

FCCLA SPEAKS

AUTUMN EDITION



UPCOMING EVENTS

BASIC Dates

We cannot wait to Lasso our Leadership and connect with you this month at BASIC!

Moscow: Friday, October 17

Pocatello: Monday, October 20

Boise: Tuesday, October 21

Fall Conference Dates

District 1: Tuesday, November 4

District 2: Tuesday, November 4

District 3: Wednesday, October 29

District 4: Wednesday, October 29

District 5: Monday, October 27

District 6: Monday, November 3

PRESIDENT'S MESSAGE

Hey Idaho FCCLA!

Fall is here and with it comes a season full of energy, change, and opportunity. This month we have an amazing opportunity to get involved. We are so excited for BASIC and can't wait to make connections with you! BASIC gives each of us opportunities to grow as leaders.

So this month, I encourage you to get involved, whether it is going to BASIC, Fall Conference, or even just serving your community. FCCLA gives you the opportunity to grow and discover yourself and what you are capable of achieving. As we come closer to BASIC, we are coming closer to announcing our new state theme! This year is all about finding the power within you to grow, lead, and shine. Get ready to plug into something exciting! This year, the possibilities are endless when you tap into your full potential. Stay tuned! Have so much fun getting involved this month. Can't wait to see you at BASIC!

Averie Lewis
President



Hi Idaho FCCLA!

STATE UPDATES

Your State Officer Team has been working tirelessly preparing for BASIC. We cannot wait to connect with members across the state. BASIC is full of leadership and networking opportunities that help any leader grow. Also, make sure to show up to your District's Fall Conference. Our District Officers have been diligently working to prepare for a day full of fun and more opportunities to become a better leader. Check the dates on page 1 for more information.

Adviser appreciation season is here! Our advisers work day and night to help us achieve our goals and push us to reach our full potential, so make sure you thank your adviser for all the hard work they do for you, your chapter, and the state of Idaho. Whether it is helping you with your STAR project, organizing community service events, demonstrating the values of FCCLA, or just being a mentor, we need to celebrate our adviser's dedication to this organization. With this, keep in mind that you can nominate

your adviser for various awards at the State Leadership Conference and the National Leadership Conference. Make sure to check the websites, so you don't miss the deadline.



Lauren Dobson
First Vice
President

PREP NOW, SHINE LATER: Tips for STAR Events

Competitive Events take time, effort, and a lot of planning, but preparing early can make the whole process smoother and more enjoyable. Instead of waiting until the last minute, start building strong habits now that will set you up for success. I have three areas of focus that can help you stay organized and keep your project from becoming overwhelming.

1. Commit to putting in a little bit of work each week rather than saving everything for the month before SLC. This approach will help you feel less stressed in the weeks leading up to competition and allow you to balance the other things going on in your life. Simple tools like planners, checklists, and even phone reminders can make a big difference. Try creating a to-do list of everything your project requires -documents, writings, materials, reflections, speeches, etc.- so you can clearly see what still needs to be done. Breaking your work into smaller, weekly goals will keep your project moving forward without it feeling like a huge burden.
2. Build your project with your oral presentation in mind, if applicable. Don't wait until everything is completely finished before you start practicing. As you create your project, rehearse aloud- even if it's just a rough run-through. This not only helps you catch mistakes early, but also allows you to smooth out any hiccups and get comfortable with your material. The earlier you begin practicing, the easier it will be to polish your delivery and memorize your speaking points later.
3. Remember: progress over procrastination. It can be tempting to push everything off until the last minute and then do a marathon work session right before competition, but that only adds stress. Working on your project a little at a time, starting now, will not only strengthen your final product but also build your confidence as competition approaches.

Addisyn Jones
VP of Competitive
Events



With steady preparation, you'll walk into

competition knowing you've put in the time, the practice, and the effort to succeed.

GUESS THE SEC'S FAVORITE HALLOWEEN CANDY

Averie

Lauren

Jared

Makaela

Addy

Sour Patch Kids

Reeses

Snickers

Twix

Peanut M&Ms