KANSAS FCCLA

Leadership

Experience

Opportunity

Family, Career and Community
FCCLA®
Leaders of America
The Ultimate Leadership Experience

DRAFT 2008

Leadership Experience Opportunity

Guidelines and Qualifications

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GENERAL REQUIREMENTS

All LEO Event participants must be nationally affiliated members of a Kansas FCCLA chapter by December 1st. Members are required to participate at district to competing at the state level. Each district may submit one entry per Members; Due to limited space at state competition, participants will not be allowed to use technology in their presentations. A table will be provided.

FEES

LEO competitions will be assessed a $10 per person fee to compete at the state level.

RECOGNITION

Participants will receive recognition during the State STAR Events Recognition Session. Participants will receive STAR Event medals.

EVENT CATEGORIES

1. An event category is determined by the participant's current grade level.
2. Event categories are defined as:
Junior—FCCLA members through grade 9;
Senior—FCCLA members in grades 10-12; who are identified as comprehensive category in each LEO Event.
Occupational—FCCLA members in grades 10-12; who are currently identified as occupational members.

3. A team is a group of three members from the same chapter. The team is to be registered in the category of the oldest member.
4. LEO participants may not be entered in any other LEO/STAR event competition.
5. Spectators may not observe any portion of these events.
6. Participant may not have assistance in setting up event. Easels will be allowed.

	Category	Type of event	Equipment Provided	Audio/ Video	Costumes Uniforms	Visuals	Props/ Pointers	Stack/ Overlap	Total Time
Creed Interpretation	ALL	Indiv	Table only	Not Allowed	Allowed	Allowed	Not Allowed	Not Allowed	10 minutes
Healthy Choices	ALL	Indiv	Table only	Not Allowed	Allowed	Not Allowed	Not Allowed	Not Allowed	45 minutes
Speakers Bureau	ALL	Indiv	Table only	Not Allowed	Allowed	Allowed	Not Allowed	Not Allowed	10 minutes

Leadership Experience Opportunity

Kansas FCCLA

Creed Interpretation

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Creed Interpretation is an *individual event* that recognizes participants who memorize, recite, and interpret the FCCLA Creed. This event is a Kansas only competition and will not continue on to National Competition. The purpose of this event is to provide an opportunity for members to participate in competition at the Chapter, District, and State levels. It is intended to help members gain experience that will help them prepare for participation in STAR Events. Participants must prepare a ***file folder*** and ***oral presentation***. Visuals and costumes may be used.
All contestants will be recognized during District and State recognition ceremonies and will receive a gold, silver, or bronze medal.

EVENT CATEGORIES

Junior: Through grade 9
Senior: Grades 10-12
Occupational: Grades 10-12

ELIGIBILITY

*All participants MUST present at the District level before continuing on to State competition.
*Participants must be nationally affiliated members of a Kansas Chapter.
*The interpretation must be the original work of the member competing.
FCCLA CREED MAY BE FOUND ONTHE STATE OR NATIONAL WEBSITE.
www.ksfccla.org
www.fcclainc.org

PROCEDURES & TIME REQUIREMENTS

*Each entry must submit a file folder with required documents to the room consultant 5 minutes prior to the presentation.
*Participant will have no time restriction on the recitation of the creed. Timing will begin when the interpretation begins.
*Interpretation of the creed must be under one minute.
A warning will be given at 45-seconds and stopped at 1-minute.
*Participant will be asked 3 questions, one from each judge at the end of the presentation.
*Audio and video recordings will not be allowed in this event.
*Total time required for this event is approximately 10 minutes.

Draft

Creed Interpretation Specifications
Kansas LEO Event

File Folder

Participant must submit one letter-sized *file folder* containing three identical sets of the items listed below, with each set stapled separately, to the event room consultant at the designated participation time. The *file folder* must be labeled in the top left corner with name of event, category, participant's name, state, and FCCLA national region.

Project Identification Page	One 8½" x 11" page on *plain paper*, with no graphics or decorations; must include participant's name, school, city, state, FCCA national region, and project title.
Biography of FCCLA Career	Use an organized, consistent format to record FCCLA career history (*i.e. High school chapter President, 2003-2004, District committee chair, 2005*).

Recital of Creed

The oral recital of the creed is delivered to evaluators. Visuals and costumes may be used in presentation with no limit to size during the recital. Electronics are not permitted.

Word Perfect/Correct Order	Orally deliver the FCCLA creed in the correct order and with the correct words.
Pronunciation	Clearly speak the creed and use the correct pronunciation of all words. Deliver oral creed in an organized, sequential manner.
Voice	Speak clearly and slowly with appropriate pitch, tempo, and volume.

Interpretation

This section of the recital of the creed rates the quality and originality of the creeds interpretation. It should relate to the creed, be heartfelt, and show the participants commitment to FCCLA.

Relationship to Creed	Interpretation should relate to the over all creed or a specific aspect of it (*i.e. truth, love, security, and faith).*
Meaning and Expression	Meaning of interpretation must be heartfelt views of the participant.
Relationship to Member	Interpretation must reflect the member's personality and beliefs.
Creativity	Interpretation should be clever and must be participant's **original** work.
Grammar	Use proper grammar.

Presentation

The oral presentation **may be up to** one minute in length and is delivered to evaluators. Presentation should deal with the creed and the interpretation of the creed. This is not a "how-to" presentation.

Verbal Clarity	Speak clearly and slowly to ensure clarity when speaking.
Eye Contact/Poise	Make direct eye contact with each judge during presentation and maintain posture so participant will not divert attention from the interpretation.
Response to questions	Restate question in participants answer. Answer should be concise and to the point as well as honest. (one question from each judge)
Poise during response	Maintain correct and professional posture to ensure attention of judges.
Enthusiasm in responses	Use the correct tone and tempo when answering questions. Speak as if having a conversation.

Creed Interpretation Kansas LEO Event

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Name of Participant: _____District_____

Category ☐ Junior ☐ Senior ☐ Occupational

INSTRUCTIONS: Fill in the correct score bubble. Write the appropriate rating in the "Score" column. Write comments on the back of the rating sheet. Comments should help participants identify their strengths and areas for improvement. Record total points. Verify point total, _____ and initial.

Evaluator Evaluation Criteria	Poor	Fair	Good	Very Good	Excellent	Score
FILE FOLDER						
Project Identification Page	1	2	3	4	5	
Biography of FCCLA career	1	2	3	4	5	
RECITAL OF CREED						
Word Perfect/Correct Order	1 2	3 4	5 6	7 8	9 10	
Voice	1	2	3	4	5	
Pronunciation	1	2	3	4	5	
INTERPRETATION						
Relationship to Creed	1 2	3 4	5 6	7 8	9 10	
Relationship to Member	1 2	3 4	5 6	7 8	9 10	
Meaning and Expression	1	2	3	4	5	
Creativity	1	2	3	4	5	
Grammar	1	2	3	4	5	
PRESENTATION						
Verbal Clarity	1	2	3	4	5	
Eye Contact/Poise	1	2	3	4	5	
Response to questions	1 2	3 4	5 6	7 8	9 10	
Poise during responses	1	2	3	4	5	
Enthusiasm in responses	1	2	3	4	5	

Evaluator's Signature: _____ Total Score _____

Room Consultant Verification of total (please initial) _____

Draft

The Creed Contest Kansas LEO Event

Category: ☐ Junior ☐ Senior ☐ Occupational

Participant's Name _____District _____

Directions:

1. Before student presentation, room consultant must check participant's file folder using the criteria and standards in the guidelines. If there is a discrepancy, record in the comment section below.

2. At the conclusion of presentation, place this form in front of the completed rating sheets. Paper clip items related to one presentation together.

Evaluators' Scores

Evaluator #1 _____ Evaluator #2 _____ Evaluator #3 _____

Total Score _____ divided by 3 Average Score _____.____ (do not round to a whole number)

CRITERIA COMMENTS	STANDARDS/PENALTIES	PT. DEDUCTION	
FILE FOLDER			
One file folder	Failure of the file folder to be letter size and include the following information typed or written in the upper left corner: name of event, category, participant name, state, and FCCLA National region will result in the loss of 2 points.		
The folder must Contain 3 stapled sets of identical information.	Failure to follow page rules or number of document sets will result in the loss of 2 points per missing sets, not to exceed a total of 10 points.		

TOTAL POINT DEDUCTION _____

NOT TO EXCEED A TOTAL OF 10 POINTS

FINAL SCORE _____

RATING ACHIEVED: GOLD SILVER BRONZE

(circle one) 90-100 70-89.99 1-69.99

Verification of final score and rating.

Evaluator 1_____ Evaluator 2 _____ Evaluator 3 _____

Room Consultant _____ Event Lead Consultant _____

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Healthy Choices

Draft

Healthy Choices is an *individual event* that recognizes participants who demonstrate the ability to use knowledge and skills in making healthy choices gained from their enrollment in Family and Consumer Science Courses. This event is a Kansas only competition and will not continue on to National Competition. The purpose of this event is to demonstrate nutrition and wellness practices that enhance individual and family well-being. It is intended to raise awareness and encourage research of healthy option in planning meals, snacks, and beverages. Participants must prepare a ***portfolio*** and ***oral presentation***. Costumes may be used.
All contestants will be recognized during District and State recognition ceremonies and will receive a gold, silver, or bronze medal.

EVENT CATEGORIES

Junior: Through grade 9
Senior: Grades 10-12
Occupational: Grades 10-12

ELIGIBILITY

*All participants MUST present at the District level before continuing on to State competition.

*Participants must be nationally affiliated members of a Kansas Chapter, passed or be enrolled in a unit of study of Foods & Nutrition.

*Portfolio and oral presentation must be the original work of the presenter.

PROCEDURES & TIME REQUIREMENTS

*Participant must submit a portfolio to the room consultant 15-minutes prior to the presentation.

*Participant will give an oral presentation up to 10 minutes in length. A warning will be given at 9 minutes and will be stopped at 10 minutes.

*Participant should use the portfolio during the presentation.

*Judges will have 5 minutes to interview the participant.

*Audio and video recordings will not be allowed in this event.

*Total time required for this event is approximately 45 minutes.

Healthy Choices Specifications

Portfolio

The portfolio is a collection of materials used to document and illustrate the work of the project.
Materials must be contained in a solid colored 3-ring binder/notebook. A decorative and/or informative cover may be included on the outside of the binder/notebook. All materials, including the divider pages and tabs, must fit within the cover. The binder/notebook must contain no more than 25 pages: 1 project identification page, 1 table of contents page,
1 planning process summary page, 0-6 divider pages, and up to 16 content pages. Divider pages may be tabbed and may contain a title, a section name, graphic elements, thematic decorations, and/or page numbers; they must not include any other content. All pages must be one-sided only. All pages except divider pages must be 8 ½" x 11". Stacking/overlapping is not allowed in the portfolio. The portfolio will be turned in to the room consultant at the designated participation time.

Project Identification Page	One 8 ½" X 11" page on plain paper, with no graphics or decorations; must include participant's name, chapter name, school, city, state, FCCLA national region, and project title.
FCCLA *Planning Process* Page	One 8 ½" X 11" summary page of how each step of the *planning process* was used to plan and implement the project; use of the *planning process* may be described in the oral presentation.
Self-Assessment	Document evidence of self-assessment with a written summary of the impact it has made on you and your family. You may include photos of project.
Use of Family and Consumer Science Coursework	Describe ways Family and Consumer Sciences coursework supported this project.
Documentation of experience and completed forms.	Documentation must include the food diary and physical activities log sheets; Food Guide Pyramid recommendations; recipes; weekly meal plans; shopping lists and physical activity plan.
Evidence of Research	Document background research and current data supporting project concerns.
Works Cited/*Bibliography*	Use an organized, consistent format to cite all references in alphabetical order. Sources should be reliable and current.
Appearance	*Portfolio* must be neat, legible and *professional* and use correct grammar and spelling.

Oral Presentation

The oral presentation may be up to 10 minutes in length and is delivered to evaluators. The presentation should explain the specifics of the project and briefly describe the research conducted, selection of meals and physical activities along with the self-assessment results. The *portfolio* may be used by the participant during the oral presentation. Participants may use any combination of *props*, materials or supplies to demonstrate how the project was carried out. No other visuals or audiovisual equipment will be

Organization	Deliver oral presentation in an organized, sequential manner; concisely and thoroughly summarize research and impact of project.
Knowledge of Subject Matter	Show knowledge of current research on nutrition and exercise.
Project Impact	Explain what impact this project has had on you and your family.
Voice	Speak clearly with appropriate pitch, tempo, and volume.
Body Language	Use appropriate body language including gestures, posture, mannerisms, eye contact and appropriate handling of portfolio, props, and supplies if used.
Grammar and Pronunciation	Use proper grammar and pronunciation.
Responses to Evaluators' Questions	Provide clear and concise answers to evaluators' questions regarding project. Questions will be asked after the presentation.

Healthy Choices Kansas LEO Event

Name of Participant:_____ District_____

Category ☐ Junior ☐ Senior ☐ Occupational

Instructions: Circle the correct number. Write the appropriate rating in the "Score" column. Write additional comments on the back of the rating sheet. Comments should help participants identify their strengths and areas of improvement. Record total points. Verify point total and initial.

Evaluation Criteria	**Poor**	**Fair**	**Good**	**Very Good**	**Excellent**	**Score**	**Evaluator Comments**
Portfolio							
Project Identification Page	1	2	3	4	5		
FCCLA *Planning Process* Page	1	2	3	4	5		
Self-Assessment	1 2	3 4	5 6	7 8	9 10		
Use of Family and Consumer Science Coursework	1	2	3	4	5		
Documentation of Experience and Completed Forms	1 2 3	4 5 6	7 8 9	10 11 12	13 14 15		
Evidence of Research	1 2	3 4	5 6	7 8	9 10		
Works Cited/*Bibliography*	1	2	3	4	5		
Appearance	1	2	3	4	5		
Oral Presentation							
Organization	1	2	3	4	5		
Knowledge of Subject Matter	1 2	3 4	5 6	7 8	9 10		
Project Impact	1 2	3 4	5 6	7 8	9 10		
Voice	1	2	3	4	5		
Body Language	1	2	3	4	5		
Grammar and Pronunciation	1	2	3	4	5		
Responses to Evaluator's Questions	1	2	3	4	5		

Evaluator's Signature: _____ Total Score_____

Room Consultant Verification of total (please initial) _____

Healthy Choices Kansas LEO Event

Category: ☐ Junior ☐ Senior ☐ Occupational

Participant's Name_____ District_____

Directions:

1. Before student presentation, room consultant must check participant's portfolio using the criteria and standards in the guidelines. If there is a discrepancy, record in the comment section below.
2. At the conclusion of presentation, place this form in front of the completed rating sheets. Paper clip items related to one presentation together.

Evaluator's Scores

Evaluator #1 _____ Evaluator #2 _____ Evaluator #3 _____

Total Score _____ divided by number of evaluators = Average Score____.__

Criteria	**Standards and Penalty Points**	**Point Deduction**	**Comments**
Portfolio			
0-6 divider pages Up to 16 content pages (one-sided only)	Failure to follow page rules for portfolio will result in loss of two points per additional pag and/or page that does not follow the rules for stacking/overlapping, not to exceed 10 points.		
Additional Criteria			
	Failure to attend participant registration will result in loss of 5 points per individual. Failure to follow specific event guidelines not listed in any other criteria may result in additional point deductions, not to exceed 10 points.		
	Total Deduction Maximum of 10 points		

Final Score

_____

Average score minus point deduction(s)

Rating achieved (circle one) Gold: 90-100 Silver: 70-89.9 Bronze: 1-69.9

Verification of final score and rating (please initial) Evaluator 1 _____ Evaluator 2 _____ Evaluator 3_____

Adult Room Consultant_____ Event Lead Consultant_____

FCCLA LEO: Healthy Choices Diet and Physical Activity Diary

Directions: Record all food, beverages and physical activities each day on a separate sheet for each day.
You should have a total of 7 sheets for 7 days. Be as accurate and consistent in measurements.

Day:

Diet Record

What to Measure	Meals	Snacks
Dairy (cups or ounces)		
Fruits and 100% Fruit Juices (cups, ounces or servings)		
Vegetables and Vegetable Juices (cups, ounces or servings)		
Meat, Beans and Nuts (include type and ounces or tablespoons) EX: 2 tbsp of peanut butter		
Grains (write slices or ounces and type) EX: 2 slices of wheat bread		
Drinks without sugar (cups or ounces)		
Drinks with sugar (cups or ounces)		
Sweets/desserts (list item and amount)		
Fats (teaspoons) EX: Salad dressing or butter		

Physical Activity

Name of the activity	Minutes completed

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The Speakers Bureau

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The Speakers Bureau is an individual event for one participant in each category, per chapter. The goal of this event is to encourage members to communicate the value of FCCLA in their lives, both in a prepared presentation and a spontaneous response. This event is a Kansas only competition and will not continue on to National Competition. The purpose of this event is to provide an opportunity for members to participate in competition at the Chapter, District, and State levels. It is intended to help members gain experience that will help them prepare for participation in STAR Events. The Persuasive Speech must have been presented a minimum of 3 times to a variety of audiences. Participants must prepare a ***file folder*** and ***oral presentation***. Visuals and costumes may be used.
All contestants will be recognized during District and State recognition ceremonies and will receive a gold, silver, or bronze medal.

EVENT CATEGORIES

Junior: Through grade 9
Senior: Grades 10-12
Occupational: Grades 10-12

ELIGIBILITY

*All participants MUST present at the District level before continuing on to State competition.
*Participants must be nationally affiliated members of a Kansas Chapter.
*The presentation must be the original work of the member competing.

PROCEDURES & TIME REQUIREMENTS

*Total time required for this event is approximately 10 minutes.
*Each entry must submit a file folder with required documents to the room consultant 5 minutes prior to the presentation.
*Participant will present a persuasive speech up to 3 minutes in length, that they have previously presented, promoting the importance of FCCLA in the home and community.
*Participant will be given a 2 minute notice and stopped at 3 minutes.
*Judges will have 5 minutes to question the participant.
*A spontaneous question will be asked and the participant will be expected to respond with a 30-second “Elevator Speech”.
*One follow up question will be be asked.
*Audio and video recordings will not be allowed in this event.

Refer to the FCCLA websites for resources for your 3-minute presentation.

WWW.KSFCCLA.ORG
WWW.FCCLAINC.ORG

The Speakers Bureau Specifications Kansas LEO Event

DRAFT

File Folder

Participant must submit one letter-sized *file folder* containing three identical sets of the items listed below, with each set stapled separately, to the event room consultant at the designated participation time. The *file folder* must be labeled in the top left corner with name of event, category, participant's name, state, and FCCLA national region.

Project Identification Page	One 8½" x 11" page on *plain paper*, with no graphics or decorations; must include participant's name, school, city, state, FCCA national region, and project title.
Work Cited/Bibliography	Use an organized, consistent format to record all sources reviewed in the creation of the presentation.
Documentation of 3 prior presentations to 3 different audiences	Document only 3 prior presentations of the persuasive speech. Include date; location; and proof. Such as photos, news clippings and/or thank you notes.

Three-Minute Persuasive Speech

The topic will be to "present information about FCCLA to an audience of your choosing." The speech should inform, persuade, and gain support for FCCLA from each audience. Suggested audiences are school administrations, potential new members, community groups, parent groups and elected officials. Costumes are allowed if worn during original presentations. Visuals and costumes may be used in presentation. **Audio and video are not allowed.**

Components of speech	Introduction, attention getter, body of speech, conclusion.
Vocabulary/Grammar	Uses complete sentences, Appropriate vocabulary for audience.
Relates to FCCLA Purposes	Reflects and relates to the FCCLA purposes.
Connection to FACS	Presentation reflects Family and Consumer Sciences curriculum and standards.
Convincing Message	Presentation convinces audience that FCCLA is a dynamic student organization.
Audience appropriate	Content is age appropriate to the audience. Adaptation of presentation as audience changes.
Posture/Eye contact	Make direct eye contact with each judge during presentation and maintain posture so participant will not divert attention from the presentation.
Voice	Speak clearly and slowly with appropriate pitch, tempo, and volume.
Appearance	Clothing and grooming are appealing and appropriate for the audience and presentation.

Preparedness	Presentation should be well organized and show confidence of the presenter.
Response to Questions	Provide clear and concise answers to questions regarding subject matter.

Elevator Speech

There will be two impromptu responses that are 30 seconds or less. Keep in mind that an elevator speech is like a short, catchy infomercial to educate others about FCCLA.

30-second response	Answer should be catchy and accurate.
Response to follow up question	Answer should support the message of the first response. Answer should be concise and to the point.
Poise during responses	Maintain correct and professional posture. Maintain eye contact.
Enthusiasm in responses	Use the correct tone and tempo when answering questions. Speak as if having a conversation. Avoid monotone voice.

The Speakers Bureau Kansas LEO Event

DRAFT

Name of Participant: _____ District_____

Category ☐ Junior ☐ Senior ☐ Occupational

INSTRUCTIONS: Fill in the correct score bubble. Write the appropriate rating in the "Score" column. Write comments on the back of the rating sheet. Comments should help participants identify their strengths and areas for improvement. Record total points. Verify point total, and initial.

Evaluator Evaluation Criteria	**Poor**	**Fair**	**Good**	**Very Good**	**Excellent**	**Score**
FILE FOLDER						
Project Identification Page	1	2	3	4	5	
Work Cited/Bibliography	1	2	3	4	5	
Documentation of presentations	1	2	3	4	5	
3-MINUTE PERSUASIVE SPEECH						
Components of speech	1	2	3	4	5	
Vocabulary/Grammar	1	2	3	4	5	
Relates to FCCLA Purposes	1	2	3	4	5	
Relationship to FACS	1 2	3 4	5 6	7 8	9 10	
Convincing message	1	2	3	4	5	
Audience appropriate	1	2	3	4	5	
Posture/Eye Contact	1	2	3	4	5	
Voice	1	2	3	4	5	
Appearance	1	2	3	4	5	
Preparedness	1	2	3	4	5	
Response to evaluator questions	1	2	3	4	5	
ELEVATOR SPEECH						
30 second Response	1 2	3 4	5 6	7 8	9 10	
Response to follow-up question	1	2	3	4	5	
Poise during responses	1	2	3	4	5	
Enthusiasm in responses	1	2	3	4	5	

Evaluator's Signature: _____ Total Score _____

Room Consultant Verification of total (please initial) _____

The Speakers Bureau Kansas LEO Event

DRAFT

Category: ☐ Junior ☐ Senior ☐ Occupational

Participant's Name _____District _____

Directions:

1. Before student presentation, room consultant must check participant's file folder using the criteria and standards in the guidelines. If there is a discrepancy, record in the comment section below.

2. At the conclusion of presentation, place this form in front of the completed rating sheets. Paper clip items related to one presentation together.

Evaluators' Scores

Evaluator #1 _____ Evaluator #2 _____ Evaluator #3 _____

Total Score _____ divided by 3 Average Score _____.____ (do not round to a whole number)

CRITERIA COMMENTS	STANDARDS/PENALTIES	PT. DEDUCTION	
FILE FOLDER			
One file folder	Failure of the file folder to be letter size and include the following information typed or written in the upper left corner: name of event, category, participant name, state, and FCCLA National region will result in the loss of 2 points.		
The folder must Contain 3 stapled sets of identical information.	Failure to follow page rules or number of document sets will result in the loss of 2 points per missing sets, not to exceed a total of 10 points.		

TOTAL POINT DEDUCTION _____

NOT TO EXCEED A TOTAL OF 10 POINTS

FINAL SCORE _____

RATING ACHIEVED: GOLD SILVER BRONZE

(circle one) 90-100 70-89.99 1-69.99

Verification of final score and rating.

Evaluator 1_____ Evaluator 2 _____ Evaluator 3 _____

Room Consultant _____ Event Lead Consultant _____