

NEW DIRECTIONS

FALL 2018

President's Address

No matter what adventure you seek, to achieve it, FCCLA is the best strategy. Adventures can be found in our daily lives, or they can be something out of the ordinary, like going on a hike, riding in a hot air balloon, or even competing in a STAR event. FCCLA is the perfect resource for students like you to discover your adventure because FCCLA provides you with the tools to achieve it.

Much like how hot air balloons capture air to provide lift, FCCLA attracts members who hold enormous capacity. You have the ability to unlock your potential. FCCLA will give you the tools to be successful in your future, but it is up to you to take advantage of this opportunity. Luckily for you, FCCLA will be the propane burner under your hot air balloon. If you navigate the opportunities available, you should experience clear skies and easy flying. Personal lift comes from attending leadership conferences, participating in competitive events, engaging in exciting and interesting workshops, and networking with other youth leaders to develop strong communications skills.

Our new theme this year, "Invent Your Adventure", reminds us that dreams can be turned into reality if you have the passion and steadfastness. Use FCCLA to make and follow through with goals for your personal development today and success for your future.

This year is full of adventure; make sure you take advantage of them! Remember, the focus of FCCLA is the family. This means you should encourage other students from your school to get involved in our FCCLA family. Challenge yourself to invite a new member to an FCCLA meeting this year and give them the chance to "Invent their Adventure", as well.

Now that it's back-to-school season, here is your first adventure: soar into the school year with preparation, determination, and FCCLA in your hot air balloon!

Sincerely,
Samantha Matson
NJ FCCLA President



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CONNECT WITH THE FALL LEADERSHIP CONNECTION

November 19, 2018

Samantha Matson
NJ FCCLA President

The school year is here! So what does that mean? Homework, tests, and projects---no! It means that the New Jersey FCCLA Fall Leadership Connection is right around the corner.

The FLC is an opportunity for each student to discover skills that are valued and recognized through their participation in competitive events. The events cover a multitude of topics, which means all students will be able to find something that interests them. It is also a great way to be introduced to FCCLA. To start, find the fall competitive events on NJFCCLA.org to help you connect with the event that is perfect for you.

FLC is a learning experience where students teach students. Round table presentations are an interesting part of this conference. It is when members can teach their peers about FCCLA national programs, competitive events that they competed in previously, or other topics. In addition to our student presenters, we also provide representatives from colleges who can provide insight on colleges students might want to attend.

FLC is a time when students network with their peers. Communication and networking are examples of valuable skills that FCCLA teaches its members. Conferences are a perfect time for students to practice and develop these skills. Students can meet peers from all across the state, make new friends, and create lots of memories.

FLC is an inspiration for leadership and service. The conference encourages members and advisers to take part in several community service initiatives. One of our competitions, the Cupcake Challenge, is both a competitive event and a service project. The cupcakes from the competition are sold, and for the second year, all the money will be given to the Save the Children organization to provide hurricane relief for children in Puerto Rico. Also, you and your chapter can combat hunger and the food insecurity that continues to grow in New Jersey by participating in the food drive for MCFOODS, a food bank that supports 80 local foods pantries.

The Fall Leadership Connection is an opportunity, a learning experience, a networking venture, and a leadership and service initiative. You can compete, discover, and enjoy what it means to be involved with FCCLA. And most importantly, the Fall Leadership Connection is another opportunity for you to Invent Your Adventure with FCCLA!

Community Service for FLC

Karishma Shenoy, First VP, VP of Community Service

Communities thrive on the hard work, dedication, and service of its citizens and leaders. Through service, we are able to improve the quality of life in our communities and help those in need. While developing essential leadership and social skills, we are able to understand the extent of what it means to serve the community.

This fall, NJ FCCLA will be participating in several community service initiatives at the 2018 Fall Leadership Connection. The community service initiatives are the food drive for the Middlesex County Food Bank, the pull tab donation for the Ronald McDonald house, and the sales from the Cupcake Challenge will be sent to the Save the Children organization to help hurricane relief for Puerto Rico.

1. Middlesex County Food Pantry- Please donate and encourage your chapters to donate non-perishable food items for the Middlesex County Food Pantry. Canned foods, cereal/oatmeal, pasta, etc.
2. Ronald McDonald House- Collect and donate pull tabs for the Ronald McDonald House Charities! For more information, go to <https://www.rmhc.org/ronald-mcdonald-house>
3. Cupcake Challenge- The cupcakes made by the competitors of the Cupcake Challenge event at FLC will be sold for \$1 each. Please purchase cupcakes, as the proceeds from this will go towards the Save the Children Organization for hurricane relief for Puerto Rico.

There are many ways you can help your community and those in need. Please consider participating and donating to our community service initiatives at the 2018 Fall Leadership Connection! Every donation goes towards a good cause!





5 BACK TO SCHOOL TIPS



With the school year starting, it is important for you to prepare yourself for everything that will be thrown at you. Tests, quizzes, assignments - the work and studying will continue to pile up, but don't worry! Here are some important tips for you to get right back on track with the swing of the school year:

- 1. MAINTAIN A POSITIVE ATTITUDE.** Although the beginning of the school year is always stressful with getting to know your classroom locations, your fellow classmates, and getting a feel for your teachers, it is important to walk into school every day with your head up and a big smile on your face! Be enthusiastic and excited, ready to learn!
- 2. BE PREPARED.** With your teachers still getting to know you, it is vital for you to make a good first impression by coming to class on time everyday prepared with all of your basic materials and supplies ready to learn. Any sort of writing utensil like a pen or pencil, a binder or folder with lined notebook paper to write on, and all of your assignments completed is definitely necessary to start the school year off on the right note!
- 3. BE ORGANIZED.** There will be loads of work, assignments, papers, and due dates thrown at you and you may start to feel overwhelmed. Keep in mind that it is important to remain organized and place everything in order. Put your homework in the correct subject binder, and instead of "memorizing" your due dates, write them in a planner! School can be frustrating so it is important to keep the simple things in order.
- 4. EAT HEALTHY AND STAY IN SHAPE.** School is often stressful. There will always be work and assessments that you have to complete. In light of that, it is important for you to find time to eat healthy. Eat your vegetables and your fruits daily to keep your body healthy! Make sure to have three full meals every day and have small snacks in between. While making sure to eat, also try to get some exercise regularly. Get your daily workout at the gym or just go for a small jog.
- 5. DON'T BE AFRAID TO MEET NEW PEOPLE** With new teachers and new classes, it's important for you to branch out and start new friendships. Get to know someone better. See what you have in common. You never know... they might turn out to soon be your closest friend!

Coming back to school from the calm, stress-free summer days is a hassle, but by keeping these little tips in mind, the transition will be a breeze. Try new things and take on new challenges. Explore and embrace your full potential. With these tips you can stay positive and start off the school year right!



Survivor Seniors: Episode 2019!

Alyssa Song, Vice President of National Programs

Have you ever seen the show "Survivors," about a viral pandemic that affected the entire human race? While this show is known as a science-fiction TV show, it's not very far from reality. Recently, there has been a new viral infection that has been travelling from senior to senior, called senioritis. Below are some tips and tricks for survivor seniors to step into 2019 with a strong start, succeed through college applications, and avoid catching the dreaded senioritis!

1. Start your college applications as early as possible. Sure, college applications are not due until October (if you are applying early decision or early action) or December (if you are applying regular decision), but these essays will not write themselves! Even if it is a subpar first draft, a start on your college essays is better than not starting at all. The best time to start is during the summer because the fall is often busy with sports, adjusting to the new school year, and a lot of other additional stress.
2. Maintain your grades. Why? Most colleges will ask for a mid-year grade report, which means that you should still be trying your best in all of your classes. In addition, most colleges will also ask you to self-report all of the classes you are taking. Senior year should not be a time to slack off. If anything, it is your last year of high school, and it's best to take advantage of your education and leave a positive legacy.
3. Build a resume. Especially during college application season, a resume is your best weapon. By writing detailed descriptions of your extracurricular activities, honors and awards, work experience, or volunteer experience, you will grasp a better understanding of your priorities as well as your expertise! Drafting a resume will also be handy later in life when applying for an internship or a job. While others have to take time to create a resume, yours is already ready to go.

Advice for Freshmen

Hardik Veguru, VP of Parliamentary Law

The transition from middle school to high school is significant. Coming to high school as a freshmen, there are many things that you need to realize - the main fact is that high school will not be as easy as middle school. The stress, the friendships, the workload - everything just gets harder to manage and difficult to maintain. Although adjusting to high school is challenging, the following are some skills that will make the transition smooth and successful.

1. Learn to manage your time well.

Learn to manage your time well. With the greater number of classes you will be taking as well as the increase in difficulty of your classes, the work and stress will only multiply. Not only will you have schoolwork, but you will have clubs to tend to and sports to play. With all this in mind, make sure that you don't waste any of your time. Spend it wisely! Get off of your phone and quit socializing all the time. Instead, focus on your work and what you have to get done. Time will fly by with everything you have to do so make sure to keep track of it.

2. Use a planner.

Plan ahead and prioritize. There will be several due dates and test dates for homework, assignments, and assessments all assigned from your different teachers. With this in mind, make sure to create a plan and schedule for what work you are going to do first and when. Avoid procrastinating. Maybe you do a little bit of a project everyday instead of cramming it all the day before it's due!

3. Don't be afraid.

The very thought of high school with challenging classes and all the new people you're going to meet can be overwhelming and scary. However, don't be afraid to talk to new people in your classes or join a club. Give everything a shot and soon enough you'll find where you can fit in and make a difference!

4. Maintain a growth mindset.

Maintain a growth mindset. High school is not easy. With its ups and downs, it is vital for you to stay positive and learn from your mistakes, only bouncing back stronger and harder. Yes, you might get a C on an exam, but don't let that determine the rest of your day, month, or school year! Stay active and maintain a positive attitude and you'll do just fine!

New classmates, new teachers, new clubs, and new sports teams. High school is just a large but fast roller-coaster ride, so make sure to enjoy every moment. Transitioning into high school will be difficult for some more than others, but at some point, you will find where you fit in best. So go out there, make new friends, study hard, and be sure to make some unforgettable memories!

Recruiting Members for FCCLA!

Chelsea Olender

Vice President of Membership

FCCLA members are the foundation of our organization. Without members, FCCLA would not be the outstanding program that it is today! However, for FCCLA to excel, we must continue to gain members. More members means endless opportunities for more students.

Recruit, Retain, and Recognize are the three parts of the Go for the Red National Membership campaign. Go for the Red is an excellent opportunity to gain membership for your FCCLA chapter. Go for the Red offers individual and chapter recognition. To obtain this recognition, you must gain a certain number of members by the deadline and meet all qualifications. To learn more about Go for the Red, visit www.fcclainc.org.

Some strategies for gaining members in your chapter include: You can make announcements about your FCCLA chapter over the daily announcements, hang up FCCLA posters for meeting days and times, or have a fun first meeting planned to introduce new members. This meeting should include games, icebreakers, snacks, an agenda with solid information and so much more!

Another efficient method of recruiting members for the year is having your chapter officers advertise at freshman orientation. This provides an enjoyable environment to encourage students to be excited in high school and the opportunity to join a one-of-a-kind organization. You can talk with these students about what FCCLA has to offer: leadership, conferences, competitive events, community service, family and consumer sciences course information, and college and career readiness.

I hope that some of these ideas inspire you and your chapter to spread the word about FCCLA and build the membership in your chapter for the upcoming school year. Remember always to "Recruit, Retain, and Recognize" for your exciting FCCLA year to come!

How to Ignite an Active Chapter

Karishma Shenoy, First VP

Imagine walking in the first day of summer camp to a group of kids who have known each other for many years. As the new kid, you probably feel hesitant to approach them, so instead you decide to sit alone. Surprisingly, the kids notice you and get up to come sit with you include you in their group. Their warmth and friendliness welcome you and make you want to come back next summer!

Similarly, to ignite an active chapter, we must share the same welcoming and friendly attitudes. To ignite an active chapter, three essential topics must be considered. The meetings should be exciting, you should uphold a friendly atmosphere, and come up with new initiatives to keep members interested and involved. While it is easy to list these things, going to the extra mile to implement and practice them in your chapter is what will make all the difference.

1. Make the chapter meetings interesting and exciting. While it is important to be serious and get your point across at the meetings, it doesn't mean you can't have some fun. Consider opening the meetings with ice breakers and fun activities. This will set a fun tone for the meeting and get members pumped. There are many icebreakers you can research and adapt so be creative! Here are a few examples:
 - a. Get a beach ball and write interesting, but appropriate, questions all around it. Throw the ball to someone and whatever question their hand lands on, they have to answer it.
 - b. Play the Name Game: Everyone forms a big circle (or two depending on how big your chapter is) and sticks their arm out. One person goes in the middle. The people on the outside have to say someone's name (who isn't their friend) and the person in the middle has to hit their hand before they say another name. This promotes new friendships and meeting new people.

2. Create a friendly and welcoming environment. Try to include new people in your conversations and get to know someone new. By involving everyone and being inclusive, nobody feels left out from the group. It is easy to unintentionally exclude someone you don't know, but by practicing this, you are meeting new people and being a friend.

3. Keep members interested and involved. Create new and exciting fundraisers, as well as ways to get involved in the community. By providing new initiatives, you are keeping people interested and getting more people involved. There are many ways you can help the community and hold fundraisers. Examples include bake sales, food drives, clothing drives, etc. This will stimulate more involvement in your chapter and hopefully an increase in membership.

These three points will help you ignite an active chapter and get more members involved. There are definitely more ways to keep people interested--remember to have fun and be creative!

Reducing your Carbon Footprint

Chelsea Olender
Vice President of Membership

Your carbon footprint affects the earth now and in the future. What exactly is a carbon footprint? Your carbon footprint is the amount of carbon dioxide and other carbon compounds for which you are responsible. How are your actions causing greenhouse gases to be emitted into the environment? The main causes of a carbon footprint include human activities that use energy and cause deforestation. Reducing the amount of carbon dioxide that you put into the earth is important. Ways to reduce this carbon footprint are extremely important! The following are 7 ways to reduce your carbon footprint:

1. Monitoring your Speed:

Accelerating unnecessarily while driving puts more emissions in the air rather than when you are driving the correct speed limit.

2. Try going Solar:

By going solar you are not using the emissions as you would with electricity. Try to use natural light, and don't leave lights on when unnecessary.

3. Take shorter showers:

This eliminates how much water we use daily and reduces the amount of energy used to pump, heat, and treat water.

4. Going Organic:

Eating organic is a great option because many fertilizers that are on regular fruits and veggies are fossil fuel based.

5. Traveling:

When running errands, combine what you have to do so you are making fewer trips.

6. Wasting Energy and Electricity: Leaving a charger plugged in when you are not using it and leaving the t.v. or lights on when you leave the room are unnecessary wastes of energy. Turning everything off when you are not using it is a great habit to get into.

7. Reduce Waste:

Recycling and reusing items are powerful ways to use less energy.

Think of the impact we can make if we all made a conscious effort to reduce our personal Carbon Footprint. Just by changing minor habits and recycling more, shortening our showers and not leaving a car running, we can impact the environment in a positive way.

National Leadership Conference in Review

Aashraya Singiri, VP of Public Relations

"INSPIRED"

The National Leadership Conference was truly an exciting experience for all! Members were able to sightsee, compete in STAR Events, and get the full FCCLA experience. Members were engaged in keynote speakers, went to workshops, and were better equipped as student leaders. Here's a glimpse of some activities members and state officers completed at the National Leadership Conference:

1. Atlanta Zoo, CNN Center, Atlanta Aquarium, Six Flags Over Georgia: NJ FCCLA's state association had the opportunity to sightsee some of Atlanta's historic and exciting places. Students visited the Atlanta Zoo and Aquarium and were able to witness hundreds of different animals and expand their curiosity in a fun and exciting manner! The CNN Center served as a touring exhibit as well as a lunch stop for many of us students. Students were engulfed in CNN's history from when it all began and learned a lot. From the World of Coca Cola to the Human Rights Museum, our state association learned a great deal, and had a lot of fun with these memorable experiences!
2. Pin Trading: Everyone's favorite part of NLC is always the infamous pin trading. All you could hear in the halls was, "Where are you from?" which served as an outlet for students to mingle with those from all across the country. Each student received a bag of NJ FCCLA pins and had the opportunity to trade pins with other states members as a memento which members wore on the lanyards with pride!
3. Competitive Events: The most exciting part of every member's NLC experience is competing in their STAR event. Students from all across the country participate in competitive events to show off all the hard work and effort they put into their beautiful projects. Students were able to network with students about the competitive process and present their own project to a panel of judges for evaluation. This year, NJ FCCLA brought home 75 gold medals, 41 silver medals, and 16 bronze medals. Congratulations to all participants!
4. Fashion Show: This year's Fashion Show was one to remember! Three of our own NJ FCCLA members participated: Andrea Maris, Karishma Shenoy, and David Costadina modeled their garments on stage for thousands of members to see. All the creations were beautiful and presented in a very professional and exciting show that was organized by FIDM.

Overall, the National Leadership Conference was a great opportunity for our members to meet other members from around the country, attend workshops, and network. Closing out the 2017-2018 school year with this conference inspired us all to look forward to the opportunities 2018-2019 has in store for our FCCLA members.

National Officer Alert!

Aashraya Singiri, VP of Public Relations

Ma chère mesdemoiselles et messieurs, it is with deepest pride and greatest pleasure that we welcome you today. And now! We invite you to relax, pull up a chair as the NJ FCCLA state association proudly presents... your new National Officer, Kiran Kumaranayakam, National Vice President of Competitive Events! Kiran had served on the State Executive Council as your VP of Membership and served as 1st Vice President before getting elected onto the National Executive Council. She has been in FCCLA since 7th grade, which makes this her 5th year in the organization! Kiran truly encompasses all that FCCLA has to offer. She has competed in STAR Events, presented a roundtable, participated in Capitol Leadership, uplifts her peers, and does so much more for the organization she truly loves. As Kiran's chapter member and friend, I have seen first-hand her dedication, motivation, and passion for this organization. After a long and strenuous election process that included a detailed application, test, interview, and speeches, she was able to succeed into the top 20 candidates and later on the top 10. She has followed in the footsteps of previous National Officers from New Jersey, Stephanie Zhang and Shyamala Subramanian. She will represent our state with pride and enthusiasm. Our State Executive Council is very proud of Kiran and her accomplishments, and we look forward to being a part of her journey as a National Officer this year!



Kiran Kumaranayakam



FALL FASHION

Andrea Maris, VP of Communication

Fashion is a way of presenting and expressing yourself without having to say anything. It is a part of your personality. With fall right around the corner, here are some of the trends for the 2018 season.

Statement Coats



The fall season is not complete without a plethora of bold coats available on the runway and on the rack. From fur to leather, anything goes. A coat can add an exciting element to absolutely any outfit.

Animal Prints



Wearing an animal print takes a look to a level of excitement. But, be sure to not overdue the animal print look. Choose clean and simple cuts, because the animal print is so loud that it doesn't need 10 ruffles.

80's Western

The earrings, belts, and shoulder pads from the 80's are definitely making a comeback. To elevate that even more, pair the look with western accessories, such as snakeskin print, cowboy boots, or an embroidered vest.



Prairie Dresses



Picture this: You're walking through a pumpkin patch in a gorgeous tea-length dress, woven with the floral scheme of your dreams, and accented with ruffles. That exact setting is why prairie dresses are coming back. The effortlessness, the ease, the comfort--it all says "elegance."

Layering



Layering is a simple concept, but when mastered, it is a fashion transformation. Wearing a flowy dress is nice, but imagine putting on a denim vest with buckle detailing or even a blazer jacket; it changes the look. In addition, layering makes everything more wearable in the cooler weather. A personal favorite of mine is finding something that two pieces share in common, for example, similar collar structure, and then putting those pieces together--it becomes revolutionary.

Seeing where the fashion goes with each season and year is always exciting, but remember, you don't always have to follow the trends. Someone needs to take the risk before the trend becomes mainstream. Your individuality and self-confidence is the #1 fashion accessory. And it is absolutely priceless!



Staying Fit and Having A Healthy Lifestyle

Saurabh Todkar, VP of Leadership Development

Staying fit is a tedious but worthwhile process. If it was easy, there would be less disease in the world and people would live longer and healthier lives. Becoming healthy and fit can boost your confidence, and can lead to a better you. There are several ways you can work toward a healthy lifestyle. Here are some ways to help you get back on track to the lifestyle you desire.

1.) Exercise Consistently.

Be consistent. Whatever exercise you choose to do, enjoy it and make it worthwhile. Make sure to understand the main targets of the exercise. Make a schedule daily, weekly, bi-weekly, or monthly of what you will be doing. Whether its running/walking every day for an hour or lifting heavy once every week, keep it safe and within your limits. Some forms of exercise to be consistent in would be: running, walking, biking, calisthenics, swimming, yoga, or even playing sports.

2) Avoid Fast Food & Eat Healthy

Fast food is one of the biggest obstacles anyone can face when they are on their drive to get fit and healthy. It tastes good, but most fast food contains high amounts of fat and sodium that can push you off your course. Regular consumption of fast food also leads to health risk factors, such as obesity, heart disease, and diabetes. Fast food can be tempting, but instead, take a couple minutes to prepare your own healthy meals at home. Healthy food is very simple to make. A healthy meal consists of water, healthy oils, vegetables, fruits, whole grains, and healthy proteins, all of course in the correct portion size.

3) Track Your Progress

Tracking your progress is an essential part in this journey. Tracking your progress ties exercising and eating healthy together to help you grow physically and mentally. Counting your daily calorie intake, setting goals, and having someone encourage you can make the journey satisfying. Tracking your progress helps you to push yourself and realize the rewards.

4) Get Enough Sleep

Sleep is a mandatory health factor. To function at our best, we need around 7 to 9 hours of sleep daily. Sleep also decreases stress levels. While you are sleeping, your body is working to replenish and build muscle that you have used during the day. Exercise also triggers an increase in body temperature, and the post-exercise drop in temperature may promote falling asleep. Sleep is needed for everyone and it is the most important aspect of a person's health and development.

FIND YOUR OWN SUPERPOWER WITH POWER OF ONE



Alyssa Song, Vice President of National Programs

Batman. Wonder Woman. Spiderman. These are some of the most renowned superheroes in superhero history- each of them have uncanny amounts of strength, flexibility, or intelligence that enables them to do what normal humans can't do. But, what if I told you that you can be just like them with the FCCLA National Program, Power of One?

"What do you mean?" you ask. You think that you will never be like Superman because you can't lift cars with one arm. How can Power of One help me? Power of One may not physically give you superpowers, but it gives you something just as valuable: personal development, leadership skills, and advocacy strategies. Very few people in the world are actually proficient in these skills, and being able to develop these traits will make you feel like a superhero in the modern day world.

In order to be recognized for participation in Power of One, you need to complete all five subunits.

1. **A Better You.** This is where you can develop personal skills. For example, if you always wanted to become a healthy individual, try to create a meal plan or an activity log to keep track of exercise and food intake. Not only are you fulfilling a Power of One subunit, but also developing a personal skill that can have many mental and physical benefits.
2. **Family Ties.** This is where you can improve communications and relations with family members. The possibilities for this subunit are endless- projects can range from planning a family vacation or making sure your family eats a wholesome dinner each evening.
3. **Working on Working.** This is where you can develop skills for a future goal you have in mind, such as applying for a job or gaining insight on a career. Examples like job shadowing, building a resume, or conducting an interview will definitely fulfill this subunit.
4. **Take the Lead.** This is where you can step up to the plate and lead others, rather than be a follower. Do you have something you really like, or a hobby you enjoy? Take the lead by inspiring a small group of students to participate in a STAR Event or run for an officer position in your FCCLA chapter.
5. **Speak Out for FCCLA.** This is a crucial subunit to build advocacy skills. Advocacy is one of the most underestimated skills in today's world but is vital for anything you do. Advocate and talk about why you love FCCLA to your superintendents or at Board of Education meetings. If public speaking isn't your forte, then you can decorate bulletin boards with an FCCLA theme.

By completing these five subunits, you will be fully trained in controlling your superpowers of leadership development, career readiness, and advocacy. To validate all your superhero efforts, have your adviser sign your completed Power of One form and send the reporting form to the New Jersey FCCLA office, njfccla@gmail.com. Now that you have all these powers, go ahead and make the world a better place!

FLC Competitive Events

Kiran Kumaranayakam, National VP of Competitive Events

FCCLA has so many opportunities for members to strengthen their work ethic, improve communication and public speaking skills, and cultivate leadership experiences. Through competitive events, members improve these skills and more while being recognized for their hard work. The NJ FCCLA Fall Leadership Connection is where members can start their competitive event journey! Personally, I fell in love with competitive events during my first opportunity at the Fall Leadership Connection; it was Lessons in Leadership. I loved learning about so many different skills and being able to have fun while learning. Through events like this, students gain a variety of skills that will help them be college-and-career ready!

The 15 competitive events this year are the Apple Bake Off, Banner, Caregiver Carry-All, Community Counts, Consumer Clout, Cupcake Challenge, Financing your Future, Go Green: Wall Hanging, Lessons in Leadership, Membership Magic, Passion for Fashion Design Challenge, Say Yes to FCS, Spotlight on FCCLA, Tune into FCCLA, and Web Connect. Each of the events offered this year will give members the opportunity to practice their leadership skills and demonstrate their Family and Consumer Sciences knowledge.

For the ever-popular Cupcake Challenge, the secret ingredient will be common herbs. Show us what creative concoctions you can produce with using herbs, whether it is rosemary, thyme, parsley, or basil. Together, we can continue to fundraise for Save the Children with the money being donated for the purpose of helping Puerto Rico Hurricane relief, while enjoying your sweet and delightful desserts.

At the 2018 NJ FCCLA Fall Leadership Connection, the theme for Caregiver Carry-All will be "a visit to the doctor or dentist." Members will prepare portable activities related to a visit to the doctor that are suitable for children of a specific age group. This event is a fun and creative event that will surely be educational and exciting.

Say Yes to FCS is an event that is all about promoting and advocating for Family and Consumer Sciences Education (FCS). Participants will research Family and Consumer Sciences education, meet with a public figure, create a "handout", use social media to present a peer public relations message about the impact FCS has on students and create a display about FCS and related career opportunities.

For the banner event, members are encouraged to incorporate the state theme and creativity while designing a banner as a public relations piece. This event encourages collaboration and creative and critical thinking, and the 2018-2019 Banner theme is "Invent Your Adventure." Get started on all the creative possibilities that this event can offer.

Through FCCLA's many competitive events, I am sure you will gain amazing experiences and make a positive impact within your family, school, and community. For more information, visit njfccla.org. I can assure you that you will fall in love with competitive events.

SNEAK PEEK INTO CAPITOL LEADERSHIP

Kiran Kumaranayakam
National VP of Competitive Events

This fall, FCCLA members and advisers are invited to attend Capitol Leadership in Washington, D.C. During Capitol Leadership, members will receive training focused on networking, professionalism, strategic planning, and advocacy around current issues. Students will advocate for Family and Consumer Sciences and Career and Technical Education during meetings with policymakers on Capitol Hill.

This year Capitol Leadership is from October 8-10 in Washington D.C. Students work together to form a plan for their day at the Hill. Training includes talking points on the value of Family and Consumer Sciences (FCS), FCCLA, Perkins Funding, and discovering methods to approach our representatives to inform them of the benefits FCCLA and FCS education has on students.

One of the most memorable parts of Capitol Leadership is the time set aside for members to visit with members of Congress. The purpose of these visits is to meet with your senators and representatives to discuss the impact federal policies and laws have on your local schools and communities, and to give you an opportunity to explain all of the positive things that are happening throughout Career and Technical Education, Family and Consumer Sciences, and FCCLA.

This is a great opportunity to promote Senate or Congressional engagement in FCCLA projects. Don't miss this opportunity to promote what your FCCLA chapters have been doing in the representative's home state. While meeting with elected government officials, students develop the necessary leadership skills that will help them be stronger leaders on both the state and local levels. Don't miss out on this opportunity of a lifetime. For more information visit www.fcclainc.org.

9 Tips for Good Leadership

Saurabh Todkar, VP of Leadership Development

Being a leader is no simple task. Great leaders understand that the only way for a team to reach its full potential is to bring out the best in all of the people who work in the organization. Here are 10 ways to be a Good Leader:

1) BUILD TRUST

Building trust is a key factor to becoming a good and reputable leader. Keeping your word no matter what happens is a big step toward trust. When trust is broken, act quickly and genuinely to repair it, so everyone understands and gets back on track.

2) BE HONEST

If you aren't honest, your reputation will disintegrate. People who are honest tend to be more likely to be forgiven when they make a mistake than people who continually lie and scapegoat.

Being honest can promote you and the organization in a positive and polished manner.

3) HAVE GREAT COMMUNICATION SKILLS

Communication is integral to being a successful leader. Talking and listening to people will help build relationships and can help you promote your organization. Communication can also help to foster a good working relationship between you and your team, which can in turn improve morale and efficiency. Having excellent communication can give you an upper hand in debates and help you prove your points effectively.

4) BE CURIOUS

Curiosity can be defined as: a strong desire to know or learn something. Curiosity can lead people to learn new things. Curiosity makes your mind active and alert instead of passive and lazy. Since the mind is like a muscle which becomes stronger through continual exercise, the mental exercise caused by curiosity makes your mind stronger and stronger.

5) BE EFFICIENT

Being efficient can help you manage time and not fool around. Becoming a more efficient leader can make things worthwhile and important. Efficiently balancing tasks and relationships leads to better working conditions and results that stand the test of time. Just remember, being efficient leads you to be ready and hardworking.

6) HAVE A POSITIVE ATTITUDE

Positivity is a great leadership trait. Leaders who possess positivity can shift a negative situation into a positive one. Positive attitude and energy are attractive. If you want to be a more successful leader and have a bigger impact on those you lead and serve, focus on your attitude. Remember that as you change your thinking and your attitude, your actions will start to change your work, your team, and your world.

7) BE RESPONSIBLE

Responsibility is a critical trait for good leaders. Responsibility is the foundation for all leaders, but to be a good leader, you must do what you say you will do. Walk your talk.

8) WELCOME FEEDBACK

Taking feedback or constructive criticism is a very important skill because it can help you grow as a leader and in turn, improve your organization.

9) BE PASSIONATE

To live a life beyond the ordinary, you need great desire. If you want to become more dedicated and productive as a team leader, you have to follow your passion. Passion increases your ability to impact others. In the end your passion will have more influence than your personality.

CONNECTING FCCLA THROUGH WEBSITES & SOCIAL MEDIA

Andrea Maris, VP of Communication

The internet has taken over our day-to-day lives, and it has become our hub for information and entertainment. Additionally, social media has become our preferred method of communication, even over physical interaction. This information does not have to be interpreted as a negative.

Utilizing social media to its fullest potential to promote FCCLA and engage with other members and chapters will have a positive impact on our platform. Connecting our members and chapters together is definitely a large goal for NJ FCCLA this year. That goal can happen if members send in pictures of your chapter taking part in community service initiatives, promoting FCCLA, taking part in competitive events, and anything else. This will in turn allow other chapters to get ideas, and it will broadcast NJ FCCLA as a whole. Furthermore, we are currently working on improving and adding to the website. For example, we are going to update the pictures from the competitive events and make it more "user-friendly" in general. Please let us know if you have any questions or comments through email. By fully taking technology by the reins, it will positively impact our organization, as it will showcase the continuous success of our members.

HELLO NJ FCCLA

By Alumni: Stephanie Zhang and Shyamala Subramanian



Hello

Both of us are alumni of NJ FCCLA, and are honored and humbled to have represented our fellow members of NJ FCCLA as state and national officers, in direct succession. Currently, we are enrolled in our undergraduate education (Stephanie, FIT '20; Shyamala TCNJ/NJMS '24), and continue to play an active role in the alumni organization NJ Friends of FCCLA. As we said goodbye to our FCCLA careers, we faced our futures with warm courage and high hopes, for FCCLA provided us with invaluable skills fundamental to our success in college and our careers.

Shyamala:

The transition from high school to college is fairly daunting for many students. Personally, I found that the skills I developed through FCCLA's programs and events equipped me to succeed from the minute I opened up the Common Application for colleges and universities. Throughout my application process, I had my sights set on several combined degree programs, in which I would ideally enroll in an undergraduate program offering a guaranteed acceptance to medical school, therefore granting me a Bachelor of Sciences and Medical Doctorate degree within 7 or 8 years. Many of these programs involved a several round interview process, during which I had to provide a professional resume or CV. Fortunately, FCCLA equipped me with several opportunities for professional development, ranging from interviewing and resume skills through NJ FCCLA's Leadership Boot camp, to presentation and organizational skills developed through competitions in STAR events at the state and national level. The skills I have developed over the past four years as a member and officer of FCCLA allowed me to put my best foot forward, and I was fortunate enough to be admitted into a 7 Year B.S./M.D. program, and have the skills to succeed in such an environment.

Furthermore, FCCLA inculcated in me several values regarding my role as a servant leader. In college, I found myself involved in an extra-curricular service organization involved in strengthening the neighboring community of Trenton. In addition to working at the Trenton Area Soup Kitchen, local public elementary schools, and shelters in the area, the organization has provided me with the opportunity to build on the service-based leadership platform that I built over the past four years in FCCLA. As such, this youth leadership organization played an instrumental role not only during my preparations prior to college, but also allowed me to strengthen my sense of self and purpose during my first few months of school.

Stephanie:

I am a junior Fashion Design major at the Fashion Institute of Technology in New York City. In addition to the pre-college preparation that Shyamala and I had to do in order to be accepted into a university, it's a whole new ballgame once you're in college to get internships and jobs on and/or off campus. Personally, I've been on many interviews since entering college for retail jobs at contemporary and high-end stores and more importantly, design internships to gain experience in the industry. I recently had an internship this past spring semester through FIT in collaboration with the Swedish Fashion Council, two Swedish fashion brands (POC and Ann-Sofie Back), and a fashion technology company called Neue Technology. It was a design research project that lasted three months, from April to June, to create prototypes for the two fashion companies integrating the technology to further investigate the reality and practicality of wearable technology. At the end of my internship, our team of seven interns presented our prototypes and journey as a team of designers to the fashion brands, board of FIT, press, and the Swedish Fashion Council at the Swedish Consulate in New York City. Many of my team members were nervous about the presentation and kept practicing and practicing our speech, and they commended me on my skills as a presenter and asked me to close it out and end on a strong note. Even after the presentation, the president of FIT and other faculty members complimented my presentation skills and I told them I could only attribute my level of confidence and honing of my 21st century skills to my time in FCCLA as a member, state officer, and national officer.

It is so important as an adolescent and adult to feel confident in your interview, people-to-people, and overall communication skills as you're navigating high school, college, and the workforce. FCCLA truly gave me an edge in comparison to my peers, and it is so relaxing to be excited about an interview, rather than nervous and anxious about it, because we should be looking forward to new beginnings and opportunities throughout your journey into adulthood.

FCCLA equips you with the tools you need to navigate it.

2018 National Leadership Conference: An Adviser's Prospective

by OCVTS FCCLA Adviser, Carey Brown

The Ocean County Vocational School District proudly sent seven delegates who competed in STAR events at this year's National Leadership Conference in Atlanta. The students represented the NJ FCCLA occupational category in several events, including Recycle and Redesign, Fashion Design, Fashion Construction, Job Interview, and Career Investigation. Three of the seven delegates were second-time attendees and had been down this path before. They all excelled at the conference, but their journey began well before then.

To get to this level of competition takes a tremendous amount of determination, dedication, and preparation throughout the school year. The students are aware that a first or second place gold medal at the State Conference does not equal the same honors at the National level. After hours of reviewing, correcting, and remaking bits and pieces of their projects, the students were ready to show off their hard work to a national audience.

Upon arriving in Atlanta on Wednesday, June 27th, we were greeted by cheerful crepe myrtle trees, a welcoming atmosphere, and the tangible excitement of the whole event as we made our way to the Marriott Marquis. We settled into our rooms and I registered for the conference as the students made final touches on their presentations. Students presented to the judges on Friday and Saturday. This is no doubt one of the most stressful parts of the conference, but once done, the students were able to breathe a sigh of relief.

The students felt very accomplished at the close of the recognition ceremony, as our chapter took home six gold medals and one silver medal. Two students, Tina Zhvania and David Costadina, placed third overall in their events, Fashion Design and Fashion Construction, and first overall in the occupational category, awarding them several scholarships to FIDM and the Art Institute.

In addition to STAR events, students were able to engage in other leadership activities. On Saturday, students participated in the Leadership Academy, which included five workshops and two different "tracks," allowing them to network with peers, learn new soft skills and push them beyond their comfort zone. This all assisted them to grow professionally, as well as personally.

David Costadina, a senior from OCVTS, was selected by a panel to participate in the 2nd Annual Fashion Show. A total of twenty chosen students dedicated four hours of rehearsal time over the course of two days, culminating in a fashion show on Sunday as part of the final round of the Knowledge Bowl and Adult Award Ceremony. It was beautifully choreographed and highlighted the designs and incredible talents of each student.

In addition to the structured activities planned throughout the conference, over the course of the week the students within my chapter developed bonds with each other that have in some cases turned into lasting friendships. They helped each other out, supported each other, and cheered each other on. At times, I took a step back to observe the developing unity among my group of students as they bonded over conversation at meals, walks to conference events, and our excursion to the Atlanta Aquarium. They may not have known it at the time but they also developed business protocol, timeliness, dining etiquette, and safety and security habits while traveling in public. All of these skills and experiences will serve them well in the future.

Witnessing the transformation these students go through when they reach this level of achievement is rewarding and inspiring as an adviser. To watch a student put themselves out there and see their work, actions, and ideas positively received is what keeps me going. For participating students, this may be a once in a lifetime opportunity for them. The experience at FCCLA NLC is a stepping stone that will prepare them for successes that they never would have reached otherwise.