



FCCLA Week Activity Guide: Alumni Lessons

Topic:

FCCLA Alumni

Launch FCCLA week by showcasing your chapter members and what FCCLA means to you!

Grade Level: Any

Timeframe: 1 Week (Daily 10–15 minute mini-lessons with optional extensions)

CTSO Focus: Family, Career and Community Leaders of America (FCCLA)

Hashtag: #FCCLAwk

Learning Objectives:

Students will:

- Understand what FCCLA is and its role as a national CTSO in Family and Consumer Sciences
- Learn how FCCLA alumni use leadership and FCS skills in careers and communities
- Make connections between FCCLA participation, career readiness, and lifelong leadership
- Reflect on how FCCLA can impact their own future goals

National FCS Standards:

6.1, 6.2, 7.1, 7.2, 7.3, 7.4, and 7.5

Daily Lesson Breakdown

Day 1 – What Is FCCLA & Why Alumni Matter

Mini-Lesson (10–15 min):

- Review FCCLA mission, history, and purpose
- Discuss what an “alumni” is and why alumni stories are important

Student Prompt:

How can being involved in FCCLA help someone after high school?

Extension Option:

- Students create a quick FCCLA “Then vs. Now” comparison (skills learned → real-world use)

Day 2 – Alumni Career Connections

Mini-Lesson:

- Share examples of FCCLA alumni careers (education, hospitality, healthcare, fashion, human services)
- Connect FCCLA skills to workplace skills

Student Prompt:

Which FCCLA skill would be most useful in your future career?

Extension Option:

- Career cluster match: Students match FCCLA skills to a career pathway

Day 3 – Alumni Leadership & Service

Mini-Lesson:

- Highlight how FCCLA alumni continue leadership through community service, advocacy, and mentoring

Student Prompt:

How does FCCLA prepare students to be leaders beyond school?

Extension Option:

- Students design a short “Alumni Impact” poster or slide

Day 4 – Alumni Voices & Reflection

Mini-Lesson:

- Share quotes, videos, or messages from FCCLA alumni (local, state, or national)
- Discuss growth in confidence, communication, and responsibility

Student Prompt:

What surprised you about FCCLA alumni experiences?

Extension Option:

- Write a thank-you note or reflection message to an FCCLA alumni

Day 5 – My FCCLA Future

Mini-Lesson:

- Review FCCLA opportunities: STAR Events, leadership roles, community service

Student Prompt:

How could FCCLA help you reach your personal, career, or leadership goals?

Extension Option:

- Students create a personal FCCLA goal statement or action plan

Activity Ideas:

FCCLA Alumni Mini-Lesson Activity

Red Blazer Pathways: Where Are They Now?

Time: 10–15 minutes

Grade Levels: Middle School or High School

Setting: Classroom, FCCLA Week activity, or advisory period

Objective

Students will connect FCCLA and Family & Consumer Sciences (FCS) pathways to real-world careers by exploring how FCCLA alumni have applied FCS skills in their professions.

Materials

- Red blazer cut-out templates (paper or poster board) [FCCLA Red Blazer cutout](#),
- Markers or sticky notes

- Alumni career list or photos (if available)
- Tape or bulletin board space

Activity Steps

1. **Introduce (2–3 minutes)**
Explain that the red blazer represents FCCLA leadership, professionalism, and career readiness. Share that FCCLA alumni carry the skills learned in FCS into a wide variety of careers.
2. **Explore Alumni Connections (5–7 minutes)**
 - Display a large red blazer cut-out or provide individual cut-outs to small groups.
 - Assign each group or student an FCCLA alumnus/alumna.
 - On the red blazer, students write:
 - Alumni Name
 - Current Job/Career
 - FCS Pathway (ex: Culinary Arts, Human Services, Education & Training, Hospitality & Tourism, Nutrition & Wellness)
 - FCCLA Skill Used (leadership, communication, teamwork, problem-solving, time management)
3. **Connect & Share (3–5 minutes)**
Invite a few students to share their alumni's career and explain how FCS skills helped prepare them for that role. Discuss how FCCLA experiences build skills that transfer to many career paths.

Wrap-Up Reflection (Quick Exit Question)

"Which FCS pathway or FCCLA skill do you see connecting to your future career?"

Extension Idea (Optional)

Create a "Red Blazer Alumni Wall" by displaying the completed cut-outs in the classroom or hallway during FCCLA Week.

Alumni Pathways: From Red Blazer to Career

Time: 10–15 minutes

Grade Levels: Middle School or High School

Objective

Students will identify FCCLA Career Pathways and explain how FCCLA alumni have applied pathway-specific skills in their careers.

Materials

- FCCLA Career Pathways chart or poster
- Alumni names, photos, or short bios (if available)
- Small pathway cards or sticky notes
- Paper or notebooks

FCCLA Career Pathways Focus

- Education & Training
- Hospitality & Tourism
- Human Services
- Nutrition & Wellness
- Visual Arts & Design
- Early Childhood Education

Activity Steps

1. Quick Hook (2 minutes)

Ask students:

“What skills do you think FCCLA teaches that you could still use 10 years from now?”

Briefly review the FCCLA Career Pathways and explain that alumni often continue using these skills in their careers—even if their job titles look different.

2. Alumni Pathway Match (5–7 minutes)

- Divide students into small groups.
- Assign each group an FCCLA alumnus/alumna.
- Groups identify:
 - Alumni’s current career
 - The FCCLA Career Pathway that best aligns

- Two FCCLA/FCS skills used in that career

Students record their answers on pathway cards or paper.

3. Share & Connect (3–4 minutes)

Groups share their alumni and pathway match.

Discuss how FCCLA pathways prepare students for multiple careers, not just one job.

Exit Reflection (1 minute)

Students respond to:

“Which FCCLA Career Pathway best fits my interests right now, and why?”

Optional Extension

- Create an Alumni Pathways display using pathway colors or icons.
- Invite alumni to submit short videos explaining how FCCLA helped them.