

TEACH OR TRAIN

An *individual event*, recognizes participants who demonstrate their ability to explore and experience the career of teaching or training. Participants must prepare a *portfolio* of the teaching/training career, prepare and execute a complete lesson/workshop plan and an oral presentation. Levels 2 and 3 & 4 participants will also complete a shadowing experience of a “best practices” educator.

ELIGIBILITY & GENERAL INFORMATION

1. Review the **STAR Events Front Pages** for all event requirements, policies, and event procedures before beginning the project
2. Participants are encouraged to bring a fully charged device (laptop, tablet, etc.) to use for the presentation during the 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 NLC option, 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	Public Speaking
Responsibility and Time Management	Teamwork
Awareness of Community or World	

TEACH OR TRAIN BY THE NUMBERS: 2025 - 2026

Participants Nationwide	Type of Event	Nationwide Impact
417	Career Focused	66,185
94% of Teach or Train participants indicated this event is extremely or very useful to their future. 80% of Teach or Train participants indicated they would pursue higher education related to the career chosen in their project.		

PARTICIPANT TESTIMONIALS

"The overview of my project is about a lesson for 1st graders and they will be able to decompose and compose new shapes with shape blocks. I will talk to a 1st grade teacher to ask to do the lesson and see if it is okay if I can do a lesson for their class. I will collect all the materials for it and get a lesson plan for it and figure a day to do the lesson and after all that I would job shadow a teacher that has a big impact on me."— Texas FCCLA Member

"This project positively impacted my community by branching out and partnering with teachers in my county, I was able to build my teaching and education knowledge, and share my learned skills with others."— Georgia FCCLA Member

"This project had a positive impact on my school because of the opportunity that I was given to help a group of 5th grade students learn a song for their concert. It was so special to me because I was able to get more experience as a future music educator, and I have discovered more opportunities through my research that I wouldn't have found if it wasn't for this project."
— Wisconsin 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.

TEACH OR TRAIN 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