITY

Superintendent's Honor Roll

Varsity Cross Country and Track

Varsity Girls Basketball Manager

KHS Senior Citizens Christmas Dinner

KHS New Years Classic Hospitality Room

Marshall County HOPE Toy Drive

Marshall County Chamber Banquet

Leukemia & Lymphoma Society Fundraiser

Lighthouse Methodist Church Youth Member

Server Assistant at Gecko's Grill



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: Cristian A. Osorio

State: Arkansas

How have you advocated "Beyond Measure" for FCCLA and FCS education throughout your time in FCCLA and what do you plan to do in the future to continue these efforts?

The moment I went "Beyond Measure" was when I joined FCCLA in 2017. From that moment, I took part in a journey that would help me embrace my personal strengths and discover what my true passion is and how I defined it. During my first District III meeting in 2017, I was truly inspired by the remarks and advice of former National Vice President of Public Relations Ashley Turner. She encouraged me to believe that nothing is beyond my capabilities. I have made it my personal mission to accomplish everything with as high a standard of dedication and excellence as humanly possible.

My goal was to be able to inspire others that were in similar situations like me as much as Ashley inspired me that day. Running for a state officer position allowed me to put my skills and strengths to the test and I am happy to say that it allowed me to be one-step closer to becoming a better me. During my time as an Arkansas First Vice President, I spent most of that year advocating for FCCLA and FCS education. In 2019, I spent a week in training with my officer team, led by Ashley Turner. Learning how to advocate, lead, and communicate effectively was prominent in my character development. During my time at the National Leadership Conference in Anaheim, California in 2019, I was able to create and bond with peers across the nation that I still consider friends.

My first act in advocacy was as a page for Representative Jack Ladyman at our state capitol and it sparked a passion that I did not know that I had. It was not until Capitol Leadership in Washington D.C. in 2019 where I started to develop a passion for government through advocacy. While there, I learned that as an effective advocate I must always be on time for my appointments, be concise, build coalitions and always say, "thank you." My entire experience at Capitol Leadership was phenomenal. I met with national elected officials, Arkansas's Senator Tom Cotton and Representative Rick Crawford, to promote FCCLA, CTE Funding, and FCS education.

My efforts as an advocate were not limited to public affairs. Another form of advocacy is where it becomes service; in effect, advocacy by example. In my experience, this has included volunteering with CASA (Court Appointed Special Advocates), the Food Bank of Northeast Arkansas, and the fast-growing Hispanic Community, where I teach English Language skills. All of these activities are advocacy where it counts: lifting up those needing a helping hand and speaking up for the most vulnerable among us. It is safe to say that after these experiences and Capitol Leadership, I am now confident in my desire to pursue a career in the Human Services field, and it is entirely possible through FCCLA.

Even with the pandemic still happening, I plan to stay consistent and persevere through this tough time by using each of the skill sets I have learned. In the near future, I plan to apply to Georgetown University where I will work toward a degree in Political Science and Journalism. I will do my best and stay in touch with those who have helped me along the way. I shared my story of how a shy and insecure individual now has a purpose: passion for advocacy and public speaking, and I always speak with urgency and confidence because it is the most real me there could ever be.

STOP typing here! You must not continue typing past this page for Essay 1. Additional pages will not be accepted.



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: Cristian A. Osorio

State: Arkansas

Describe how you were able to adapt as a leader and continue to make positive changes during the global pandemic.

As the global pandemic swept the entire world and changed how we work, society changed how it interacted. We set out to accomplish the work we started...to serve, communicate, and lead. Though we had to make many changes to navigate this new era, we have remained consistent, being responsive as new needs arose. Thus, out of necessity, we also developed the flexibility to evolve. Meetings are essential for members to know about events, changes, and other things of importance; however, the pandemic presented us with obstacles.

We quickly learned how to navigate them and used technology to our advantage. We adapted to this new way of life and practiced social distancing when needed and switched to hosting virtual meetings. Because of this, I learned a lot about how important communication is both in person and virtually. Being in front of an audience or your peers is much more different than a virtual presentation or meeting. Let's face it, many of us took on new challenges of communicating effectively while wearing masks, learning new skills and technology, and overcoming technical difficulties.

All members of our organization were affected in different ways. Everyone still wanted to be involved. For those who struggled with technology, we worked to find solutions for them, whether it was to have a socially distanced meeting or lend them an electronic device so they could still be a part of the meeting. I did my best to make sure that all my fellow members felt comfortable and welcome during a difficult time. Throughout all the challenges that we faced, staying focused and consistent to our work, as well as being adaptable to changing conditions, were important for me to continue growing as a leader.

None of this would have been possible without one essential thing: Trust. FCCLA, first and foremost, is built on relationships. Whether it is in the school building or across the country. FCCLA is a perfect example of relationship-oriented leadership. It is the direct result of years of building networks where ideas are shared and bonds are built. Leadership built on this foundation is based on such a degree of trust that in a crisis, such as a pandemic, relationships are strengthened to such an extent, that our whole organization became stronger. With flexibility, we were able to think outside the box and collaborate to everyone's benefit.

What I have just described has also been called servant leadership. It seeks service as the pinnacle of leadership. I believe that people respond better to the leader that is more concerned about the well-being of the members of the group than how the leader's position makes him or her look. This cannot help but produce the perfect result: confidence and security in a time of uncertainty. And to me, that is the most desirable result of leadership.

STOP typing here! You must not continue typing past this page for Essay 2. Additional pages will not be accepted.

Cristian A. Osorio

State: Arkansas School: The Academies at [REDACTED] High School Chapter: [REDACTED] High FCCLA
Year in School: 11th Grade Years in FCCLA: 4 years Years of FCS Instruction: 4 years

Family and Consumer Sciences Program of Study: Human & Social Services

Completer in Family and Consumer Science (cords and diploma seal will be issued upon Graduation)

2020 - 2021	11th	Dynamics of Human Relationship	(1 credit earned)
2019 - 2020	10th	Child Development & Parenting	(1 credit earned) Financial Literacy (½ credit earned)
2018 - 2019	9th	Family and Consumer Science	(1 credit earned)
2017 - 2018	8th	Family Career & Sciences Investigation	(AR does not give credit for this course)



Offices Held in FCCLA

Arkansas FCCLA National Officer Candidate (2020-2021)
[REDACTED] High FCCLA 1st Vice President (2020-2021)
Arkansas FCCLA 1st Vice President (Term Limit of 1 year) (2019-2020)
District III Executive Council Member (2019-2020)
[REDACTED] High FCCLA VP of Community Service (2019-2020)
Arkansas FCCLA State Officer Candidate (2018-2019)
Annie Camp Junior High Chapter President (2018-2019)

Participation in STAR Events

***2020-2021 District** - Job Interview (Silver) **State** (Gold) and Advancing to **Nationals**
***2019-2020 District** - Sports & Nutrition (Student Judge) **State** (Set-Up/Registration/Runner/Presented Medals)
***2018-2019 District** - Food Innovations (Student Judge) **State** - Promote & Publicize FCCLA (Student Judge)

Participation in Family Career and Community Leaders of America

***2021** National Leadership Conference - Nashville, TN - attending in person
***2020** Virtual National Leadership Conference
***2020** Kikkoman/FCCLA Japanese Exchange Program - Finalist - Program suspended due to the Pandemic
***2019** Capitol Leadership - Washington, DC
***2019** NLC Voting Delegate
***2019** National Leadership Conference - Anaheim, CA
***2019** Power of One - State and National Recognition for completion of all 5 units
***2019** Go For the Red Membership Campaign - Individual Award
***2019** Presenter for the District III Leadership Conference
***2018-2022** District III Leadership Conference
***2018-2022** Arkansas FCCLA State Leadership

Contributions to Family and Consumer Sciences Education

***May 2021** - Family and Consumer Science Academic Overall Award - The Academies at [REDACTED] High
***Feb 2020** - Advocate for FCCLA - AR State Capitol - met with Gov. Asa Hutchinson and Sec. of Ed. Johnny Key
***Jan 2020** - Advocate with a letter of Recommendation to support Mr. Kevin Ryan for the FCCLA National School Administrator Award
***Oct 2019** - Advocate for FCCLA / CTE Funding on Capitol Hill - met with Sen. Tom Cotton and Rep Rick Crawford

School and Community Involvement Spanish Club (2017-Present), FBLA (2018-Present), Debate Team (2019), School Play (2020), Philosophy Club (Co-Founder) 2020, Wings to Go (Host/Cashier) (2020-Present), Textbook Brokers (Packed & Shipped) (2020), Page for Rep Jack Ladyman (AR HOUSE) (2019), AR Food Bank (2019), Special Olympics (2018-Present), Toy Drive for CASA (2017), Think Pink Fundraiser for Breast Cancer (2017), Food Bank of Northeast AR (2017-Present), Hispanic Community Center (I teach English Language skills) (2017-Present)



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: Isabel G. Palacios

State: Texas

How have you advocated "Beyond Measure" for FCCLA and FCS education throughout your time in FCCLA and what do you plan to do in the future to continue these efforts?

"Without advocacy, vulnerable people cannot be heard or given credence. Without advocacy vulnerable people have no power and will be invisible." -Michelle O'Flynn. Becoming an officer with Family, Career and Community Leaders of America (FCCLA), has taught me to use the various types of social media to promote our organization. By creating instagram stories/posts with the theme, "Beyond Measure," I have been able to notify the student body of the upcoming FCCLA events and membership recruitment week. Along with using social media to promote news, I also submit announcements about Family and Consumer Sciences (FCS)/FCCLA for the school principal to announce each school day. During our monthly leadership team meetings, I listen to the other officers and what their concerns and needs are and work with my advisors on solutions. This way we are able to provide members with updated information of current local, regional, state, and national FCCLA news through sources that are familiar to them. Many students express an interest in being part of FCCLA, but they often don't realize the benefits that the organization provides outside of high school. My freshman year, I was enrolled in the Principles of Human Services FCS course. At first my thoughts were; "How will this benefit me in the future? Why do I need to know how to write out SMART goals? What will I do with this information? Who is going to benefit from making long term goals?" I quickly learned the importance of the FCS curriculum as I began to research the individual courses. I realized that the courses serve a specific purpose in a students career path. I then began talking with other students about how beneficial FCS classes are, regardless of the career field a person pursues after graduation. I make it a point to share with other students and with family members the benefits of all the FCS courses. "When the whole world is silent, even one voice becomes powerful"- Malala Yousafzai. During the global pandemic, many people have fallen low, lost hope and faith. One voice, one person, has the potential to take the reins of the greatest challenge, to make a difference in the life they live. I have taken my leadership skills I developed and used it to influence everyone, regardless of who you are, that you are fully capable of speaking out for what you believe is right. Soon after I was elected a Texas FCCLA state officer, I spoke to our school board and explained what I have done through FCCLA and the accomplishments it has helped me achieve. By giving them this information, I feel they have become even more supportive of our organization, after hearing another student talk about what FCCLA is, what their purpose is, and how the organization impacts so many students' lives. After I graduate high school, I plan to join the Alumni & Associates and help "The Ultimate Leadership Experience" continue to steer FCCLA and its membership. I want to use this alumni organization to share my personal experiences with young members; stay in touch and reconnect with friends and colleagues; and provide support to current leaders. I discovered my voice through FCCLA, I stood up and took a chance and now I want to encourage others to find their voice and become a leader through all that FCCLA can offer them. "Members develop skills for life through: character development, creative and critical thinking, interpersonal communication, practical knowledge, and career preparation." Everyday, we have leaders all over the nation changing the world one step at a time, because of FCCLA's impact on their life.

STOP typing here! You must not continue typing past this page for Essay 1. Additional pages will not be accepted.



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: Isabel G. Palacios

State: Texas

Describe how you were able to adapt as a leader and continue to make positive changes during the global pandemic.

“Leadership is not about titles, positions, or flowcharts. It’s about one life influencing another” said John .C. Maxwell.

During my time in Family, Career and Community Leaders of America (FCCLA), I have been given the opportunity to lead by example and positively influence others. The COVID-19 pandemic has turned the world on upside down. Due to the adversities I have faced during the global pandemic, I have taken the opportunity to become a stronger leader and to encourage others to do the same. Some saw being quarantined as a time of despair, but I saw it as an opportunity to grow as a leader and a communicator in many different ways. During the nationwide lockdown, I spent countless hours researching how to strengthen my leadership skills, while watching many world leaders' messages and TED talks. The information I gained from those TED talks ignited a passion in me to take on a life-changing role as a leader. I saw COVID-19 as an opportunity to step out of my comfort zone and develop the leadership characteristics that it takes to be a true leader. The reality of life post-COVID-19 and its consequences for our organizations and society are uncertain and will play out over the rest of 2021 year and beyond. I have always heard, “Lead by example; Set the example; Be the change you want to see in the world.” - teaching me to be a leader, not a follower. These words, instilled in me from a young age, are words that I hope someday I can use to impact the lives of others. Given the chance to develop leadership skills through the various organizations I am a part of has allowed me to explore the many different types of leadership available to me. The global pandemic has changed mine and others' perspective of the world greatly. In this time of confusion and disbelief, having someone who can find the positive in this situation is one I believe is a true leader. During this time, I have worked on developing stronger communication skills and taken on new roles by stepping in to fill positions of leadership, vacant due to officers out because of the pandemic. I hope that I have led others to becoming more confident in their leadership skills and pushed them to strive for success.

STOP typing here! You must not continue typing past this page for Essay 2. Additional pages will not be accepted.

Isabel Grace Palacios

Texas- [REDACTED] High School- [REDACTED] FCCLA- Junior- 2 year member- 3 years of FCS courses

Education [REDACTED] High School, [REDACTED] **August 2018-Present**

Expected Graduation May 2022

Activites [REDACTED] FCCLA

2020-21

Served as V.P of Competitive Events
Volunteered at Chapter FCCLA Boo Bash Appreciation
Participated in FCCLA dress-up week; Red Ribbon week activities
Attended the Texas SLC; Region III Leadership Conference
Donated canned items for Food for Families food drive
Attended Chapter FCCLA Holly Jolly Christmas Party Events
Selected as State Officer for 2021-22

2019-20

Wrote congratulations card for STAR state qualifiers
Created treat bags for members who competed in a STAR Event
Attended Ag. Awareness day at the Texas State Fair
Attended Fall Leadership in Fort Worth
Served as V.P of Public Relations 2019-20
Competed in STAR Event Job Interview Junior Division; Region III
Took FCSA at Fall Leadership in Fort Worth
Wrote positive letters, posters for Be A Friend project, NY
Donated books for Mission Waco
Wrote cards and notes for teacher appreciation events
Donated personal care items to Dallas Advocacy Center
Donated canned items for Food for Families food drive
Participated in FCCLA dress-up week; Red Ribbon Week activities

China Spring Electric Blues

Participated in the McLennan Community College Dance Competition.
Participated in HTE dance competition
Participated in Showtime International Competition
Competed in National Starbound Dance Competition

FCS Courses Taken/Human Services Pathway

9th- Principles of Human Services- 1.0
10th- Dollars and Sense-0.5
10th-Lifetime Nutrition and Wellness-0.5
11th- Human Growth and Development- 1.0

Community Service

Worked at Baylor Football Game Concessions for CS Cross Country
Assisted in highway clean-ups
Assisted in Iron Man Fundraiser
Assisted In cleaning up the vans for summer camps
Assisted in cleaning up the Jubilee Theatre
Assisted in cleaning the World Cup Cafe and Fair Trade Market

Work Experience

Chick-Fil-A; June- Nov. 2019



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: Kylie Parisien

State: North Dakota

How have you advocated “Beyond Measure” for FCCLA and FCS education throughout your time in FCCLA and what do you plan to do in the future to continue these efforts?

If you viewed my life before I joined FCCLA, I did not make many efforts to go out of my comfort zone and impact my community. I did not have the bravery and leadership to go beyond measure in my life. Once I joined FCCLA, everything changed positively in my life, whether it was making more efforts to impact others or becoming more outgoing. I got to go beyond measure through my steps to help others, learn in FCS education, and being a North Dakota State Officer.

What hooked me into joining FCCLA was how much it helped others, and I did not know how to make these efforts independently. I wanted to learn more, so I became very active in this organization to comprehend how these situations can improve the community and impact individuals. My district created hundreds of water bottled dog toys to donate to the Turtle Mountain Animal Shelter, which was a massive help to the company. This experience motivated me to make more efforts, such as raising money for Children's Miracle Network, make tie blankets, donate food, and the list continues. To go even further beyond measure, I decided to compete in STAR Events both my freshman and sophomore year with Repurpose and Redesign and Career Investigation. Both projects have allowed me to learn skills like public speaking, problem-solving, and time management. With these new skills, I used them to my help to advance to the national level both years.

Another factor that I considered influencing me into joining FCCLA was the FACS class I took in the spring semester of my 8th-grade year. FACS 8 class also interested me in taking more FCS classes. Due to a busy schedule my freshman and sophomore year, I could not take another class until my junior year. This past year I took three FCS classes: Nutrition and Foods for two semesters, Child Development for one semester, and Independent Living for one semester. These classes have a range of knowledge and skills to learn, which helped me in my efforts to go beyond measure. My Nutrition and Foods class has allowed me to learn how to cook and bake and improve my skills in the kitchen. My Child Development class let me know how a child grows up, which will help me when I have children and better understand people younger than me. My Independent Living class allowed me to learn about essential factors to start thinking about when I go to college, like expenses, living, job experience, etc.

At last, being a state officer has genuinely given me the experience to go beyond measure. I learned how to adjust to new, challenging situations, like impacting others virtually instead of face-to-face. My role as Vice President of Public Relations also inspired me to select a career, which is marketing. This career choice will allow me to use my public speaking, teamwork, and organizational skills that I learned in FCCLA and my FCS education in the future. Marketing will allow me to learn even more skills about how analytics work, digital knowledge, and understand sales processes. I also plan to be active in college like I was in high school by joining different clubs and leadership teams to continue making efforts to grow as an individual. All of the factors that I have learned throughout my life will continue improving as I grow older to keep making efforts to go beyond measure.

STOP typing here! You must not continue typing past this page for Essay 1. Additional pages will not be accepted.



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: Kylie Parisien

State: North Dakota

Describe how you were able to adapt as a leader and continue to make positive changes during the global pandemic.

A leader comes with many qualities that will positively help their leadership. Some characteristics may be personal, like determination, intelligence, confidence. Others may focus on surrounding individuals, how they are friendly, motivational, and inspirational. As for myself, there are many unique ways I was able to continue making positive changes as a leader during the global pandemic, including my outlook, articulation, and outgoingness.

When the Coronavirus first became a problem in the United States, it was weeks before the North Dakota State Conference. All of my predictions and expectations for how running for state office would go soon became clueless to me with a huge question mark. Even with a sudden change of state conference through a variety of zoom meetings instead of face-to-face interaction, I was able to stay positive throughout the whole process of running for the State Executive Council. This drastic change manifested the most considerable adaptation I had to face as a leader. It not only allowed me to comprehend how to make expeditious adjustments at any given moment, but it allowed me to make an impact on others as I was able to run for office and be elected as an officer through a computer. This process was something astounding since the election went without meeting face-to-face.

As I received the role of the 2020-2021 North Dakota Vice President of Public Relations, I was introduced to a whole new area of social media. I was able to see what it is like to view statistics of public interaction, understand what attracts a bigger audience, and create ideas to increase interactivity. As this past year became a strictly virtual year, social media became a crucial element in spreading positivity as a leader. Social media was the source to achieve success as a leader for myself and my fellow officer team. It was efficient this past year since the contests posted on Instagram and Facebook set up individual chapters to have a friendly competition with other competing chapters. Not only that, social media was a platform to positively share to fellow individuals that it is crucial to mask up as my state officer team and I shared photos with our masks on.

Finally, impacting my town, community, and North Dakota has allowed me to show others positive changes. This past year, there were many downtimes to learn new things and better understand me as a human being. I became more confident and outgoing to others as there were limitations put into place on seeing other individuals due to the global pandemic. My socialness has allowed me to be a role model in situations, including supporting the mask mandate, being responsible with the school's technology devices, staying 6 feet apart from others, and the list goes on. These efforts make a positive change to help prevent the Coronavirus from spreading and decrease the number of cases.

All and all, trying to be positive during a global pandemic may be pretty difficult at times, but working through the challenges helps an individual. Being positive during these difficult times will lead others to have a good outlook on things and have a positive mindset on situations. Throughout this year, I chose to remain positive as a leader instead of letting the negativity take over. This global pandemic has indeed added a unique factor to my ultimate leadership experience.

STOP typing here! You must not continue typing past this page for Essay 2. Additional pages will not be accepted.

Kylie Parisien

██████ Public School / North Dakota / Junior

██████ FCCLA Chapter / 3 years in FCCLA / 2 years of FCS instruction completed

Courses

- Child Development (0.50), Living on Your Own (0.50), Nutrition and Food A (0.50): 11th grade year.
- FACS 8: 8th grade year.

Participation in FCCLA

- STAR Event participant: District (2019, 2020), State (2019, 2020), and National (2019, 2020).
- District President Candidate, (Fall 2019).
- Quiz contest participant, (Fall 2018).

Offices held in FCCLA

- 2020-2021 North Dakota FCCLA Vice President of Public Relations.
- 2019-2020 Vice President for District 2.
- 2019-2020 Secretary/Treasurer for the ████████ chapter.

Contributions

- ████████ FCCLA chapter fundraising participation in concessions, selling football t-shirts, Christmas decorations, cooking supplies, food items, and Valentine's Day cookie gram sales (2018-2020).
- FCCLA annual food drive (2018-2020).
- Dog toys for the Turtle Mountain Animal rescue: (2018, 2019).

Participation in school

- ████████ FFA chapter: Treasurer (2019-2021).
 - Received a silver at the state FFA 2019 for Floriculture.
- Student leadership team: (2018-2021).
- Band and Choir.
 - Northwest Honor Band (2019, 2020), James D. Ployhar Honor Band (2019), Northern Plains Honor Band (2019), and UND Honor Band (2020, 2021).
- Math counts, and knowledge bowl in Bottineau, ND and Rugby, ND (2018-2021).
- Volleyball (2018-2021), track (2018-2021), and basketball (2019-2021).

Participation in the Community

- Attended the International Music Camp: (2016, 2017, 2018, 2019)
- Volunteered at Presentation Medical Center, assisted with test code green.
- Rolette's Suicide Prevention Walk (2019).
- CNA and Activity Aid at the Rolette Community Care Center (6/2020 – 2/2021).



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

National Officer Candidate: Hunter Prinz

State: 4/29/2021

How have you advocated "Beyond Measure" for FCCLA and FCS education throughout your time in FCCLA and what do you plan to do in the future to continue these efforts?

Family Career and Community Leaders of America (FCCLA) and Family and Consumer Sciences (FCS) education have prepared me for my future in many different ways, just as it has all other members and students. FCCLA and FCS are still overlooked in schools and communities everywhere; that is why I feel obligated to advocate and bring attention to both. I started my advocacy on the local level and slowly worked my way up to the state level.

When I first joined FCCLA in the seventh grade, I was oblivious to the lack of support and promotion my FCCLA chapter and school's FCS courses had. By the time I was a freshman, I saw the lack of FCS courses offered to students and our miniscule membership. Seeing this, I immediately went to the school board requesting a reimplementatation of more FCS classes. I thought this would be a hopeless effort, but the next year, my school offered multiple FCS classes for students and even required a life skills class for all seniors. Knowing that my actions could effect change, I talked to my school board and city council about FCCLA. This is where the struggle began. The city council was very supportive of the efforts FCCLA makes in the community, but the school board was still not fully supportive. Resiliently though, I gave presentations highlighting my FCCLA chapter's community involvement, hosted events both in the school and community, and talked to the school board many more times about the importance of FCCLA and FCS in the success of students' futures. I created posters and fliers promoting the new FCS classes offered and the current FCCLA events being hosted. I even gave announcements to my school and submitted articles to the school and community newspapers. It was not till this year that FCCLA gained the full support of the school board and that FCS courses became a part of most middle school and high school students' schedules. My advocacy for this issue was not limited to the local level, as I expanded to the regional and state levels.

As a region and state officer, I was given the opportunity to advocate in places that would affect more than my community. I reached out to potential partners to tell them about FCCLA and its benefits. Though not all wanted to collaborate, most organizations were interested in hearing about FCCLA. Being able to spread the word of FCCLA to potential partners of Texas FCCLA was reassuring. Then I was given a huge advocacy opportunity; I was able to advocate for FCS to elected officials at the Texas State Capitol in Austin, Texas. Being able to talk to Texas officials and have them actively listen and find interest in FCCLA was an amazing experience. The officials' attentiveness in our conversation taught me about the power members have to make a difference. Advocating gave me reassurance in myself and in FCCLA, and I still do not plan on ending my efforts.

In my near future, I plan on continuing the efforts I have made the past few years. My goal is to have a required FCS course for all high school students, so that more students can be prepared for their future careers and family. I want to expand my chapter's membership and have more active members participating in competitive events and other FCCLA initiatives to further their knowlege and skills for their future. After I graduate, I plan to join the Alumni & Associates and stay active in my chapter to mentor new members on adovcating for FCCLA and FCS so they grow as leaders, just as I have.

STOP typing here! You must not continue typing past this page for Essay 1. Additional pages will not be accepted.



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

National Officer Candidate: Hunter Prinz

State: 4/29/2021

Describe how you were able to adapt as a leader and continue to make positive changes during the global pandemic.

COVID-19 has affected the entire world and caused millions of people to adapt their way of living to be more isolated in a virtual world. Being leaders, it is important that FCCLA members adapt to continue the organization. I had to become more flexible, learn communication skills via email and other virtual means, and encourage myself and others to endure during hectic situations. These three things helped me adapt as a leader and continued to positively affect the others around me.

I have always tended to adhere to the traditional methods of work, but this year showed me that they are not as full proof. During the pandemic, I was having multiple virtual meetings with my chapter, my region and state officer team, and with people across the nation for the NLC. Virtual meetings seemed futile to me, but I had to allow myself to thrive in a virtual environment at school and FCCLA. I learned a new set of skills that all focus on virtual communication, which allowed me to continue service projects and partnerships for my chapter and allowed me to plan and host Texas' first virtual state conference, as well as continue to keep strong connections with my family.

As said earlier, I was not fond of virtual meetings because I did not see the benefits of them. To me, in-person communication is the most effective means to conduct business. But I had to change my mind set and see that there are other methods that work. Of course, I had prior virtual communication skills, but I never had to strictly rely on those skills. The pandemic put me in situations where I could strengthen my communication skills and learn to rely on other people more. In my chapter, we have multiple service projects with different members in charge of each. Without being able to be there in person to keep track of their progress, I was worried about how the project was going and if they were even working on it. This was similar to being the Virtual NLC Texas Head National Voting Delegate and delegating over twenty other Texas delegates. Not knowing how each delegate was fulfilling their tasks worried me. In both situations, they finished their jobs and knew exactly what to do based on my emails. This taught me to trust my communication skills and trust in my peers. I also grew my leadership skills by learning how to delegate instead of conquer tasks.

The hardest part about being a leader in the pandemic is staying motivated when it looks like there is no hope for success. I can admit to not being the most motivated at first, but that didn't last long. I realized FCCLA doesn't stop for COVID-19, and I wasn't going to either. From that point on, I encouraged by fellow officers to make the best out of these few virtual conferences and to think of new fun ways to involve the members virtually, and it worked. All of my officer teams were full of enthusiasm, and we hosted some of the best conferences we had had in a while. I also uplifted members in my chapter to push them to compete in a virtual environment and gain all of the benefits from FCCLA. I raised my fellow officers and members, and we made positive changes. This slow start showed me that I could endure through difficult times as a leader. I just needed the right attitude for it.

Each of these experiences were eye-opening to me in becoming a better leader. Many people saw the pandemic as a setback, but I now see it as a feat that everyone accomplished and grew from, including myself. I adapted to this new situation and became a better leader and continued to make positive changes in my home, community, state, and nation.

STOP typing here! You must not continue typing past this page for Essay 2. Additional pages will not be accepted.



Hunter Prinz

Texas – [REDACTED] ISD – [REDACTED] FCCLA – Junior – 5 years in FCCLA

Local FCCLA Involvement

Service Projects: Socks with a Soul 2017~Reality Check 2018~Lollies for Littles 2019~DUDE Be Nice! Week 2019 Financial Fitness Week 2019~Family Game Night 2019-20~Toys for Pups 2020~Nutrition Necessities 2020~FCCLA Week 2017-20~Safe2Save Competition 2020~Car Seat Drive 2020~Farm Fresh Initiative 2021~Purple Santa 2017-21

Events: Chapter Meetings~Career Days booth~Fall Leadership 2018-21~Advocacy presentations to school board, city council, and local businesses

Region FCCLA Involvement

Region II-IV: Region II Conference 2019-20~Region III Conference 2019-20~Region IV Conference 2018-20~ALL Room Consultant 2019-20~ALL House of Delegates Usher 2019-20 ~Spotlight on Projects voter 2019-20

Region V: Region V Conference 2017-20~Parliamentary Procedure Junior 1st 2017 (Cannot compete in Competitive Events as a Texas FCCLA Officer)~Attended leadership workshops 2017~Ran for Office 2018-21~Hosted networking workshops 2018-19~Room consultant 2018-21~Region V Executive Council Meeting 2018-21~Hosted general sessions~Summer Summit 2019~June Leadership 2018-21

State FCCLA Involvement

Participation: State Leadership Conference 2017-21~Parliamentary Procedure Junior 2nd 2017~Attended partner workshops 2017~Ran FCCLA booth 2018-19~Ran for office 2019-21~Room consultant 2018-21~Spotlight on Projects voter 2017-21~Power of One participant~Filmed and edited all Virtual State Leadership Conference general sessions~CTSO Capital Leadership 2021~State Fair/Ag Awareness Day 2020-21~State Executive Council Meeting 2019-20~Peer Education 2018-19

National FCCLA Involvement

Participation: National Leadership Conference 2017 & 2019~Parliamentary Procedure Junior Silver 2017~Student Leadership Workshop 2017 & 2019~State Officer Training 2019~Virtual National Leadership Conference 2020~National Nominating Committee Member 2020~Head Texas National Voting Delegate 2020~Financial Literacy Month Contest 2021

Community and School Involvement

Extra-curricular Activities: National Art Honor Society (NAHS) Historian 2018~NAHS Service Projects Coordinator 2019~NAHS Vice President 2020~National Honor Society Vice President 2020~Yearbook Design Editor 2018~Yearbook Editor in Chief 2019~Yearbook Assistant Sponsor 2020~Student Council Freshman Representative 2017-20~Student Council Parliamentarian 2018-20~One Act Play 2015-2020~UIL 2015-20~FFA 2018~The Locker Junior Class Representative 2020~St. Paul CDC: 127 hours~St. Paul Youth Group

FCS Courses Taken: 4.0

7th Investigating Careers: 1.0

8th College and Career Readiness: 1.0

10th Principles of Human Services: 1.0

11th Principles of Hospitality and Tourism: 1.0

Past Offices Held

7 th	-Chapter Parliamentarian
8 th	-Chapter Vice President -Region V Vice President of Competitive Events
9 th	-Chapter President -State Vice President of Competitive Events
10 th	-Chapter President -State Parliamentarian
11 th	-Chapter President -State Vice President of Leadership Development

Contribution to Family and Consumer Sciences

- School board FCS presentation
- Local businesses FCS presentation
- City Council FCS presentation
- FCS Advocacy at state capitol
- Reaching out to potential partners for the region conference
- Reimplementation of FCS courses in my school

Honors

Class President 2017-20~All A Honor Roll 2015-20~Student of the Month 2019~Class Rank: 1~Male Academic Award 2020~



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: Haley Reid

State: Ohio

How have you advocated "Beyond Measure" for FCCLA and FCS education throughout your time in FCCLA and what do you plan to do in the future to continue these efforts?

I have proudly advocated "Beyond Measure" by not only planning and implementing numerous strategic plans to increase engagements across Ohio FCCLA's social media platforms, but also by pioneering advancement efforts with local government officials to elevate community acknowledgement of both FCCLA and FACS education. As I continue my FCCLA journey, I will use my past successes and learning opportunities as a catalyst to further strengthen professional, yet meaningful connections with members, partners, and supporters of the organization.

Since the beginning of my commitment to FCCLA in 2016, I have continuously capitalized on opportunities to improve communication techniques vital for the betterment of myself and the organization. After creating promotional, educational, and captivating content for Ohio FCCLA's social media platforms for the past year, the number of people reached through these posts increased by 315% and the number of engagements on said posts increased by 755%.

Consequently, this drastic shift in public relations dynamics heightened follower's motivation to network with members of the Regional and State Executive Council, stay regularly informed about upcoming meetings, events, and deadlines, and continue to pursue personal-development opportunities provided by the state and national associations.

So as to supplement my drive to enhance online advocacy efforts, I have developed additional opportunities to bring such awareness to those in my community. After initiating and attending a meeting with honorable Mayor Donald Atkinson on February 4, 2021, a proclamation which I helped to create was signed and enacted to declare February 8-12, 2021 "FCCLA Week" for the nearly 5,000 residents of the Village of Whitehouse. As a direct result of this proclamation, individuals in my community were encouraged to celebrate the foundational values that guide members of our organization to be productive, successful citizens. Having this event recognized and implemented by a legislator also motivated others to learn more about the organization, thus finding ways to support it through the Ultimate Leadership Fund and participation in community outreach events executed by our chapter.

With the aim of advancing FCCLA and FACS education in the coming years and beyond, I will remain committed to establishing and maintaining relationships with numerous groups that align with the mission of our organization. I will connect with members across the country by hosting regularly scheduled, live networking events in an effort to evaluate and act upon the national organization's role in helping state associations and chapters succeed. I will also use the FCCLA Branding and Promotion Guide to create and submit both public service announcements and media releases to local news outlets. To conclude, I am extremely proud of the steps I have taken to help our organization thrive and I look forward to using my connections and resources to facilitate amplified publication of our organization's accomplishments in the future.

STOP typing here! You must not continue typing past this page for Essay 1. Additional pages will not be accepted.



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: Haley Reid

State: Ohio

Describe how you were able to adapt as a leader and continue to make positive changes during the global pandemic.

In the early months of this unforeseen year, as individuals across the world became overwhelmed with the new challenges of the pandemic, our communities began to show their true character. These defining moments in history have forced leaders around the world to remain flexible in an effort to keep focusing on the intrinsic need of perseverance despite the fluidity of the health emergency. My five years of active membership in FCCLA have prepared me for this situation, reminding me to always stay grounded in the values closely aligned with this amazing organization. Thus, I intentionally chose to rise to the occasion and "Persevere Beyond Measure" by pursuing increased opportunities to adapt and advance my leadership skills through FCCLA.

In what strangely seemed to be both the blink of an eye and an eternity, August approached and the start of a new FCCLA chapter membership campaign, an impressive number of scheduled Zoom meetings, and concerns about serving others during a pandemic were all weighing heavily on my mind. I took it upon myself to take the first leap of my quest and use the National FCCLA Membership Madness Toolkit to create an engaging lesson plan encouraging students to join my school's chapter. Shortly thereafter, I presented the lesson to each FACS class at my high school. Wildly successful, this effort resulted in a 66% contest participation increase and I could not be more proud to have welcomed our new members to "The Ultimate Leadership Experience." Then, I made it my mission to sustain this increase by holding twice weekly video conference calls with my chapter to discuss new FCCLA developments on the local, state, and national level. I also used my platform as an Ohio FCCLA Region 1 Executive Council member to help other chapters across and beyond the state association accomplish the same feat by contributing to the planning and hosting of numerous online networking events. Engaging with the altruistic members of this organization fueled me to apply my efforts to my community by spearheading a meaningful, yet safe, Lead4Change service project focused on giving the less fortunate access to resources in regards to basic nutritional needs. Donating over 331 canned goods to my local food pantry with the help of my chapter and the generosity of my community helped me to realize the magnitude of servant leadership during these desolate times. Since July, I have had the privilege of publicizing my successes by creating a personal Instagram account solely dedicated to sharing these combined acts of persistence and continued inertia resulting in my increased capacity as a leader. Also promoted on said account was my personal statement on navigating leadership during a global pandemic which was published in the 2021 spring edition of FCCLA's national magazine, "Teen Times." By opening this new platform, I have found an incredible amount of comfort in seeing how other individuals have also chosen to exemplify what it means to "Persevere Beyond Measure."

I have a great sense of pride in knowing that my decision to "Persevere Beyond Measure" empowered others to focus on initiatives that grow and strengthen the environments around them while upholding the purposes and foundational values of the organization.

STOP typing here! You must not continue typing past this page for Essay 2. Additional pages will not be accepted.

Haley Reid | Ohio NOC

- | | |
|--|--|
| <ul style="list-style-type: none"> • Email: haleyy.reid@gmail.com • School: ██████████ High School • Chapter: ██████████ High School/Penta Career Center | <ul style="list-style-type: none"> • Year in School: Rising Senior (Class of 2022) • Number of Years in FCCLA: 5 (2016 - Present) • Total Years of FCS Instruction: 5 (2016 - Present) • Affiliation Type: Comprehensive |
|--|--|

Family and Consumer Sciences Courses Completed

- | | |
|--|--|
| <ul style="list-style-type: none"> • 11th Grade: Nutrition and Wellness (0.5 Credit) • 10th Grade: College and Career Readiness (0.5 Credit) • 9th Grade: Child Development (0.5 Credit) | <ul style="list-style-type: none"> • 8th Grade: Textiles and Interior Design (0.5 Credit) • 7th Grade: Principles of Food (0.5 Credit) |
|--|--|

FCCLA Offices Held

- | | |
|--|---|
| <ul style="list-style-type: none"> • 2021-2022: OH FCCLA State V.P. of Chapter Engagement • 2019-2021: OH FCCLA Regional Executive Council | <ul style="list-style-type: none"> • 2019-2021: OH FCCLA Liaison to AWHS/PCC • 2017-2021: ██████████ HS/PCC Chapter President |
|--|---|

Local Participation in FCCLA <u>RCDEs Attended: 5</u>	State Participation in FCCLA <u>SLCs Attended: 5</u>	National Participation in FCCLA <u>NLCs Attended: 5</u>
<p><u>Regional Gold Medals Received: 3</u></p> <p>2020-2021: Planned and hosted all chapter meetings and events</p> <p>2020-2021: Assisted in planning and hosting the Region 1 Career Development Event</p> <p>2019: Received the FCS Department Award for my achievements in FCCLA</p> <p>2017-Present: Increased contest participation by 66% using the National FCCLA Membership Madness Toolkit educating over 1,000 students in my district about FCS and FCCLA</p> <p>2017: Helped raise \$200 to benefit the IMPACT Fund</p>	<p><u>State 1st Place Gold Medals Received: 4</u></p> <p>2021: Certified State Degree recipient</p> <p>2021: Certified State Project recipient</p> <p>2020-2021: Content creator for Ohio FCCLA social media platforms resulting in a 315% increase in number of people reached as well as a 755% increase in number of engagements</p> <p>2020: Presented a RED Talk at the Virtual Tri-State Officer Development Training about the importance of inclusivity</p> <p>2019: Attended and help plan FCCLA Leadership Training</p> <p>2017-2018: Served as a voting delegate at State Leadership Conference</p>	<p><u>National Gold Medals Received: 4</u></p> <p>2021: Featured in the Spring 2021 issue of FCCLA's national magazine</p> <p>2021: Certified National FCCLA Go for the Red Individual Award recipient</p> <p>2020-2021: Submitted a FACTS Program Award application</p> <p>2020-2021: Helped donate 336 non-perishable food items to a local food pantry by spearheading and participating in a Lead4Change Project</p> <p>2020: Completed the FranklinCovey Leadership Academy</p> <p>2019: Certified Power of One Program Award recipient</p>

Contributions to Family and Consumer Sciences Education

- | | |
|--|---|
| <ul style="list-style-type: none"> • 2021: Received a proclamation from the mayor of the Village of Whitehouse regarding FCCLA week • 2017-Present: Commended FCCLA and FCS in 3 articles featured in my community's local newspaper | <ul style="list-style-type: none"> • 2017-Present: Advocated the importance of FCS, FCCLA, CTE, and CTSOs to ██████████ Board of Education and Penta Career Center Board of Education |
|--|---|

Participation in School and Community Activities

- | | |
|---|---|
| <ul style="list-style-type: none"> • 2020 - Present: National Honors Society Member • 2020 - Present: Youth Leadership Toledo Member • 2020 - Present: ██████████ HS Interact Club Secretary • 2020: Hugh O'Brian Youth Leadership Alumna • 2020: Spanish Department Award Recipient • 2020: Link Freshman Orientation Leader | <ul style="list-style-type: none"> • 2019 - Present: Chick-fil-A Leader Academy Member • 2019 - Present: Volunteer Student Tutor • 2018 - Present: ██████████ HS Crew Team Rower • 2018 - Present: ██████████ HS Student Council Member • 2016 - Present: Honor Roll Student • 2011 - Present: Girl Scouts Ambassador |
|---|---|



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: Alyssa Tat

State: California

How have you advocated "Beyond Measure" for FCCLA and FCS education throughout your time in FCCLA and what do you plan to do in the future to continue these efforts?

Throughout my FCCLA journey, I have been able to learn about the importance of FCCLA and FCS education in members' lives. As I became more educated, I had the desire to spread the knowledge of and advocate for FCCLA and FCS education. To do so, I implemented different methods as I spoke with different people.

Back in 2020, prior to the pandemic, I was fortunate enough to have the opportunity to attend California FCCLA's Capitol Leadership Experience. At this conference, I was able to converse and network with legislators and their staff regarding the significance of FCCLA and FCS education. Some of the representatives that I connected with were Assemblymember Marc Berman, the office of Senator Bob Wieckowski, and the office of Senator Jerry Hill. Unfortunately, not long after the Capitol Leadership Experience, the nation was faced with the danger of an unknown pandemic, and California was faced with lockdown orders. With the pandemic coming with loads of questions, California FCCLA was not able to host another Capitol Leadership Conference the following year. Although I did lose out on another opportunity to meet with more legislators and assembly members, I was able to advocate for FCCLA and FCS education to those around me through various other outlets.

While out in public recording videos or taking photos for FCCLA tasks at hand, I am often wearing my FCCLA Official Dress uniform, which catches the eyes of many. Although this experience was slightly unusual and uncomfortable for me at first, I learned to take advantage of the opportunity and to educate others about the FCCLA organization and its connection with FCS education. For example, one of the main points that I always mention to those who ask me about the organization that I am a part of is how FCCLA and FCS education work together to help students become community leaders and develop skills that will help them navigate their home and work life. Additionally, when presenting within my chapter or to parents at my school's Open House, I always highlight my experience as an FCCLA member and how FCCLA and FCS education has allowed me to learn and grow to become the member and officer that I am.

In terms of the future, I hope to be able to continue to advocate for FCCLA and FCS education both locally and statewide, maybe even nationwide. First, I would love to be able to continue to speak at school events such as Open House and Back to School Nights. I want to be able to help all students start their FCCLA journey and encourage them to take opportunities that will allow them to grow. Additionally, I would love to also educate and inform parents about the benefits of FCCLA and FCS education in helping students develop skills for life through character development and creative and critical thinking. Second, I want to be able to continue to attend the California FCCLA's Capitol Leadership Conference, or any Capitol Leadership Experience in general. By attending, I will hopefully be able to educate more people on the importance of FCCLA and FCS education. Lastly, if I had the opportunity to, I would love to present about FCCLA and FCS education to my school's administrative staff as well as the district staff so that I will be able to explain how FCCLA and FCS education can be life-changing and implement my experiences to show the staff that FCCLA and FCS education are something that is worth supporting.

Throughout my FCCLA journey, FCS education and FCCLA has given me countless opportunities to learn and grow as a student and a member. And when I have the opportunity to, I would love to continue to work so that FCCLA and FCS education receives the recognition it deserves.

STOP typing here! You must not continue typing past this page for Essay 1. Additional pages will not be accepted.



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: Alyssa Tat

State: California

Describe how you were able to adapt as a leader and continue to make positive changes during the global pandemic.

In the year 2020, the world was faced with many questions, unknowns, and what-ifs while trying to navigate through the global pandemic. As I was trying to adapt to this new “normal” of ours, I learned to focus on the little details; we often concentrate a lot on the big picture, so in the times where there may not be a lot available, it’s the little things that count. In the crazy times of a pandemic, it was no longer about how big the State Leadership Conference would be. Instead, it was more about whether the State Leadership Conference would still be on. With that, I felt like I was able to lead members by demonstrating that even though circumstances did not turn out as planned, there would still be a way to successfully host a conference; when there is dedication and leadership beyond measure, there is always a solution.

Having everything become virtual, I had to adapt to a new platform in order to be an efficient leader. As I slowly became more comfortable with virtual platforms like Zoom, I was able to lead and assist two region officer teams as they navigated through their term. Although virtual meetings limited my ability to interact with different members, they have also allowed me to be more involved with members throughout the state; I was able to attend more meetings for more region officer teams virtually than I would have been able to if all conferences were held in person.

Through the global pandemic, I also learned the importance of communication. Although I have always known that communication was essential while working with a team, it became even more evident to me that communicating clearly and efficiently was key, especially when working with my team virtually. As a leader, I utilized my improved communication skills and was able to work efficiently with not only my State Officer team but also with chapter members at home. Through those work sessions, I was also given the opportunity to demonstrate how FCCLA could create a huge impact, even through a computer screen. Attending virtual conferences allowed me to interact with more members and create stronger bonds with them.

During the pandemic, California FCCLA Association was able to reach an all-time high of 11,302 members. While I cannot say that such high membership numbers were a direct result of solely my hard work, I would say that I contributed to the best of my ability. Throughout the many months that left us stuck in our houses, I was able to utilize my digital creativity and video editing skills to help create digital content that would be able to reach a greater virtual audience. I believe that my creations have allowed members from all over the state of California to remain informed of any updates that the State Executive Council may have.

In terms of making positive changes in the community around me, I was able to organize a few safe community service projects within my chapter. For example, I was able to coordinate several clothing drives where my chapter and I would collect lightly-used clothing as well as self-hygiene products from donors and then donate the products to those in need. Additionally, my chapter was able to host a couple of gardening community service sessions where chapter members would be able to come together and help clean up and reconstruct the school garden.

While navigating through a global pandemic is not an easy task, I believe that my effort to become more familiar and comfortable with solely communicating with members through a computer screen has allowed me to continue to assist members in any way needed as they work to lead beyond measure.

STOP typing here! You must not continue typing past this page for Essay 2. Additional pages will not be accepted.

Candidate: Alyssa Tat**State:** California**School:** [REDACTED] High School**Chapter:** [REDACTED] FCCLA Chapter**Type of affiliation:** Comprehensive**Year in school:** 11th (Junior)**Number of years in FCCLA:** 3**Years of FCS Instruction:** 1**Family and Consumer Sciences Courses****Taken:**

9th Grade: Food and Nutrition

Participation in FCCLA**Local:**

- Received the Golden State Chapter Degree (2018-2019)
- Promoted FCCLA at Open House for [REDACTED] High School (2019)
- Promoted FCCLA at Back-to-School Nights for [REDACTED] High School (2019)
- Promoted FCCLA at Club Fairs for [REDACTED] High School (2019-2020)

Region:

- Attended Region 5 Fall Meeting (2018-2020)
- Attended Region 5 Spring Meeting (2019-2021)
- Placed 1st in STAR Events for Life Event Planning at Spring Meeting (2019)
- Led COLT (Chapter Officer Leadership Training) (2019)
- Led Region 5 Fall Meeting (2019)
- Attended Region 7 Fall Meeting (2019-2020)
- Led Region 5 Spring Meeting (2020)
- Received the Golden State Region Degree (2019-2020)
- Attended Region 5 and 7's COLT (Chapter Officer Leadership Training) (2020)

State:

- Attended and presented at California State Leadership Conference (2019-2021)
- Placed 1st in STAR Event Life Event Planning at State Leadership Conference (2019)

- Placed 1st in Parliamentary Procedure Fall Skill Competition at virtual Fall Leadership Conference (2020)
- Served as a member of State Executive Council (2020-2021)
- Led State California Fall Meeting (2020-2021)
- Attended and presented about FCCLA at Leadership & Management Conference for FCS Teachers (2020-2021)
- Organized and led FCCLA Week (2020-2021)

National:

- Participated in National Leadership Conference and Run4Red (2020)
- Voting Delegate (2020)
- Attended Virtual Leadership Experience (2020-2021)
- Member of Competitive Events National Network (2020-2021)
- Completed Power of One (2020-2021)

Contributions to FCS Education:

- Attended California's Capitol Leadership Experience and advocated for FCCLA and FCS Education (2020)

FCCLA Offices Held:

- 2018-2019: [REDACTED] Chapter Treasurer
- 2019-2020: Region 5 Historian
- 2019-2020: [REDACTED] Chapter Reporter
- 2020-2021: [REDACTED] Chapter Co-Vice President
- 2020-2021: California State Historian

School and Community Involvement:

- 2019-2020 Sophomore Class Treasurer
- Member of California Scholarship Federation (CSF)
- Member of Best Buddies
- Organized a self-care/hygiene products drive for those in need
- Organized a few sessions of school garden clean-up and reconstruction
- Volunteer at [REDACTED] Tae Kwon Do (2017-2020)
- Volunteer at [REDACTED] Peninsula Hospital (2019-2020)



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: Breanna Warren

State: Kansas

How have you advocated "Beyond Measure" for FCCLA and FCS education throughout your time in FCCLA and what do you plan to do in the future to continue these efforts?

Advocating Beyond Measure for FCCLA was something that I participated in every chance I had! FCCLA has given me so many amazing opportunities and helped me grow, not only as a leader but also a person. One was that I did this was attending virtual chapter visits with schools! During these visits, members were able to ask questions, engage, learn, and enjoy FCCLA. I was able to answer questions, and explain what FCS and FCCLA was to people who didn't understand. After having these visits with a few different schools, and talking with other FCCLA leaders, I heard more and more about how members were able to be involved during middle school. The idea for starting a middle school in my district was something that I began to pursue. By doing this, members would get to see and understand the opportunities that FCCLA provides at a younger age. To do this, I reached out to the FCS educators at our middle school about starting chapters. While this goal didn't happen this year, I have not given up hope and will continue in these efforts as we head into a more normal year. Increasing middle school chapters, district, state, and even on a national level is something I plan on doing in the upcoming year. In addition to this, I plan on being involved in FCCLA as a post secondary member. Staying engaged in this amazing organization that has helped shape me of the person that I am today is very important to me.

STOP typing here! You must not continue typing past this page for Essay 1. Additional pages will not be accepted.



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

National Officer Candidate: Breanna Warren

State: Kansas

Describe how you were able to adapt as a leader and continue to make positive changes during the global pandemic.

Going into the pandemic last year was unexpected for everyone, but no one expected it to last this long. Due to the lengthy time of our current situation everyone has had to adapt, especially leaders. As a leader, I was able to adapt by learning the value of in person communication abilities. These abilities were something that most of us took for granted because it was normal. But, when that was taken away, as a leader I was able to work through those challenges and still communicate with members in my chapter, advisors, and people in general. Social media was a HUGE help with that, by being able to reach a variety of members on a few platforms all at once was a beneficial tool. Using social medias also allowed for a more casual and personable bond. These adaptations to communication acted as a foundation for everything else this past year. With the privilege of being a state officer this year, my team and I had to work together to achieve a virtual state leadership conference. This was a challenge for multiple reasons. One of the major ones was to ensure that members still got the most out of this experience. As a team, we decided that something we wanted to focus on was recognizing the members to the best of our abilities with the situation we were given. We felt that with all of the hard work and adaptations they went through to make their projects possible, they deserved recognition. Along with that, staying positive through these times was also vital. Making the best out of our situation and trying to stay positive and uplifting for not only members of my state association, but for all of our members. Through staying positive, I was able to encourage members to compete in a STAR Event and run for chapter and district office.

STOP typing here! You must not continue typing past this page for Essay 2. Additional pages will not be accepted.

BREANNA WARREN

- KANSAS
- CAMPUS HIGH SCHOOL
- SOPHOMORE
- 2 YEAR FCCLA MEMBER

HEADSHOT



OFFICER POSITIONS

- 2020-21 Kansas VP of Membership
- 2021-22 Kansas VP of Membership
- 2021-22 National Officer Candidate

COMPETITIVE EVENTS

STAR Events

- 2019-2020
 - Leadership: Level 1
 - District: Gold
 - State: Qualifier in other event
- 2020-2021
 - Interior Design: Level 1
 - District: Bronze
 - State: Bronze

Knowledge Bowl

- 2019-2020
 - Hospitality, Tourism, and Recreation
 - National Qualifier (NFC)
 - 4th in the Nation (VNLC)

FCS EDUCATION COURSES (2 YEARS)

- Interior Design I (Human Services)
 - Freshman
- Culinary Arts I (Hospitality & Tourism)
 - Freshman
- Child Development (Human Services)
 - Sophomore
- Interior Design II (Human Services)
 - Sophomore

COMMUNITY INVOLVEMENT

- Youth Group
- Girl Scouts
- National Honor Society
- JV Tennis
- JV Bowling
- Varsity Swim
- Student2Student (Student Mentoring)

COMMUNITY SERVICE

Hope That Fits

My chapter puts on an event every year to help the less fortunate families in our community around Christmas time. During this event as volunteers, we are responsible for setting up, running the event, and cleaning up. Participating in this event was an opportunity to give back and truly focus on our community.

CONFERENCES ATTENDED

- 2019 District I FLC
- 2019 NFC (Dallas)
- 2020 District I
- 2020 VNLC
- 2021 District I VFLC
- 2021 District Elections/STAR Events



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: Claire Webb

State: Oregon

How have you advocated "Beyond Measure" for FCCLA and FCS education throughout your time in FCCLA and what do you plan to do in the future to continue these efforts?

I have advocated "beyond measure" by spreading awareness of the covid-19 virus and how we as FCCLA members can help those who struggle to leave their home and get the things they need. Unfortunately the pandemic has dramatically impacted the way in which we communicate with our members. This year my state officer team and I utilized our social media platforms to keep members connected as well as to spread information to advisers.

For the Oregon FCCLA State Leadership Conference I created a workshop on going more in depth about the student body and the importance of keeping ourselves mentally and physically healthy! We also looked at how we could cope with certain mechanisms! I have helped my local chapter with their STAR event projects and help them choose which star event might be right for there project! Also helped them design and format there boards/portfolios!

The other State officer and I were able to connect with other newly formed chapters to talk about what FCCLA provides later on in life and what skills it gives us in the real world! Educating students on scholarships they can sign up for their senior year!

We celebrated FCCLA week by posting a social media post every day of the week going into depth of the topic of the day! At the end of the week we offered a video answering to the question "are you considering running for state office?" This video just described how the application should be filled out and what it takes to become a state officer! What skills are highly recommended for each position and the papers that need to be signed by higher authorities!

BEyond MEasure highlights BE ME and I think it's really important to let the real you shine through fccla! Show your true self through the projects you present, shine through your voice and how you present yourself towards others! The only true way to really get to know you role models is by being yourself and not being afraid to step outside of your own little bubble! Telling others that it's an amazing experience by showing what you're truly passionate about through your voice and body language! Helping others to step outside of their comfort zone and letting them see the awesome opportunities fccla provides by making connections and meeting amazing role models!

To continue these efforts in the future, I am planning on staying highly educated on social media/poster/website designs to be prepared if the pandemic lasts another year. I am hoping to stay connected with my members through zoom calls and workshops! If the future rapidly changes to in person and no masks then I am prepared to take these old methods to new. FCCLA provides opportunities for all members, no matter their differences, no matter how shy we all are in the beginning we are all able to take that big step and become the leader we have always looked up to. Educating members that it's okay to start small and become someone so much bigger through FCCLA!

STOP typing here! You must not continue typing past this page for Essay 1. Additional pages will not be accepted.



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: Claire Webb

State: Oregon

Describe how you were able to adapt as a leader and continue to make positive changes during the global pandemic.

It's been difficult to communicate with our members during this pandemic, but we've adapted by posting on social media! It has aided members in remaining virtually linked and aware of new knowledge as it becomes accessible!

We didn't get many requests for chapter visits/workshops this year, so we made do by recording videos on how to run for state office and specific workshops during this year's term. Because of the pandemic, my State Officer team's program of work was to remain linked via social media, so we celebrated FCCLA week and posted weekly to help them stay informed through social media. We made a schedule every week to base posts on certain events. Some were reminders on due dates or workshops, others were inspirational quotes and projects ideas, ETC.

We digitally conquered our SLC and were able to hold our awards ceremony in person (safely, masks, social distancing) Everyone had a great time at SLC, despite the fact that it was virtual! It was amazing to see everyone engaged just by getting our two small towns next to each other to celebrate it together! The FCCLA members were enjoying themselves looking into other peoples projects and how everyone was able to invest their new ideas for next year's STAR events.

We produced a workshop to raise awareness of the student body and the importance of maintaining good mental and physical health as one of the impacts we made on the participants during SLC! "How will we stay healthy and safe during this pandemic" was the question we were focusing on during the workshop. We find it difficult to interact with others because we have been isolated but we made a clear vision during the workshop on how we could stay safe and healthy and still connect with our loved ones.

Getting advisers to sign up for chapter visits has been difficult, but we've improvised by recording short videos of summarized chapter visits and activities! We did our best to stay connected with our members through this pandemic and have communicated with others as best as we could.

Going through our FCCLA state officer term has definitely been a challenge, but I've learned so many valuable skills and techniques as a result. In a pandemic, life can be complicated at times, but having to adapt to changes and learn from rips in the paper is the first step toward becoming a leader. Learn from your mistakes and apply what you've learned in your life to become a better and stronger person.

FCCLA has aided me in being the Leader, friend, and family member that I am today. FCCLA has changed my life, and I believe it will change the lives of others as well. And I want to make it a chance for everybody in this country to see what FCCLA has to bring.

STOP typing here! You must not continue typing past this page for Essay 2. Additional pages will not be accepted.

OBEJECTIVE

To become a leader in the FCCLA National Executive Office and help others to step outside their comfort zone, gain more confidence in themselves and their work and to inspire other people to join FCCLA

EDUCATION

[REDACTED] School -
2013 to Present

GPA - 3.8

Will Graduate the year of
2022

SKILLS

- Leader
- Organized
- Professional
- Get my work done on time
- Kind and Endearing
- Learn new things very easily
- Self-Motivated
- Ability to work under pressure
- Social Media/Poster design
- Accepting
- Resourceful

COMMUNITY SERVICE / FCCLA PROJECTS

- Sold Mo's Clam Chowder Fundraiser /2021 /1 Hour
Sold soup to my community to fundraise money for my chapter
- Picked up Trash on the side of the Road / 2021/ 6 hours
Spent time cleaning the highway between our Small towns
- Severed Lunch for Elementary Students /2021/ 5 hours
Helped serve lunch when our cafeteria was not available - FCCLA
- Can food drive competition/2019/14 hours
Worked with interact member's to do a can food drive competition with elementary students - FCCLA
- Holiday Bizarre/ 2018/ 20 hours
Sold homemade dog treats to raise money for our local humane society
- Cycle Oregon/ 2018/ 3 hours
Helped decorate there table setting then helped cyclists with there luggage
- Triangle Park/2018/ 2 hours
Pulled turnips and weeds at our local park

EXTRA CURRICULAR ACTIVITIES

Family, Career, and Community Leaders Of America (FCCLA) 2017-Present
2020 - 2021

Attend and Presented a workshop at State Leadership Conference
Attended Team Tri Virtual Leadership Trainings
Attended OLI (Virtually)
Oregon State President

2019-2020

Attended OLI
Oregon leadership institution Conference,
Attended SLC and NLC
Gold on State Level,
Gold in National Level

2017-2018

Attended OLI
Attended SLC and NLC
Silver on the State Level
Gold on the National Level

FFA, Future Farmers Of America

2018-2019

Eastern Oregon Live Stock Show
Soils Competition
Ag sales Competition
Assisted with Alumni Fundraiser

Natural Helpers Club

2018-Present

Attended Retreat,
Attended Monthly Meetings

National Arts Honors Society, NAHS 2018-Present

;2019- 2020

Vice President
Helped with Concessions
Mural Painting