

CAREER INVESTIGATION

An *individual event* recognizes participants for their ability to perform self-assessments, conduct research, explore career options, set career goals, and create a plan for achieving them. Participants must prepare a *portfolio* and an oral presentation.

ELIGIBILITY & GENERAL INFORMATION

1. Review the **STAR Events Front Pages** for all event requirements, policies, and procedures before beginning the project.
2. Participants using an *electronic portfolio* are encouraged to bring a fully charged device (laptop, tablet, etc.) to use during the presentation at competition.
3. Chapters with multiple entries in this event must submit different projects for each entry. All projects must be developed and completed during the school year leading up to the National Leadership Conference (NLC), within the timeframe July 1 through June 30, and must be the work of the participant(s) only.
4. **Online Orientation** –NLC participants are **encouraged** to view the STAR Events Online Orientation video to ensure they are fully prepared for the NLC. The video will be available in the FCCLA Student Portal under Resources. **Contact your state adviser for orientation procedures for competitions held prior to the NLC.**
5. **STAR Events Schedule Confirmation** - It is **strongly suggested** that chapter advisers confirm participants' STAR Events schedules in the FCCLA Adviser Portal. Advisers can review students' schedules in the FCCLA Adviser Portal by visiting the Meetings & Events tab, selecting the National Leadership Conference, and choosing "Confirm STAR Competition." **Confirming schedules in advance helps ensure that participants are qualified, registered for the conference, and competing in the correct STAR Event. Schedule changes after the published deadline are subject to a \$25 change fee.** Please refer to the FCCLA Website (Competitive Events Dates & Deadlines).
6. Participants who do not follow event guidelines, align with the event definition, or address the current event topic will not have their project evaluated. However, they may still participate in the competition by delivering an oral presentation and will be evaluated based on the presentation.

[CLICK HERE TO VIEW NATIONAL DEADLINES](#)

CAREER CLUSTERS ALIGNMENT

Arts & Design	Education & Training	Financial Services
■	■	■
Hospitality & Tourism	Human Services	Public Service
■	■	■

EVENT LEVELS

Level 1: Through Grade 8	Level 2: Grades 9–10	Level 3: Grades 11–12	Level 4: Postsecondary
■	■	■	■

Review the "Event Description and Levels" section of the policies in the front of the guidelines for more information on event levels.

GENERAL INFORMATION

Number of Participants per Entry	Prepare Ahead of Time	Equipment Provided for Competition	Competition Dress Code
1	<i>Portfolio</i> and Oral Presentation	Table—Yes Electrical Access—No Wall Space—No Supplies—No Wi-Fi – No	FCCLA Official Dress

PRESENTATION ELEMENTS ALLOWED

Audio	Easel(s)	File Folder	Flip Chart(s)	Portfolio	Props/ Pointers	Skits	Presentation Equipment	Visuals
	■			■			*	

**Presentation Equipment* may only be used when presenting an *electronic portfolio*. Participants using a *hardcopy portfolio* may not use electronic devices during the presentation.

TOP 5 SKILLS STUDENTS REPORT LEARNING THROUGH PARTICIPATION

Leadership	Responsibility and Time Management
Communication and Public Speaking	Conflict Resolution/Respect
Professionalism/Integrity	

BAKING AND PASTRY BY THE NUMBERS: 2025 - 2026

Participants Nationwide	Type of Event	Nationwide Impact
1,067	Foundational	117,483

94% of Career Investigation participants indicated this event is extremely or very useful to their future.
83% of Career Investigation participants indicated they would pursue higher education related to the career chosen in their project.

PARTICIPANT TESTIMONIALS

"This project helped me understand how important mental health is for families, schools, and communities. By learning about counselors and local mental health services, I can share what I learned with my family and friends so they know where to get help if they need it. It also taught me how to be more patient, caring, and understanding with the people around me. At school, I can use what I learned about empathy and listening to help classmates feel supported. In the future, my goal is to work as a counselor and make a positive difference for my community by helping people improve their mental health." – Oklahoma FCCLA Member

"This project gave me the chance to learn about different careers in theatre and music, and it allowed me to share that knowledge with my friends, family, and classmates. By interviewing professionals, I learned more about the arts and could inspire others to explore creative careers and appreciate what goes on behind the scenes in theatre." – Arkansas FCCLA Member

"This project served as a meaningful turning point in my academic and personal journey, as it firmly solidified my desire to become a music educator. It not only challenged me to grow musically and pedagogically, but also allowed me to recognize and trust in my own abilities as a teacher and leader. Through this experience, I gained a deeper understanding of the impact that music education can have, and it reaffirmed why this path is so important to me. I now feel energized, confident, and genuinely excited about what lies ahead as I continue to pursue my goals in both music and education." – Missouri FCCLA Member

SCHOLARSHIPS

Each year FCCLA's collegiate partners award over 13 million in scholarships to the Top 3 placing Level 3 teams/individuals annually at the National Leadership Conference. Scholarship details can be found on the FCCLA Website.

CAREER INVESTIGATION GUIDELINES AND RUBRICS

The STAR Events Guidelines and rubrics are updated annually, and they are an exclusive benefit for FCCLA members. Advisers can access and download the guidelines from the FCCLA Portal.

ADVISER PORTAL