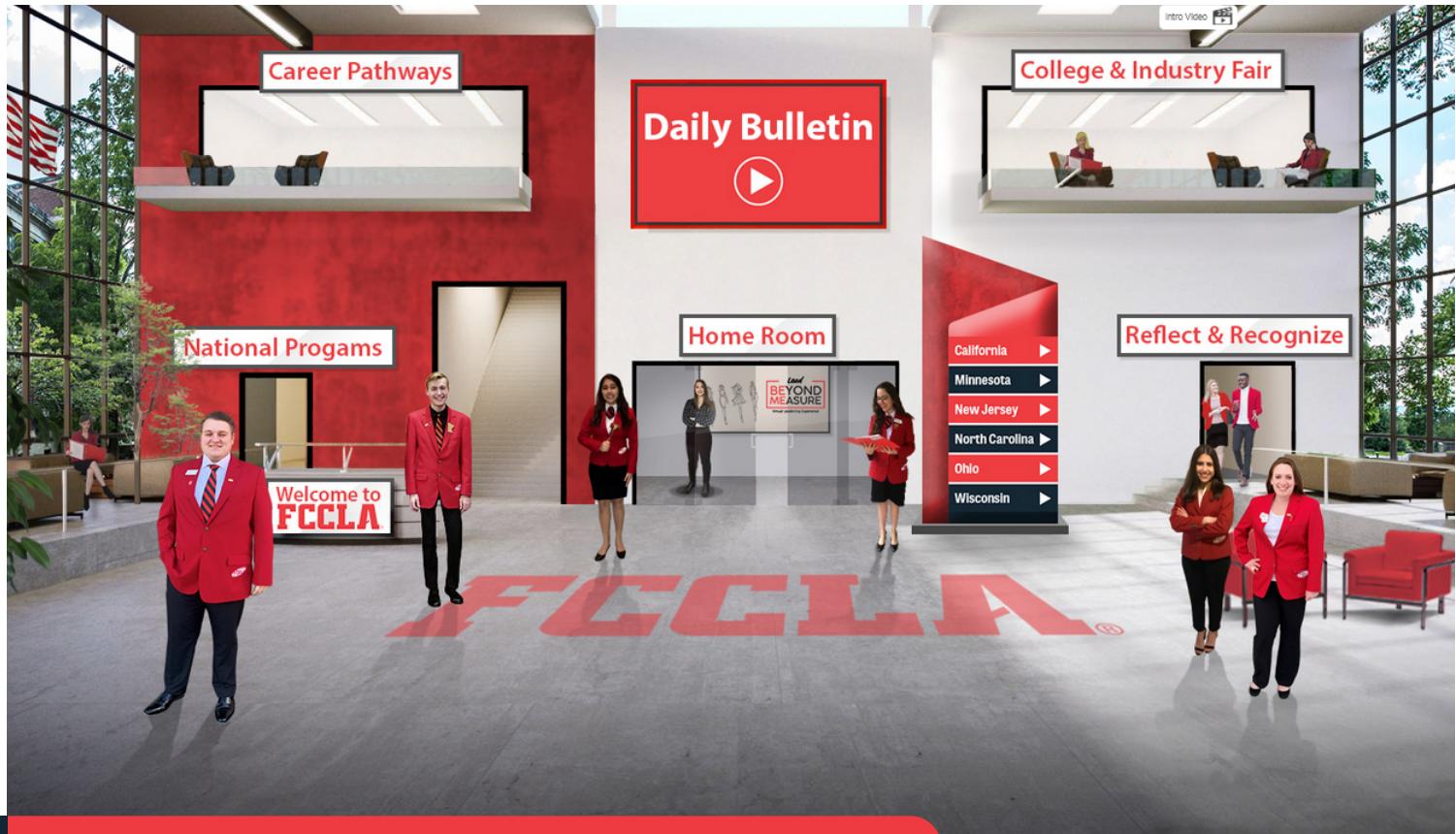


# VIRTUAL STATE LEADERSHIP CONFERENCE

BEYOND  
MEASURE



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# VIRTUAL STATE LEADERSHIP CONFERENCE

BEYOND MEASURE

Learn "Beyond Measure" at FCCLA's first-ever Virtual State Leadership Conference! The virtual platform provides registered attendees the opportunity to hear from motivational speakers, strengthen real world skills, navigate a College and Industry Fair, meet the 2020-2021 State Executive Council, explore Career Pathways, discover National Programs, and more!

## HOME ROOM

No FCCLA experience could be complete without National Executive Council introductions, the Opening Ceremony, program and partnership highlights, and a motivational keynote speaker! See all of this and more in the Home Room located within the platform.

### Why Join FCCLA?

Does this question sound familiar? Become inspired "Beyond Measure" as you hear from FCCLA state officers from around the country as they share the benefits FCCLA offers members and advisers.

### FCCLA Opening Ceremony

Kickstart your VLE enrichment experience and chapter meeting by participating in FCCLA's Opening Ceremony by reciting the creed with the 2020-2021 National Executive Council.

### Keynote Speaker

Prepare to be motivated "Beyond Measure" as you hear from EJ Carrion, a best-selling author, successful entrepreneur, and preeminent thought-leader who will share his message on preparing students to be successful in school and life.

### NEC Introductions

Did you know FCCLA is a student-led organization with leadership development as a primary focus? Meet FCCLA's ten student leaders that make up the 2020-2021 National Executive Council, and see how they are leading FCCLA toward new horizons!

### Program and Partnerships

Discover the limitless opportunities available to FCCLA chapters and members through learning more about FCCLA's various programs and partnerships!

### The American Culinary Federation

The American Culinary Federation is the largest professional chefs' organization in North America and is based on promoting the professional image of American chefs worldwide through education of culinarians at all levels. Learn about the new opportunities that are available to FCCLA members through FCCLA's partnership with the American Culinary Federation as Brynley Jones, FCCLA National Vice President of Public Relations, interviews Ms. Michelle Whitfield, ACF Senior Manager of Culinary Programs.

### Access from AT&T

Now more than ever, it's important to have internet access to stay in touch with family, friends, work, and school. Melanie Mendonca, FCCLA National Vice President of Competitive Events hosts an interview with Ms. Summer Tullier to talk about FCCLA's partnership with the Access from AT&T program, in which FCCLA will award \$250 to each of the first 40 chapters located in the AT&T 21-state wireline footprint who submit a report of their promotional efforts. Additionally, a \$500 stipend will be awarded to ten state associations located in the 21-state wireline footprint.

### B-Sew Inn Education Division

Do you enjoy sewing, quilting, or crafting? Bellamy Wooten, FCCLA National Vice President of Parliamentary Law leads an interview with Ms. Josie Baird to share more about FCCLA's partnership with B-Sew Inn and resources available to FCCLA members. Be sure to watch this interview to learn more about the B-Sew Inn machine loaner programs.

# VIRTUAL STATE LEADERSHIP CONFERENCE

BEYOND MEASURE

## HOME ROOM

### Campaign for Tobacco-Free Kids

Campaign for Tobacco-Free Kids knows preventing tobacco product use among youth is critical to ending the tobacco epidemic in the United States. Logan Justice, FCCLA National Vice President of Membership, sits down with Mr. Gustavo Torrez to share more about FCCLA's partnership with Campaign for Tobacco-Free Kids and how you can get engaged in tobacco prevention efforts.

### CareerSafe

Prior to starting your first job, it is important to participate in workplace safety training. Listen as Supriya Patel, FCCLA National President, conducts an interview with Ms. Amy Gallagher to hear how FCCLA's partner, CareerSafe provides affordable safety training to over 1.5 million young workers.

### Chef Works

Regardless of your industry or career choice, it is always important to dress for success! Regan Rhymes, FCCLA National Vice President of Programs, hosts an interview with Mr. Gaston Broadwell to share how Chef Works partners with FCCLA to provide special pricing for culinary attire. Be sure to watch this interview to learn more about "Dress the Chef" and other great information.

### The Culinary School of Fort Worth

Don't keep your application to The Culinary School of Fort Worth on the back burner. Faith Honey Anderson, FCCLA National Vice President of Development, hosts an interview with Chef Jason Avelson to share more about FCCLA's partnership with The Culinary School of Fort Worth and the scholarships available to FCCLA members. In addition, Chef Avelson will share what the admissions process is like for The Culinary School of Fort Worth and if applicants are required to have any certifications in order to apply.

### Ford Driving Skills for Life

Turn your drive into a cash prize! Kaden Fox, FCCLA National Vice President of Finance, hosts an interview with Mr. Nolan Katerberg to share about FCCLA's partnership with Ford Driving Skills for Life (Ford DSFL) and how you can get use the Ford Virtual Academy in your FACTS projects to earn cash awards for your chapter. FCCLA has partnered with Ford DSFL and the Governors Highway Safety Association (GHSA) to award the top FACTS project in each state a \$500 cash prize in addition to the FCCLA National FACTS Awards.

### GENYOUth

GENYOUth is equipping, engaging, and empowering youth to make a difference. Listen to this interview led by Kaden Fox, FCCLA National Vice President of Finance, to hear Ms. Alexis Glick share more about the FCCLA's partnership with GENYOUth and how you can participate in one of the incredible programs that GENYOUth offers, Adventure Capital, which has impacted more than 90,000 student innovators.

### The Home Baking Association

Discover the special awards and information available through FCCLA's partnership with The Home Baking Association by watching Kaden Fox, FCCLA National Vice President of Finance, interview with Ms. Sharon Davis, Program Director for The Home Baking Association.

### Lead4Change

Are you a leader looking to create change? Lead4Change is the nation's leading and fastest growing free leadership service program that's been road-tested by more than 1.8 million students since 2012. Hear from Ms. Linda Spahr in an interview led by Supriya Patel, FCCLA National President, to learn more about FCCLA's partnership with Lead4Change and the special awards and information available.

### The National Road Safety Foundation

You could win up to \$3,500 for your chapter by participating in the National Road Safety Foundation Safe Rides - Save Lives PSA Contest. This year's theme is seat belt safety. To learn more, listen to Logan Justice, National Vice President of Membership, interview with Ms. Michelle Anderson to learn more about FCCLA's partnership with the National Road Safety Foundation and the special awards and information available through this partnership.

### The National Technical Honor Society

Here's a secret: college is expensive but the National Technical Honor Society is here to help! Each year, two outstanding FCCLA student members are awarded a \$1,000 scholarship from the National Technical Honor Society. To learn more and apply for these scholarships, hear from Mr. Peyton Holland in an interview led by Logan Justice, National Vice President of Membership.

### Choose the Right National Program for Your Chapter

Did you know, FCCLA offers eight peer-to-peer educational programs to help members develop real world skills for life? Each program is designed for FCCLA chapters with opportunities for hands-on practice. This session will help you learn more about FCCLA National Programs and how to choose the right one for your chapter.

### State Videos

We are proud to have 48 states plus Puerto Rico and the Virgin Islands a part of our FCCLA family! View state videos from the ten FCCLA state associations—California, Idaho, Indiana, Minnesota, Nebraska, New Hampshire, New Jersey, South Dakota, Virginia, and Wisconsin—who submitted a video showcasing highlights from their state.

## CAREER PATHWAYS

Explore FCCLA's Career Pathway Room to learn more about FCCLA's four Career Pathways, download interactive lesson plans, and engage in informational interviews led by industry experts which you could use for a virtual career day. In addition, be prepared to be amazed "Beyond Measure" as you learn social media etiquette tips and tricks, virtual interviewing best practices, and more!

## EDUCATION AND TRAINING

### Bloom's Taxonomy: How to Boost Your Questions!

- Laura Gokey
- FCCLA Adviser/Education and Training Teacher
- Livingston ISD

What makes a good question? Using Bloom's Taxonomy, this session will focus on bumping up the questions that our students are implementing into their lesson plans, so when they have their own classrooms, they will be ready to be lesson planning machines. Students will participate in hands-on activities, like a card sort, and will leave with a product of their own that they will create!

### Every meeting should start with an A.G.E.N.D.A.

- Thahec Arreola
- Chapter President
- Centennial Hawks FCCLA

Meetings can be boring and stereotypically full of sad faces watching clocks, workers, and employees - hoping the minute hand doesn't make any stops. Organizations look to agendas for keeping standard routine, but the truth of the matter is the word AGENDA is more than it may seem.

### BE ME = BE a Family and ConsuMER Sciences Teacher and FCCLA Adviser!

- Paula Tripp
- Family and Consumer Sciences Education Program Coordinator; Teaching Professor
- Oklahoma State University

Students are impacted by their FCS teachers and FCCLA experiences in many real-life and virtual ways. This presentation takes a deep dive into the FCS Education profession so that students become aware of and explore the exciting opportunities that await them! By planning now to be an FCS teacher and FCCLA adviser, students can focus on the process to be that rock star, role model person for future students.

### Why Choose FCS?

- Debra Peavler
- Academic Adviser
- College of Family and Consumer Sciences at UGA

There are so many reasons to say yes to FCS! This presentation will highlight the College of Family and Consumer Sciences at the University of Georgia. The UGA College of FCS offers majors, minors, and certificates to boost your career. Pursue a career directly related to a major, or join us in pre-professional studies, such as pre-med, pre-nursing, or pre-law.

## CAREER PATHWAYS

### EDUCATION AND TRAINING

#### Interviews With Industry Experts

- *Colby Gull*
- *Managing Director of the Trustees Education Initiative*
- *University of Wyoming*

Deciding on a future career can be difficult. Hear how Mr. Colby Gull landed his job at the University of Wyoming and his prior experience in serving as the superintendent of schools for Uinta County School District #6 in Lyman, Wyoming and superintendent of schools in Challis, Idaho.

- *Erin Husbands*
- *Owner and CEO*
- *The Crowning Moment*

You are the star of your own life. The Crowning Moment is a consulting company which serves young girls and women across the country on life and career skills from interviewing, resumes, public speaking, volunteerism, and more. Previously to becoming the Owner and CEO of The Crowning Moment, Erin worked in the TV and film industry as a production assistant with Celtic Studios and currently also works as a licensed realtor in Louisiana, a travel agent for Disney and Universal, and offers services in graphic design, website design, and social media marketing.

- *Gencie Houy*
- *FCS Instructor and Field Experience Coordinator*
- *Lubbock ISD*

Ever wanted to be an FCS educator? If so, hear from Gencie! Gencie Houy has been teaching Family and Consumer Sciences in public education for 12 years in Lubbock ISD and one year as the Career and Technical Education Specialist for the district. She has her Bachelor of Science in Family and Consumer Sciences Education from Texas Tech University and graduated with her Master's Degree in Educational Administration from Lamar University. Gencie is currently working on her PhD in Family and Consumer Sciences Education.

- *Melinda Meisse*
- *FCS Educator*
- *Pioneer Career and Technology Center*

You can't do it all, or in Melinda's case, yes you can! Melinda Meisse is a local, state, and national presenter of innovative teaching and best practice, a designated master teacher, FCCLA adviser, and Ohio FCCLA Endowment Fund committee member. Currently, she is teaching Early Childhood Education at Pioneer Career and Technology Center in Shelby, Ohio for her 18th year.

- *Paula Tripp*
- *Professor*
- *Oklahoma State University*

Ever wondered what a day in the life looks like as a university professor? Meet Paula Tripp, a Professor at Oklahoma State University. In her current position, Paula manages the undergraduate and graduate programs through teaching and administrative roles, continuing to require students to participate in FCCLA activities. She also developed and implemented innovative programs promoting FCCLA, including the Family and Consumer Sciences Education Academy and Zoom sessions with FCS teachers and FCCLA members. She is also an FCCLA 75th Anniversary Hall of Fame Inductee.

- *Sherry Vogel*
- *FCS Educator*
- *Southeast Valley High School*

The skills gained in FCCLA last a lifetime, ask Sherry! Sherry Vogel, FCS teacher at Southeast Valley High School in Gowrie, Iowa, is a 1989 graduate of Iowa State University. Ms. Vogel has been involved with FCS for 31 years and FCCLA for 27 years. Ms. Vogel has served as the Lead Consultant for Career Investigation for STAR Events for more than ten years and was a member of the Competitive Events Advisory Team many years ago. She is also an FCCLA Adviser Mentor, Master Adviser, and 75th Anniversary Hall of Fame Inductee.

- *Tammi Price*
- *FCS Educator*
- *Rome High School*

Is FCS education the right career path for you? It was for Tammi Price! She is the Early Childhood Education pathway teacher at Rome High School in Rome, Georgia and co-adviser for the RHS Chapter of FCCLA. Mrs. Price taught K-2 students for 17 years, and has served as a mentor teacher and teacher leader for the last ten. She is currently serving on the School Leadership and Curriculum and Instruction teams for her school.

## CAREER PATHWAYS

### VISUAL ARTS AND DESIGN

#### Argh...It Doesn't Fit!

- Dawn Sommers
- FCS Teacher and FCCLA Adviser
- Bonner Springs HS

Having your clothing item fit will be the difference between wearing it or leaving it in your closet. In this presentation, Dawn Sommers will lead you through a basic garment fitting, using the same process as the industry. A garment fitting is the type of learning you get on the job...most colleges do not teach this information; therefore, participants are getting advanced workforce training with this virtual presentation.

#### Design with Digital Media: Using Sketchup for Interior Design

- Tilanka Chandrasekera
- Associate Professor
- Oklahoma State University

Take your creative learning to the next level by learning how to use a free 3D modeling tool to design your own room and how to use virtual reality, augmented reality, and 3D printing in design.

#### Recycle, Reinvent, Redesign

- Candice Chancellor
- Regional Manager
- Fashion Institute of Design & Merchandising (FIDM)

Do you have a passion for fashion? Join FIDM representatives to discover and identify trends as well as new ideas for recycling garments for re-design. This session will include demonstrations, a classroom project, and an opportunity for students to present, with follow-up in a game format.

#### Think Like a Sustainable Interior Designer: New Uses for Existing Products

- Shannon Ress
- Regional Manager
- Fashion Institute of Design & Merchandising (FIDM)

Sustainable interior design is more than just a trend. Learn more about interior design from the experts at FIDM. This session will include a classroom project, for students to utilize a household or standard, well-known item, to design and create a new feature for his/her bedroom. Students can either sketch or actually build the item. There are opportunities for members to present as well as handouts for the educator to follow-up with.

## CAREER PATHWAYS

### VISUAL ARTS AND DESIGN

#### INTERVIEWS WITH INDUSTRY EXPERTS

- *Ariana Lake*
- *Weekend Anchor and Multimedia Journalist*
- *KXLY4 News Now*

As seen on TV, Emmy-nominated journalist Ariana Lake anchors the 4 News Now weekend shows and shares stories from the Inland Northwest throughout the week as a multimedia journalist. The University of Montana graduate got her start in news while she was still a full-time student. She was later part of the news team that received the 2017 E.B. Craney Broadcasting Award for Television Breaking News. Ariana was honored with an Emmy nomination for a 4 News Now cold case story centered in Clarkston.

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- *Bryan Schuerman*
- *Lifestyle Anchor/Producer*
- *WICS ABC NewsChannel 20*

Discover the weekday Morning & Midday Meteorologist and Fill-In Lifestyle Anchor/Producer for WICS ABC NewsChannel 20 and WRSP FOX Illinois in Springfield, IL covering Central Illinois, Bryan Schuerman, M.Ed.

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- *John Houser*
- *Assistant Vice President of Marketing and Communications*
- *Eastern New Mexico University*

What constitutes an effective communications campaign? Hear from John Houser, Assistant Vice President of Marketing and Communications at Eastern New Mexico University, who heads up all the creative service initiatives for the third largest University in the State of New Mexico including marketing, advertising, branding, the ENMU Website, graphic design, social media, and media relations.

- *Kelsy Kershaw*
- *Executive Assistant*
- *NBC News*

Breaking news! Coming to you via VLE, Kelsy Kershaw is an Executive Assistant to the Sr. Vice President of HR, Executive Vice President of Global Business Development and Strategy, Executive Vice President of Communications, and Sr. Vice President of Strategic Initiatives at NBC News. She also does part-time work as a Production Assistant with NBC News Now. Before NBCUniversal, she was an Office Coordinator at Refinery29.

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- *Lucas Aragon*
- *Executive Director of Branding and Design*
- *ABC Television Network*

Meet Lucas Aragon, a former FCCLA National Officer and current Executive Director of Branding and Design for the ABC Television Network. He also worked on the launch of The Oprah Winfrey Network (OWN) in 2011. This was his second cable network launch, his first was at the National Geographic Channel in 2001. Lucas studied Graphic Design and Television Production at Eastern New Mexico University. Prior to his role at ABC, Lucas has also worked for Lifetime Television, NBC affiliates WRC, WHDH & WESH, and FOX affiliate KDFW.

## CAREER PATHWAYS

### HUMAN SERVICES

#### How to Start A Conversation

- *Violet Lowe*
- *FCCLA Chapter President*
- *Anthony Wayne Penta Career Center*

Do you want your students to have the ability to have a conversation? If yes, this is the perfect lesson for you; it will teach your students how to have a conversation in any setting.

#### INTERVIEWS WITH INDUSTRY EXPERTS

- *Alec Ostapovicz*
- *Community Engagement Director*
- *Hope for San Diego*

With a background in hospitality, event planning, and project management, Alec focuses on using collaboration and strong relationships to accomplish and serve local non-profits. His most current role as Community Engagement Director allows him the opportunity to serve volunteers, deliver annual programs, and invite volunteers and like-minded supporters to engage and care for the flourishing underserved neighbors in San Diego.

- *Elizabeth Brown*
- *Program Case Manager*
- *Arlington Urban Ministries*

Talk about servant leadership! Elizabeth Brown services as a Program Case Manager for Arlington Urban Ministries. She oversees all programs and services the agency offers. Arlington Urban Ministries works to assist low income families with utilities, rent, and food.

- *Kori Dover*
- *Registered Dietitian and Resident Health Professional*
- *California Beef Council*

Kori is a food lover and mom who also happens to be a registered dietitian who has celiac. She is the California Beef Council's Registered Dietitian and Resident Health Professional, providing evidence-based education, resources, and communication around beef nutrition. She is also the voice behind the blog and website GFree Kori, where she explores "Gluten-Free and Guilt-Free Living."

- *Tre Maxie*
- *Director of Growth & Business Development*
- *Council for Professional Recognition*

Tre Maxie has over 20 years in executive leadership positions. He was a former policy-maker, serving as a member on the Washington State Board of Education from 2011-2016. The Council annually awards nearly 50,000 Child Development Associate (CDA®) credentials in all 50 US states and internationally. Tre serves on the FCCLA National Board of Directors as a Business and Industry Representative.

## CAREER PATHWAYS

### HOSPITALITY AND TOURISM

#### An Exploration of Careers in Today's Hospitality Industry

- Patrick Leary
- Professor
- Johnson & Wales University

Today's hospitality industry is constantly evolving and innovating. It is critical for future leaders of the industry to understand not only what opportunities within the field exist, but also what skills and competencies are expected by hospitality organizations.

#### INTERVIEWS WITH INDUSTRY EXPERTS

- Aaron Stitt
- General Manager
- Courtyard by Marriott Lincoln Downtown

Skilled in catering, food and beverage, sales, hotel management, and customer satisfaction, hear from, Aaron Stitt, an experienced General Manager with a demonstrated history of working in the hospitality industry.

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- Hunter Horton
- Director of Leasing, Marketing, and Sales for Campus Living
- Northwestern State University

Soon you may be off to college and living in campus housing. Hunter Horton is a graduate of Northwestern State University in Natchitoches, Louisiana and currently serves as Director of Leasing, Marketing, and Sales for Campus Living. Hear from Hunter about his responsibility of the marketing and sales of 1,500 beds on the Northwestern State University's campus.

#### Small Town, Big Dreams, and the Reality of it All

- Larry Garcia
- FCCLA Adviser
- Dimmitt HS FCCLA/ Larry Garcia Catering

Small town, big dreams, and the reality of it all. Dimmitt FCCLA chapter leaders share part of their stories, from industry to the classroom, small businesses, and leadership development!

- Jacqui Pressinger
- Director of Strategic Partnerships
- American Culinary Federation

Jacqui Pressinger is the Director of Strategic Partnerships at American Culinary Federation (ACF), the largest association of Professional Chefs in North America. She has dedicated her life to the culinary and food service education industries, and holds degrees in both Culinary Management and Baking and Pastry as a graduate of The Culinary Institute of America (CIA) and Newbury College.

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- Kim Graves
- Global Account Director
- Travel Portland

Kim Graves is an experienced Global Account Director with a history of working in the hospitality industry. Kim will share how it is her goal to maintain and further obtain senior managerial sales partnerships within the hospitality industry to exceed expectations and execute objectives for her clients, ownership/shareholders, and philanthropic partners. Kim serves as a Business and Industry Representative on the FCCLA National Board of Directors and is currently the Vice Chair of the Board.

## CAREER PATHWAYS

### REAL WORLD SKILLS

#### Virtual Job Interview

- Amy Gazaway
- Director of Recruitment and Retention
- Oklahoma State University College of Education and Human Sciences

What's that in your background? Why don't your lips match the words I am hearing? Are you looking at the screen or camera? Virtual interviews are becoming more common in the hiring process, but with this use of technology comes a host of possible distractions and challenges to making a great first impression. Learn strategies for presenting your best self, engaging your interviewer, and securing the job you want through a virtual interview.

#### First Impressions

- Jennifer Chessmore
- Prospective Student Coordinator
- Oklahoma State University College of Education and Human Sciences

We have all heard the saying, "You only get one chance to make a first impression." The reason this is a popular and has stood the test of time is because...it's true! Fun fact: it takes less than THREE seconds for a person to judge your appearance and form an opinion about you. That makes a first impression critical in your career success! Let's talk about what is involved in making a good first impression and some potential outcomes for a great (or not so great) first impression.

#### Discover Your Career

- Judith Loredo
- Senior Advisor
- Houston Independent School District CTE

Being responsible can change your life. It helps you change a negative to a positive without taking blame for others. Taking responsibility is about identifying your mistakes and growing from them.

#### Communicate Like a Professional

- Mandy Hines
- Admissions Representative
- Johnson and Wales University

Learn how to communicate professionally when talking with colleges and employers. Whether by phone, text messaging, or email, it is important to use language and grammar in a way that shows you are ready to take next steps on your career path.

#### Social Media Etiquette

- Mason Martin
- Prospective Student Coordinator
- Oklahoma State University College of Education and Human Sciences

The internet is an incredible resource for connecting to friends, family, and community! As we spend more and more time online, let's learn best practices to be true to yourself while creating a positive and professional online presence.

#### Applying for Scholarships

- Tyler Lemley
- FCCLA Alumni

The world of scholarship applications can be very daunting if you do not know where to start. From local scholarships to national brand name ones, it can be troubling to narrow down what you should apply for and which ones you are eligible for. In this presentation, past National President, Tyler Lemley, will answer all the frequently asked questions about scholarships, including how to write a scholarship essay, what to include in a scholarship resume, and more!

## NATIONAL PROGRAMS

### CAREER CONNECTION

#### Preparing for Ethical Decisions

- Patricia Hudson
- Owner
- Character Minutes

The older you get, the more decisions you have to make. Preparing for Ethical Decisions will focus on the character traits of courage, respect, and honesty/truthfulness. A variety of situations and activities will provide members with practice in real world situations as well as classroom discussions that assist them in strengthening their character and ethical standards.

#### Say Yes to FCS and Education Careers

- Rylee Anderson, Ella Lanoue
- State Officers
- Minnesota FCCLA

Are you interested in pursuing a career in Family and Consumer Sciences education? If so, you're in luck! FCCLA is a great opportunity to become college- and career-ready and explore the FCS field.

#### Which Fork in the Road will You Choose?

- Katie Harfmann, Elliot Doyle
- State Officers
- Minnesota FCCLA

Where could the Human Services Pathway lead you? Are you ready to explore the endless career opportunities available in the Family and Consumer Sciences field? See if FCS is the fit for you!

### COMMUNITY SERVICE

#### Community Service During COVID: Using Technology for Service Projects

- Abigail Bettendorf, Nathaniel Jannsen
- State President and Board Member
- Minnesota FCCLA

Want to complete a community service project but stuck at home? No worries! Learn how to use technology to give back during the COVID-19 pandemic and beyond!

#### Dress a Girl Dresses

- Rebecca Wright
- Washington State Vice President of Region 10
- Kettle Falls High School FCCLA

Imagine a world where every girl owned at least one dress. Be sure to check out this presentation to help your students make this dream become a reality.

### FACTS

#### Parent Teen Driving Agreement - Ford Driving Skills for Life

- Mike Speck
- Lead Driving Instructor
- Ford Driving Skills For Life

Having a new driver in the house can be scary. Have no fear, Ford Driving Skills for Life (Ford DSFL) is here to help young drivers improve their skills in four key areas that are critical factors in more than 60% of vehicle crashes. During this presentation, Ford DSFL focuses on educating young drivers about the dangers of distracted and impaired driving as you work together to create a Parent Teen Driving Agreement.

### Preventing Vehicular Heatstroke

- Tara LaMonte and Amber Rollins
- KidsandCars.org

You never know when you could save a life! Expand your knowledge of preventing vehicular heatstroke to be able to effectively educate parents and would-be parents on the risks of vehicular heatstroke and assist them in creating an action plan to prevent these tragedies.

### FAMILIES FIRST

#### Escape The Room with National Programs!

- Christine Grant
- Washington FCCLA State President
- Sumner High School FCCLA

Looking for a challenge that will strengthen your problem-solving skills and knowledge of the FCCLA National Programs? Look no further than the Escape the Room with National Programs presentation, a virtual escape room with eight unique mind-bending puzzles made to help you go "Beyond Measure!"

### FINANCIAL FITNESS

#### The Funny Thing About Credit Cards: Minimum Payments

- Tammy Hettinger
- Executive Director
- Credit Abuse Resistance Education

Many individuals feel that because they can make the minimum payment on something, they can afford it when in reality it is hurting them. Using comedy to connect with students, this presentation will help introduce the topic and share practical advice to ensure you don't make the same mistakes based on what happens to individuals in bankruptcy.

## NATIONAL PROGRAMS

### POWER OF ONE

#### Be a Leader "Beyond Measure"

- Lisa Costa
- Assistant Director of Student Leadership
- Idaho Career and Technical Education

You have heard that FCCLA is the Ultimate Leadership Experience, but did you know that FCCLA has countless resources to help you grow "Beyond Measure?" The Power of One program has five units to help you develop your skills that will impact you now and, in the future, to be the best you - you can be.

#### Need Help With Running an FCCLA Meeting? Try Parliamentary Procedures

- Diane Klemme
- Professor, Program Director
- University of Wisconsin - Stout

Is your chapter meeting chaotic? Do you want a more organized and productive FCCLA meeting. If so, try parliamentary procedure!

#### Taking the Lead to the Next Level with Power of One

- Paige Hiserman
- Virginia FCCLA State Vice President of Parliamentary Law
- Strasburg High School FCCLA

Taking the Lead to the Next Level with Power of One will encourage members to use their leadership skills to reach for officer positions within FCCLA. Members will develop their own plan for how to achieve their leadership goals.

### STAND UP

#### Advocate for FCCLA, Seek Donations for your chapter and "Friendraise"

- Amber Findlay, Hailey VonEnde
- State Officers
- Minnesota FCCLA

"Friendraise" on your path to fundraise! Advocate for FCCLA with preparation and a few key tools to help you be successful!

#### Stand Up - Civil Conversations

- Brynley Jones
- National Vice President of Public Relations

Join Brynley Jones, National Vice President of Public Relations, to learn essential advocacy skills with the Stand Up National Program. This virtual lesson from Unit 2: Educate, will help you learn how to be a generous listener and practice civil conversation skills.

#### Turning Big Ideas into Big Impact

- Ashley Bendicksen
- National Speaker and Award-Winning Activist

Hear Ashley Bendicksen's powerful message focused on cultivating healthy relationships and honing in on personal leadership. Recognized as an award-winning activist, dating violence prevention educator, and top motivational speaker for students and educators, Ashley combines heartfelt storytelling, education, and practical strategies for change.

### STUDENT BODY

#### Say Goodbye to Stress, and Yes to Success!

- Jakob Berghammer
- Chapter Officer
- Spring Lake Park High School FCCLA

Stress levels in teens can rise for many reasons, such as new school patterns, COVID, distance learning, and generally uncertain times. Learn how to be resilient and help your peers and friends to de-stress.

#### Fun and Functional Mental Health Activities

- Jennifer Chessmore
- Prospective Student Coordinator
- Oklahoma State University College of Education and Human Sciences

The stress of our current environment can be detrimental to your mental health. Even when we are not in a global pandemic, the challenges of juggling jobs, relationships, and school can be overwhelming. Join us for fun ideas to lower stress, find the positives in every day, and take care of yourself!

#### Mental Fitness by ReBuildUp

- Michael Norbury
- ReBuildUp, LLC

Having a strong mental fitness system in place can help students succeed faster and go farther in whatever challenge they pursue. How can you better face tomorrow through mental fitness?

# VIRTUAL STATE LEADERSHIP CONFERENCE

BEYOND MEASURE

## REFLECT AND RECOGNIZE

### Keynote Speaker Continued

EJ Carrion lives each day with a mission to inspire others to impact the world "Beyond Measure." Now it's your turn! Listen to his message to learn how you can accelerate your success and change others' lives.

### Competitive Events Award Session

And the winners are.... Join the National Executive Council as they reveal the top 16 teams who have earned the opportunity to compete in the National FCCLA/LifeSmarts Knowledge Bowl Championship in 2021 and the announcement of the 1st, 2nd, and 3rd place winners of each Skill Demonstration Event!

### Closing Ceremony

See FCCLA's 2020-2021 National Executive Council sign off on FCCLA's first-ever Virtual Leadership Experience and enjoy a sneak peek at what FCCLA has planned for the coming months!

### NLC Promo

Mark your calendars now for FCCLA's 2021 National Leadership Conference, June 27 through July 1, 2021 in Nashville, Tennessee, for the opportunity to come together with members across the nation to expand leadership skills, sharpen talents, explore Career Pathways, and more!

## MOTIVATIONAL MOMENTS

Every leader starts somewhere. Listen to these Motivational Moments from the 2020-2021 National Executive Council to hear how they have taken their leadership to the next level through FCCLA and how you can too!

### Advocate "Beyond Measure"

Advocacy is a powerful tool. Learn how National Vice President of Public Relations, Brynley Jones, has been inspired by FCCLA to advocate "Beyond Measure!"

### Connect "Beyond Measure"

Despite these challenging times, it is still important to connect. Hear from FCCLA's National Vice President of Competitive Events, Melanie Mendonca, on how she connects "Beyond Measure" this year through FCCLA.

### Create "Beyond Measure"

Are you a right-brain thinker and tend to be more creative and artistic? Or are you a left-brain thinker and are more analytical and methodical in your thinking. Whichever you are, take a moment to listen to this message from FCCLA's National Vice President of Programs, Regan Rhymes.

### Grow "Beyond Measure"

True to FCCLA's mission of promoting personal growth and leadership development through Family and Consumer Sciences education, hear how National President, Supriya (Supy) Patel has grown "Beyond Measure" through her involvement in FCCLA.

### Inspire "Beyond Measure"

Take a moment to listen to what Vice President of Development, Faith Honey Anderson's message—you are sure to be inspired "Beyond Measure!"

### Lead "Beyond Measure"

When does a follower become a leader? Hear advice from National Vice President of Membership, Logan Justice, on how to lead "Beyond Measure" through FCCLA!

### Learn "Beyond Measure"

Just because you are out of school does not mean you stop learning. Listen to National First Vice President, Hannah Jones', message with tips and tricks to learn "Beyond Measure."

### Persevere "Beyond Measure"

Everyone has challenges to overcome. Hear from National Vice President of Parliamentary Law, Bellamy Wooten, on how to persevere "Beyond Measure."

### Serve "Beyond Measure"

Looking for ways to better serve your family, career, and community? Listen to National Vice President of Community Service, Weston Buhr's message on how to serve "Beyond Measure."

### Support "Beyond Measure"

With support you will soar "Beyond Measure!" Take a moment to listen to this quick, inspirational, "Beyond Measure" message from FCCLA's National Vice President of Finance, Kaden Fox.

## REFLECT AND RECOGNIZE

### THE BEST OF VIRTUAL NLC

#### Youth Leadership Training: Mental Health

- *Hannah Owens, Abby Stern, and Madeline Wittstruck*
- *2019-2020 National Executive Council*

Your mental health matters! During this presentation, multiple topics centered around mental health are addressed. These topics include what is mental health and why is it important, the stigma surrounding mental health, what factors can influence your mental health, what poor mental health can look like, and how to improve your mental health.

#### Youth Leadership Training: Turning the Tables on Time

- *Ashley Turner, Leadership Training Team*

In this highly-interactive session, members will be able to visualize how they are spending their time and create a game plan to conquer the day with effective time management.

#### Adviser Training: Gamify Your Classroom for Anywhere Learning

- *Tisha Richmond, FCS Educator*

Interested in learning how to create an immersive and gamified learning experiences from anywhere? Using Google Sites, Tisha Richmond, will walk you through her Anywhere Learning Game Plan that would work in any content area or grade level. This gamified framework will allow students to access the learning from the brick and mortar or virtual learning environment for flexibility in an uncertain educational landscape.

#### Adviser Training: Jumpstarting Chapter Management Tips and Tricks

- *Joline Dunbar, NCT Member*

Take a shortcut to starting your new year by using the information shared in this presentation. Everything from officer duties, officer training, chapter project management, and a point system to how to run officer candidates and more.

#### Adviser Best Practices: Making the Most of National Programs

- *Joline Dunbar, NCT Member*

Find out how to make the most of National Programs by making them the focus of everything you do in your chapter. Learn about opportunities for funding provided through National Program awards and partner/sponsor contests! Make National Programs work for you!

#### Red Talk: Inspiring Youth to be Lifelong Servant Leaders

- *Lauren Grimes, The Community Enrichment Project*

As courageous service leaders, youth have the power to continue to be changemakers for generations to come. We must invest in the next cohort of leaders by encouraging them to understand the holistic importance of community service, as it benefits them, their communities, and other young people.

#### Red Talk: Tips for College Success

- *Brigham Young University-Idaho Chapter Officers*

Preparing to go to college? Learn about college success tips that have been helpful to current college students and listen to them share what they wish they would have known when they first started college.

#### Demo: Decadent Salted Chocolate Caramel Corn Tart

- *Camorrow Jones, August Escoffier School of Culinary Arts*

These tarts are not only decadent, rich, and buttery, they are slightly addictive! We will explore the development of a pâte sablée dough, review sugar stages, and highlight the importance of flavor balances.

#### Demo: How to Temp Baked Goods

- *Chef Martin, Thermoworks/The Home Baking Association*

Temperatures are important in baking. Everyone's wondered at some time if their bread or cake is done at center, if liquid temperatures are correct for yeast fermentation, and if butter is chilled or softened for an optimum pastry or batter. Since raw batter or dough is never safe to eat and under-done products cannot be served, stored, or sold, taking interior temperatures is a best baking practice FCCLA student members must know.

#### Demo: Techniques for Fashion Draping

- *Kelly Pugil, FIDM Regional Manager*

Explore the various ways fashion designers rely on draping for pattern making and inspiration. Kelly Pugil, FIDM Regional Manager, walks students through the importance of draping for accurate pattern creation, as well as the creativity of draping for inspiration, fabric functionality, and couture designing.