

Power of One Units

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power of One Project Sheet

Name _____ Project A Better You Date 6-1-09

Identify a concern

Ask yourself—

- Which project ideas deal with concerns that are most important to me?
- Which could lead to an in-depth project?
- Which can be finished in the time available?

My top concern is: I would like to learn a little more about my personality traits and how others may view my personality type.

Set a goal

Here's what I hope to accomplish:

By 6-5-09, I will improve my knowledge of my personality type

by taking a personality test that was recommended by Rhett Lambach

Form a plan

Here's my plan:

Who:

What: Taking a personality test

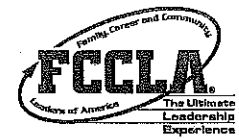
When: At CTSO Training (May 31-June 2)

Where: my house / CTSO Training

How: Getting a copy of the

Resources: Attach a separate sheet listing **people, publications, and community agencies** that can help you with your project.





Proposed Project Checklist

Share this checklist with your adviser and/or evaluation team **before** starting your project.

- Is the goal realistic for the available time? yes no
- Is it an in-depth project? yes no
- Is the project related to the unit topic? yes no
- Is the member assuming full responsibility for the project? yes no
- Is the project plan complete and clearly stated? yes no
- Will the project be the work of one individual? yes no
- Are the planned activities meaningful and significant to the project? yes no

Answers to all questions should be "yes" for member to proceed.

Revisions suggested:

Adviser Signature _____ Date _____

Act
Here's what I accomplished:

I took the personality test and found out that I am a director. From that I was able to see that mostly

Follow up
Here's what I learned:

What were the most successful parts of your project?

The personality test fit me for the most part and I liked how it told me how others perceive my personality type.

What would you change if you repeated the project?

I would probably have completed many different tests to see which traits always popped up and then I could've gotten a more accurate assessment.


Follow-up checklist (to be completed by adviser and/or evaluation team)

- Did the student—
- Achieve the original goal? yes no
 - Complete all planned activities? yes no
 - Devote in-depth effort to the project? yes no
 - Complete the project alone? yes no

Answers to all questions must be "yes" for approval of project.

Adviser Signature _____ Date _____





power of One Project Sheet

Name _____ Project Family Ties Date 7-20-09

Identify a concern

Ask yourself—

- Which project ideas deal with concerns that are most important to me?
- Which could lead to an in-depth project?
- Which can be finished in the time available?

My top concern is: My family doesn't have much time, if any time, to spend together because we are so busy.

Set a goal

Here's what I hope to accomplish:

By 8-20-09, I will improve our family time and communication
[date] [habit/activity/personal trait to be improved]
 by developing a family game night once a week.
[information to be learned, activity to be completed, or number to be reached]

Form a plan

Here's my plan:

Who: Me & My family

What: Having a game night and family dinner once a week

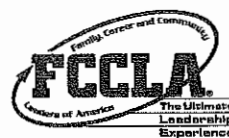
When: All year long but trial done by 8-20-09

Where: My house

How: Each Wednesday we will eat dinner as a family and then have a game night.

Resources: Attach a separate sheet listing **people, publications, and community agencies** that can help you with your project.





Proposed Project Checklist

Share this checklist with your adviser and/or evaluation team **before** starting your project.

- Is the goal realistic for the available time? yes no
- Is it an in-depth project? yes no
- Is the project related to the unit topic? yes no
- Is the member assuming full responsibility for the project? yes no
- Is the project plan complete and clearly stated? yes no
- Will the project be the work of one individual? yes no
- Are the planned activities meaningful and significant to the project? yes no

Answers to all questions should be "yes" for member to proceed.

Revisions suggested:

Adviser Signature _____ Date _____

Act

Here's what I accomplished:

I developed a family game night and family dinner every Wednesday night and our family really enjoyed it. We really improved our communication skills.

Follow up

Here's what I learned:

What were the most successful parts of your project?

It really improved our communication and we grew together as a family even more.

What would you change if you repeated the project?

I would have each family member choose a week to plan so that I don't have to do it all. We could be rotating duties.

Follow-up checklist (to be completed by adviser and/or evaluation team)

Did the student—

- Achieve the original goal? yes no
- Complete all planned activities? yes no
- Devote in-depth effort to the project? yes no
- Complete the project alone? yes no

Answers to all questions must be "yes" for approval of project.

Adviser Signature _____ Date _____



power of One Project Sheet

Name _____ Project Working on working Date 8-28-09

Identify a concern

Ask yourself—

- Which project ideas deal with concerns that are most important to me?
- Which could lead to an in-depth project?
- Which can be finished in the time available?

My top concern is: I would like to learn more about the Nursing career and what educational requirements I would have as well as what to expect on the job

Set a goal

Here's what I hope to accomplish:

By 1-28-2009 [date], I will improve my knowledge about the Registered Nursing Career [habit/activity/personal trait to be improved]
 by preparing a Career Investigations Portfolio [information to be learned, activity to be completed, or number to be reached]

Form a plan

Here's my plan:

Who:

What: Making a career Investigations portfolio over the Registered Nursing Profession.

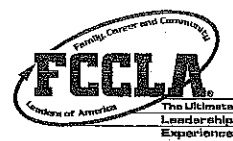
When: In my spare time

Where: my House and At School

How: Researching the career going on a job shadow, and preparing a portfolio.

Resources: **Attach a separate sheet listing people, publications, and community agencies that can help you with your project.**





Proposed Project Checklist

Share this checklist with your adviser and/or evaluation team **before** starting your project.

- Is the goal realistic for the available time? yes no
- Is it an in-depth project? yes no
- Is the project related to the unit topic? yes no
- Is the member assuming full responsibility for the project? yes no
- Is the project plan complete and clearly stated? yes no
- Will the project be the work of one individual? yes no
- Are the planned activities meaningful and significant to the project? yes no

Answers to all questions should be "yes" for member to proceed.

Revisions suggested:

Adviser Signature _____ Date _____

Act

Here's what I accomplished:

I created a portfolio that went through various aspects of my interested field. I presented this in Career Investigations at STAR Events.

Follow up

Here's what I learned:

What were the most successful parts of your project?

I gathered a lot of information and now have a better insight to the Registered Nurse Career.

What would you change if you repeated the project?

I would have worked more on my presentation, but the research part was all good.

Follow-up checklist (to be completed by adviser and/or evaluation team)

Did the student—

- Achieve the original goal? yes no
- Complete all planned activities? yes no
- Devote in-depth effort to the project? yes no
- Complete the project alone? yes no

Answers to all questions must be "yes" for approval of project.

Adviser Signature _____ Date _____



power of **One** Project Sheet

Project Take the Lead Date _____

Identify a concern

Ask yourself—

- Which project ideas deal with concerns that are most important to me?
- Which could lead to an in-depth project?
- Which can be finished in the time available?

My top concern is: I would like to become a State Officer

Set a goal

Here's what I hope to accomplish:

By 1-15-09 [date], I will improve my leadership skills and comfort level [habit/activity/personal trait to be improved]

by applying and running for a state office [information to be learned, activity to be completed, or number to be reached]

Form a plan

Here's my plan:

Who:

What: Running for a state office

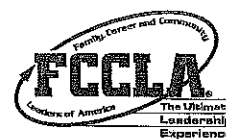
When: District Elections
State Officer Selection
Preparation any time possible

Where: B&B High School
Hesston, KS Crosswind Conference Center
my house

How: Filling out applications and preparing speech and attending & presenting at District Elections and State Officer Selection

Resources: Attach a separate sheet listing **people, publications, and community agencies** that can help you with your project.





Proposed Project Checklist

Share this checklist with your adviser and/or evaluation team **before** starting your project.

- Is the goal realistic for the available time? yes no
- Is it an in-depth project? yes no
- Is the project related to the unit topic? yes no
- Is the member assuming full responsibility for the project? yes no
- Is the project plan complete and clearly stated? yes no
- Will the project be the work of one individual? yes no
- Are the planned activities meaningful and significant to the project? yes no

Answers to all questions should be "yes" for member to proceed.

Revisions suggested:

Adviser Signature _____ Date _____



Act

Here's what I accomplished:

I did everything necessary to run for a state office and I ended up getting Vice President of Corporate and Public Relations and Finance.



Follow up

Here's what I learned:

What were the most successful parts of your project?

I was honored with getting a state office and I learned a lot about how to present myself for behavioral interviews and what to tell others to expect.

What would you change if you repeated the project?

I would've liked to have pushed myself more and prepared more for the behavioral interviews so maybe I could've become President or First Vice President maybe.

Follow-up checklist (to be completed by adviser and/or evaluation team)

Did the student—

- Achieve the original goal? yes no
- Complete all planned activities? yes no
- Devote in-depth effort to the project? yes no
- Complete the project alone? yes no

Answers to all questions must be "yes" for approval of project.

Adviser Signature _____ Date _____





power of One Project Sheet

Project Speak Out for FCCLA Date 8-14-07

Identify a concern

Ask yourself—

- Which project ideas deal with concerns that are most important to me?
- Which could lead to an in-depth project?
- Which can be finished in the time available?

My top concern is: I would like to make a treasure chest to share with the officers and other members.

Set a goal

Here's what I hope to accomplish:

By 8-14-07 [date], I will improve my leadership knowledge and now I will use that [habit/activity/personal trait to be improved]

by creating a treasure chest to share [Information to be learned, activity to be completed, or number to be reached]

Form a plan

Here's my plan:

Who: Me

What: Make a treasure chest

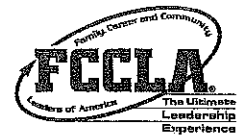
When: Officer Retreat (8-13 & 8-14)

Where: The Barn, Valley Falls

How: Find a quote and tie it into the mission or creed and share it with others

Resources: Attach a separate sheet listing **people, publications, and community agencies** that can help you with your project.





Proposed Project Checklist

Share this checklist with your adviser and/or evaluation team **before** starting your project.

- Is the goal realistic for the available time? yes no
- Is it an in-depth project? yes no
- Is the project related to the unit topic? yes no
- Is the member assuming full responsibility for the project? yes no
- Is the project plan complete and clearly stated? yes no
- Will the project be the work of one individual? yes no
- Are the planned activities meaningful and significant to the project? yes no

Answers to all questions should be "yes" for member to proceed.

Revisions suggested:

Adviser Signature _____ Date _____



Act

Here's what I accomplished:

I picked out an awesome quote and wrote about character development. I learned how to communicate effectively, work as a team, and decision making.



Follow up

Here's what I learned:

What were the most successful parts of your project?

We successfully made and shared our treasurer chests and learned even more about others experiences.

What would you change if you repeated the project?

(Nothing) I would keep it the same.

Follow-up checklist (to be completed by adviser and/or evaluation team)

Did the student—

- Achieve the original goal? yes no
- Complete all planned activities? yes no
- Devote in-depth effort to the project? yes no
- Complete the project alone? yes no

Answers to all questions must be "yes" for approval of project.

Adviser Signature _____ Date _____



A Better You

This unit is designed to help you improve personal traits and get to know yourself better so that you can be more effective as a student, worker, and person.

Project Ideas:



Doing a Self Test:

Complete a personality test-these can be found on the internet, from your advisor, or view some on Kansas Career Pipeline at www.kansascareerpipeline.org



Redo or Clean a Room:

Tired of the way your room looks? Ask permission to jazz up your room by repainting your room-choose a color scheme and plan to paint and rearrange your room. Too expensive? Plan a time to clean out your room, go through everything and maybe rearrange your room.



Sign Up To Do Some Community Service:

What better way to bust your self esteem and discover the real you by doing some community service? People are always looking for some volunteer help. Check with local hospitals, businesses, elderly community members, or your church.



Create a Goal Sheet:

Do you know what your high school goals are? What about your post high school goals? Talk to your counselor and make out long and short term goal lists. Maybe you would like to feel like you accomplished something over the summer, make a goal sheet of what to complete over the summer.



Improve Study Habits or Time Management:

Do you have trouble getting focused to get your school work done? Have an accountability partner or study group to change those habits. Maybe you can set up a study corner in your bedroom. Are you not able to manage your time very well? Make it your project to make out a daily schedule, and be sure you follow it.

Family Ties



This unit is designed to improve family relations and help you get along better with family members.

Project Ideas:



Make a Communication Board:

Sometimes it is hard to keep everyone's schedule's straight, make a board that has a spot for everyone's schedules, notes, and reminders, so that each member can be more informed about each person's weekly events.



Plan a Game Night:

Do you every get tired of your mom hounding you about not ever being home? Well, plan a family dinner and game night once a week. You can use this time to discuss what has happened and what will happen during the week.



Plan a Sibling Night:

Sometimes you and your siblings just need some time away from your parents, out of the house. You can plan a night where you take your siblings out to maybe go bowling. Are you an only child? You can plan a night where you and your parents have a family outing.



Do a Spring Cleaning and then Host a Garage Sale:

Mom's always love it when you are willing to clean the house. Offer to help your parent clean the house from top to bottom and then when you get done, you can set up a garage sale.



Offer to Plan a Weekly Menu and Help with Meals:

Parents sometimes get tired of making all the meals and always cleaning up the dishes. You can get your family together and plan out a weeks worth of menus and then your parent doesn't have to worry about what to cook at a meal. You can even have a night where you make the meal and help clean up the dishes.

Take the Lead



Take the Lead is a unit devoted to developing leadership qualities in yourself and then begin to use them by leading others.

Project Ideas:



Run for a Chapter, District, State, or National Office:

There are a lot of leadership positions that need to be filled and running for an office is a good experience. You will be able to take part in leading youth as well as attending leadership conferences to boost your leadership skills. Talk to your advisor about all the opportunities or ask a state officer about their experience.



Organize a School-wide Event:

Do you feel like your school is not as active as it could be. Work together with your FCCLA Chapter or your Student Council to organize a school-wide event. This could be bringing in a speaker or planning events for a shortened school day or the last day of school.



Do Community Service Regularly:

There are plenty of opportunities to do community service and what better way to boost your leadership skills than to find a community service project to do regularly (daily, weekly, monthly). You can ask community members, local businesses, your church, or your advisor for ideas. This may simply be just going to your local hospital and reading a book or doing an activity with a patient.



Mentor a Younger Child:

Do you like to work with children? Maybe you would like to use your leadership skills to mentor a child. You may choose a child that you feel needs some help and offer to meet with them once a week, every other day, or maybe even biweekly and help them with homework, or just do a fun activity. You could also get a group of students together and start an after school program. Another easier way to accomplish this would be to talk to your local Big Brothers Big Sisters (BBBS) Program



Attend a Leadership Conference:

Maybe you feel like your leadership skills need some sharpening before you can lead others. Attend a leadership conference where you can learn some great ideas and learn some good leading skills. Talk to your advisor, school counselor, or maybe your Student Council.

Speak Out for FCCLA



The Speak Out for FCCLA Unit is used to encourage you to tell others about your positive experiences in FCCLA.

Project Ideas:



Set up an FCCLA Booth at a Local Event:

A good way to get the news out about FCCLA is to set up a booth in coordination with some other school-wide event. A good place for this would be at Parent-Teacher Conferences or at a Spring Music Concert. If you can get students and parents involved that is the best way to do it.



Write a News Article:

If you are into journalism, maybe you would like to write an article about what you have done with FCCLA. Maybe you can write an article after a big chapter, district, state, or national event that you attended. This is fun for people to read about and it gets your FCCLA Chapter talked about around town. The best way to gain support is to make sure that community members see that your chapter is active.



Help Organize a Membership Drive:

If you would like to reach a bunch of people and don't mind talking in front of others maybe you would like to help your advisor set up a membership drive. This is a good way to get others involved and it can be as simple as planning a small event during a study period at school. This could be a dance or going bowling. It doesn't have to be something big, but just some way to share your experiences and help get others involved.



Run for an Office:

Do you like to be in the spotlight? Running for an office might be the thing for you. This is a good way to lead others as well as help get the news about your experiences in FCCLA out there. Sometimes just being an example and showing others that you are having fun with this organization is all that needs to be done.



Make a Chapter Showcase Display Board or Manual:

Let your creative side show. Create a display board or manual of your chapter's events. Include quotes from members on what they liked, pictures and news articles from various events that your chapter attended. This can then be displayed at a fundraiser or school-wide event so that parents and the community can see what you have been doing.

Working on Working



This unit is designed to help you explore work options, prepare for a career, or sharpen skills useful in business.

Project Ideas:



Go on a Job Shadow:

Always wondered what a day would be like in your desired career choice? Pick out a day and follow someone around that currently works in the career area that interests you. If you don't know what you would like to do after graduation, follow around a few different people and see what you like better.



Find a Job:

College isn't cheap and money doesn't go on trees. Make it your project to go out and job hunt and fill out some applications. Finding jobs in this economy isn't easy, but there are still opportunities. If it is possible try and find a job that is along the same line as your career choice.



Research an Interesting Career:

What career field interests you? Take some time and really research that career. You can go online and search to see what schooling it requires, how much will your salary be, what will you be expected to do, what colleges offer programs for that major, or anything else that you may want to find out. Visit Kansas Career Pipeline at www.kansascareerpipeline.org to search for a lot of information.



Take a Communications Class or a Foreign Language:

Employers are always working to find people that are very good at speaking in front of others and know how to communicate well. Take a communications class at school and brush up your speaking skills. Already taken a communications class? Try and take a foreign language. Your chances for employment will greatly increase if you can become fluent in English as well as Spanish.



Do a Personality-Career Assessment:

Always wondered what career is best for you based on your personality? Try doing a personality assessment that can be related back to a career field. These can be found on the internet, on Kansas Career Pipeline at www.kansascareerpipeline.org or by asking your advisor or counselor.