



NEW DIRECTIONS

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SAVE THE DATE!

- Curriculum Connections
Tuesday, October 29
- Fall Leadership Connection!
Monday, November 25
- Leadership Bootcamp
Saturday, January 11
- State Leadership Conference
Wed., Thurs., March 19-20



PRESIDENT'S ADDRESS FALL 2024

Dear New Jersey FCCLA Members, Advisers, and Alumni:

It is that time of year again, and NJ FCCLA is starting this school year strong! The state office and State Executive Council have been working all summer long to prepare for the Fall Leadership Connection. There are several programs, competitive events, and initiatives that are in place and ready for your involvement. I encourage every member to seize these opportunities, channel your leadership, and step out of your comfort zone to embrace the Ultimate Leadership Experience!

Our state association had many successes at the National Leadership Conference (NLC). At the start of the opening session, Natalia Prajzner, a member of the UCVTS Chapter, performed the national anthem at the opening general session with over 8,000 audience members. She was amazing! The competitive events drew 110 members from NJ FCCLA to demonstrate dedication, passion, and many skills as they represented our state association in the competitive events! 21 of our projects claimed spots in the Top 10. The J.P. Stevens Knowledge Bowl Team—Captain Maanav Chitterreddy, Kritika Manwani, Berkay Yilmaz, Meenal Ranjan, and Ananya Bhatla—rose to the challenge and became the national winners after a year of intense studying and strategic gameplay! This conference was bittersweet as our National President, NJ FCCLA's very own Amanda Chen, concluded her term. We wish Amanda luck in her postsecondary education journey! We also congratulate Lucais Romo for being elected to the National Executive Council as the National Vice President of Programs! Overall, NLC left a long-lasting impact on the success of NJ FCCLA!

An exciting part of participating in NJ FCCLA is the recognition that comes with it! We do our best to ensure that every member's hard work does not go unnoticed. The Red Rose Chapter Award is a NJ FCCLA Award for chapter excellence. First, it is a team effort and encapsulates every aspect of an active chapter from attending conferences to increasing membership and community service. However, the most prized value is not the actual award but the newfound friendships that will form within your chapter! Visit the Membership tab on njfccla.org to view the specific criteria. We hope to receive your chapter's application showcasing all that you accomplished!

If you do not want to miss updates, follow us at @njfccla on Instagram! Following us will help you stay connected and ensure you are up to date on everything NJ FCCLA. On behalf of the State Executive Council, we are excited to spend this year growing, learning, and leading with all of you. Have a great start to the school year, and see you at the Fall Leadership Connection!

Sincerely,
Malav Shah

Experience the Magic of NLC: Where Leadership and Fun Collide!

BY: BRIAN MUIRHEAD, VP OF LEADERSHIP DEVELOPMENT

This year's National Leadership Conference in Seattle, Washington from June 29th to July 3rd was a unique blend of learning, networking, and celebration. Our state association was thrilled to be part of this event, joining over 8,000 members nationwide.

The conference was a treasure trove of personal growth opportunities. Our state officers—Brian Muirhead (VP of Leadership Development), Pragma Bhatia (VP of Membership), and Shridhar Garg (VP of Programs)—led a powerful workshop on 21st-century communication titled "Gearing Up Effective Communication." This workshop provided attendees with important information about effective communication strategies, how to use non-verbal cues, and more!

This conference was jam-packed with workshops, general sessions, Red Talks, competitive events, and networking sessions. Members were able to tour the Expo Center, network with members from across the nation, and interact with FCCLA partners. In addition, NJ members embarked on a bus tour of Seattle, watched fish thrown at Pike Place Market, and attended a Seattle Mariners game!

As we wrapped up the closing session, we proudly acknowledged Amanda Chen for her exceptional term as National President. We also welcomed Lucais Romo, elected as the 2024-2025 Vice President of Programs, alongside a remarkable group of leaders on the National Executive Council.

Congratulations to our outstanding members who excelled at the NLC: 21 teams in the Top 10, 15 teams in the Top 3, 58 gold medalists, 38 silver medalists, and 7 bronze certificate recipients. We eagerly look forward to next year's NLC in Orlando, Florida from July 5th to July 9th. Your enthusiasm and participation will make it even more special. Until then, let's Dare to Dream and make the upcoming school year another extraordinary journey with FCCLA!





INTRODUCING: LUCAIS ROMO, 2024-2025 FCCLA NATIONAL VICE PRESIDENT OF PROGRAMS!

BY: BRIAN MUIRHEAD,
VP OF LEADERSHIP DEVELOPMENT



Lucais Romo's involvement with FCCLA spans almost six years, during which he has been an active member of the Southern Regional Chapter at Southern Regional High School in Manahawkin, New Jersey. He served as the 2023-2024 NJ FCCLA Vice President of Membership, bringing in over 4,000 members and 53 chapters across the state. Lucais regularly attends the Southern Regional Board of Education meetings to advocate for FCS education and FCCLA. He hosted a diversity, equity, and inclusion workshop at the 2023 National Leadership Conference in Denver, CO. In addition, completing the Life-Readiness courses with the Franklin Covey Leadership Academy earned him two college credits. These courses significantly influenced his personal growth and development, equipping him with valuable leadership insights. Now, as the Vice President of Programs at the national level, Lucais is eager to engage with and learn from members across the United States. On behalf of the New Jersey State Executive Council, we are very proud of Lucais for taking this step and representing New Jersey on the 2024-25 National Executive Council.



Fun Chapter Meeting Ideas BY: PRAGYA BHATIA, VP OF MEMBERSHIP

Congrats! You have your chapter set up – now what? The best is yet to come; engaging with members is crucial to having a successful chapter! Here are a few activity ideas that will aid in this process.

1. Faux Competitive Events

To get new members acclimated to competitive events and to get old members excited about trying a new one, play a game surrounding competitive events! Let's choose a Fall Leadership Connection event: Go-Green. Create teams within your chapter, and have them create an elaborate outline for a household item made of recycled materials in 15 minutes or less. The chapter executive council will be the judging panel, and whoever "wins" gets a prize.

2. Practice for Competitive Events

A great way to ensure that your chapter is ready for the upcoming Fall Leadership Connection is having a go-around with different groups. Have them present their work and offer advice to help them improve their project. Doing this will help all the members understand what is expected of them at the conference and generate new ideas for future projects!

3. Member Showcase

Recognizing the hard work and dedication of your chapter members is a great way to show support. Having a showcase is a great way to do this! Recognize individual members for their contributions and achievements by bringing in food for a small "party" at the beginning of a chapter meeting. Be sure to thank your adviser for all their efforts as well!

4. State Officer Visit

Feeling stagnant in the school year? The New Jersey State Officer team can help with that. Requesting a chapter visit is a great way to cultivate excitement about FCCLA in your school— learn more about how to go about doing this on our state website, njfccla.org, and reading the article later in this newsletter.

These are just a few ways out of the plethora of items to revamp and elevate your member's FCCLA experience.

Save the Date for the Fall Leadership Connection: November 25, 2024

By: Shridhar Garg, VP of Programs

Join us at the Pines Manor in Edison for the exciting and dynamic NJ FCCLA Fall Leadership Connection! This in-person conference is a fantastic opportunity to sharpen your leadership skills, network with peers, hear from motivational speakers, participate in competitive events, and share community service efforts.



- **Motivational Speakers:** Be inspired by influential leaders who will share their experiences and insights on leadership and personal development.
- **Fall Competitive Events:** Participate in one of the 33 challenging and interesting Fall Competitive Events. From Cultural Food Fusion to Creative Stitches and Read Aloud, there is something for everyone. The events are located on the NJFCCLA Website, www.njfccla.org.
- **Workshops:** Attend workshops designed to enhance your knowledge and skills in various aspects of leadership, career planning, and community involvement.
- **Community Service:** These initiatives include the Cupcake Challenge, non-perishable food drive, and a pull-tab collection for the Ronald McDonald House.
- **Special Chapter Officer Workshops/ Pull-Out Sessions:** Led by the State Executive Council, these workshops are tailored specifically for chapter officers to help them excel in their roles.

The NJ FCCLA Fall Leadership Connection is more than just a conference—it's a launching pad for the school year. It provides valuable leadership skills that will benefit you in school and beyond, offering a chance to connect with fellow FCCLA members, advisers, and officers.

Join NJ FCCLA for the memorable experience of the *2024 Fall Leadership Connection!*

Introducing the 2024-2025 NJ FCCLA State Theme

By: Stuti Shah, First Vice President

“Dream. Believe. Succeed.” is the 2024-2025 NJ FCCLA State Theme! This year we want you to dream big, believe and trust yourself, and reap the benefits of your success in FCCLA and beyond! This inspiring theme encompasses every aspect of FCCLA and the many steps you will encounter on your leadership journey. The NJ FCCLA State Theme relates to the National FCCLA Theme “Dare to Dream,” but we take the concept further by encouraging members to dream big and achieve goals! Dreaming big, creating visions, and setting goals are key aspects of being a leader. After that, believing in yourself, having confidence, and taking the right steps are necessary. Success comes from hard work and deserves recognition. NJ FCCLA offers many reasons for members and advisers to be acknowledged throughout the year! Check out the website for awards applications and recognition opportunities.

Tips for Recruiting Members at a Club Fair!

BY: PRAGYA BHATIA, VP OF MEMBERSHIP

Your school's club fair is a great way to showcase all that FCCLA offers to students! Embodying the right ideals is important— FCCLA isn't just about career and technical education; it is also about leadership, advocacy, and helping unite a community through service initiatives. Here are some items you should have to show off your chapter's FCCLA spirit at a club fair:

- **Trifolds/Posters**

An exciting and fun visual, with lots of color and pictures, can allure students to your table. Have a variety of pictures, including one of your chapter-winning competitive events, a few images of service initiatives, and some chapter meetings. This will help show prospective FCCLA members all that your chapter does! If your chapter is new, focus on FCCLA ideals, with pictures of a tight-knit community, helping out around school, and making a change in your world.

- **Connecting and Belonging**

About 70% of the student body of your school does not participate in extra-curricular activities such as sports and clubs. Sometimes, they are shy and lack the confidence to walk into a meeting alone. Find a way to tap into this pool of reluctant teens by giving them the personal touch. Meet a new member at their locker and have them join you at the first meeting. Don't forget about the newbies such as freshmen. This energetic group can bring new life to a chapter.

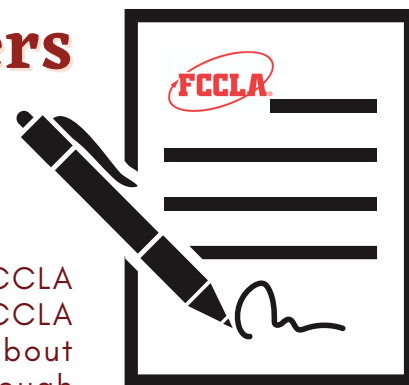
- **Charged laptops**

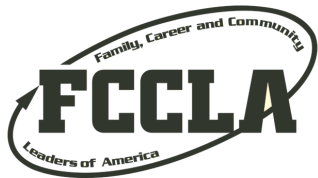
To get potential members' contact information, make sure to have a laptop or other device for them to sign up for more information. Follow up by creating a potential member email thread, Google Classroom, or Canvas! Upload affiliation information, deadlines, and updates to inspire members to affiliate!

- **Call-To-Action Items**

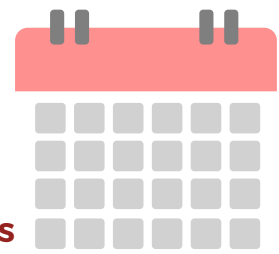
Get members excited about FCCLA, include upcoming events, namely the FLC, Leadership Bootcamp, and SLC! Showcase pictures that you might have of last year, create eye-catching flyers about the conference, and bring medals and certificates to bedazzle your table.

While the start of the school year may seem daunting, it's important to remember that all achievement comes with hard work. Your chapter has the power to succeed, and your school's club fair is the perfect opportunity to highlight the positive impact FCCLA can have on members! By emphasizing leadership, advocacy, and community service, FCCLA extends beyond family values. Ensure your booth includes informational tri-folds, charged laptops, and compelling call-to-action items!





National FCCLA Calendar At a Glance



BY: LUCAS ROMO, NATIONAL VP OF PROGRAMS

The National Leadership Conference was an astonishing week of success for the New Jersey delegation. It also gave members nationwide a membership roadmap for the 2024-2025 year. With an inspiring theme, a recharged national outreach program, and brand-new national meetings to attend, this year will undoubtedly be like no other. Let us take a look at what is to come!

Dare to Dream

With many opportunities ahead for chapters across our organization, National FCCLA is ready to craft a vision for the future with you this school year! Get ready for all the social media toolkits and membership materials with the 2024-2025 theme: Dare to Dream! The New Jersey state officers encourage you to find ways to accomplish your dreams and surmount obstacles. On the National FCCLA website, there are resources for recruitment and publication of FCCLA events in your community under the Communications tab called Theme Collateral.

Explore. Act. Tell.

The national outreach partner for this year is the “Explore. Act. Tell.” student service initiative supported by the Albertsons Companies Foundation and its Nourishing Neighbors charitable program. This program promotes FCCLA-sponsored service initiatives and peer advocacy with our new partner. First, students explore an issue they identify in their school or community. Next, with responsible leadership and devoted members rallied around them, state associations and chapters can act with the community service initiatives they design. Finally, students are propelled to tell people about their cause and advocate for change.

National Meeting Schedule

Information about conferences can be found on the National FCCLA website: fcclainc.org

1. 2024 Fall Leadership Institute - Orlando, Florida October 18 - 22
2. 2024 Fall Leadership Institute - Anaheim, California October 24 - 27
3. 2025 National Leadership Conference - Orlando, Florida July 5 - 9



How to Run a Chapter Meeting

BY MISHREE PATEL, VICE PRESIDENT OF COMMUNITY SERVICE

As chapter officers, it is important to organize chapter meetings to allow members to become more engaged in your chapter-wide initiatives. To help keep chapter meetings efficient and effective, use an agenda! An agenda is essentially an outline of what you plan on covering during your meeting. Below is an example of a meeting agenda:

AGENDA



- a. Welcome
- b. Icebreakers
- c. Officer Reports
- d. Old Business
 - i. Fall Fashion Show
- Outfit sketches due on Friday.
- \$25 for registration due on Monday.
 - i. Membership
- \$25 membership fees due by October 10, 2024
- Bring a buddy to the next chapter meeting!
- e. New Business
 - i. 2024 FLC Meeting Registration
- f. Announcements
- g. Adjournment

To make meetings engaging, you must provide a blend of entertainment and information. First, introduce yourself and your council to the attendees, ensuring potential members know to whom they should refer with their questions. After that, icebreakers or entertaining activities should be conducted to foster audience and member engagement! This also allows the chapter to become more united and close to one another. Icebreakers are games that warm up the group and facilitate getting to know others.

Upon completing the beginning portion of your meeting, it is time to discuss the business of what is happening in your chapter. This will increase awareness, involvement, and excitement within your chapter. Be sure to conduct activities where members can voice their opinions on what your chapter is doing. For example, each member can be given two post-it notes to write an idea down and then stick it on the board for everyone to see. It is important that members know that their voices are heard and that their input is valuable to the chapter as a whole! Good luck during this upcoming school year with running chapter meetings and retaining chapter engagement!

Chapter Office: Steps to Success

BY: MALAV SHAH, STATE PRESIDENT

Being a chapter officer is a great honor and comes with great responsibility. Holding a chapter office position is more than a title; it is a rewarding journey that offers opportunities for personal growth. Transitioning into a new officer position can be hard, but with the right steps, you can begin your journey successfully!

The first crucial step as a chapter officer is working with other officers to create a strategy that includes your chapter's planned activities throughout the year. This can help you stay on task and ensure that you and your chapter are well prepared for each activity. In a Career and Technical Student Organization, this document is called the Program of Work. It is a written plan designed specifically to outline what your chapter will accomplish this school year, which includes goals and strategies to reach them. When you break down activities into several, smaller components, they become easier to manage, which helps boost accountability within your chapter. When you distribute the action among everyone, it makes the tasks less stressful and more fun!

Laying out your chapter's Program of Work for the future is one thing; making sure the goals come to life is another. This is where the second step comes into play: Follow Up and Follow Through. After planning your activity with your team, follow up with your adviser to see if there is anything you can improve or add. Without following up, tasks may remain unfinished or not meet the intended outcome you set while planning them. Your adviser's input will allow you to re-evaluate and make changes to stay aligned with the goals. Following through moves an idea from concept to reality, which helps achieve the desired objectives.

Establishing chapter communication is another vital step toward becoming a successful chapter officer. Checking in with members, working with other officers, and following up with your adviser are all examples of effective chapter communication. As an officer, it is also a part of your responsibility to promote FCCLA's mission throughout your school and community with the activities you have planned with your Program of Work. Chapter activities help you gain new members and highlight the benefits and opportunities of being an active member.

Being a chapter officer is truly an unforgettable opportunity! Always remember that you have all the potential, and success comes from experience. Even with these steps, there will be some difficulty, but the challenges will help you grow as a leader. Best of luck on your officer journey; you will do great!

Boosting Chapter Engagement with Social Media

BY: HITHA SRINIVAS,
VP OF COMMUNICATION

Social media plays a significant role in our lives today. Creating an Instagram account for your chapter is an excellent strategy to highlight FCCLA within your school community. While starting a new account can feel daunting, there is no need to worry—NJ FCCLA is here to assist you! Here are some helpful tips to keep you organized and optimize your social media efforts:

Tip 1: Set a goal.

Setting goals is the initial step in any successful endeavor. Aim to post once a week and gradually work towards a more ambitious target, such as posting 2-3 times a week. Use SMART goals to guide your planning: ensure your goals are Specific, Measurable, Attainable, Realistic, and Time-bound (trackable). Start with what you believe will be most effective for your chapter.

Tip 2: Post the latest news and events.

Keeping your members updated through social media is an effective way to maintain engagement. For many people, finding details about upcoming meetings or community service events can be difficult. Sharing this information on social media can help reach returning and prospective members!

Tip 3: Present Opportunities.

Make sure to have opportunities for member participation in your social media posts, as this can help members feel more inclined to interact! For instance, you could set up challenges like meeting five new people from other schools at the Fall Leadership Connection or taking photos with ten red items.

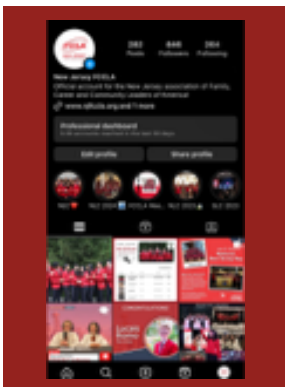
Tip 4: Ask Questions!

A highly effective method to boost engagement is to ask questions. Incorporate straightforward questions into your posts to foster interaction and encourage creativity among members. Additionally, use the "Ask a Question" sticker on Instagram to allow your followers to submit their inquiries.

Tip 5: Connect with FCCLA Platforms

Connect with your members by staying engaged with other social media platforms! Our Instagram is @njfccla and Facebook is @NJ FCCLA!

Some members may not be aware that your chapter has an account, so be sure to promote it at your chapter meeting. Also, remember to like, comment, and share NJ FCCLA's posts!



Icebreaker Ideas

BY: MEHAK PATEL, VP OF PARLIAMENTARY LAW

While running chapter meetings, icebreakers are an entertaining way to connect with your members. We have prepared a short list of icebreakers you can use during your meetings!

1. Choose a Side:

Instruct your members to go to one side of the room if they prefer one topic over another and vice versa for the other side of the room. An example of this would be, "If you like the beach, go to the right side of the room. If you prefer the pool, go to the left". This icebreaker allows members to learn more about each other and meet others who share their views.

2. Two Truths and One Lie:

Members can go one by one to announce two facts about themselves and one lie to the group without specifying which are the truths and which is a lie. The group would vote on which they think is the lie. Two Truths and One Lie is an especially fun icebreaker as it allows the group to learn more about each other, especially facts they may not have known otherwise!

3. Rock Paper Scissors Tournament:

Rock Paper Scissors is an exciting game, and a tournament is even more engaging. If you are unfamiliar with it, Rock Paper Scissors is a two-person game in which the participants create a rock, paper, or scissors shape with their hands on the count of 3. Rock beats scissors, scissors beat paper, and paper beats rock. For the tournament, if Person A wins over Person B, then Person B would join as a part of Person A's entourage and cheer them on for their next opponent. This process would continue until 2 people are left with their entourage! This icebreaker is a fun way to boost your group's morale and get them excited for what is to come!

If used, these icebreakers will definitely bring your chapter together. Have fun bonding with your chapter members!



Ignite your Chapter's Spirit: Innovative Fall Fundraising Ideas!

BY: BRIAN MUIRHEAD, VP OF LEADERSHIP DEVELOPMENT

As autumn leaves begin to fall, the school year is underway. FCCLA chapters across New Jersey are gearing up for a season of creativity, inspiration, and community engagement. Dive into these fresh and exciting fundraising ideas to help your chapter become closer and raise money to help with future expenses.

1. Fall Harvest Bake Sale:

Nothing says fall like the aroma of freshly baked goods. Your FCCLA chapter could organize a bake sale featuring an array of delicious treats such as pumpkin pies, apple cider donuts, spiced cookies, and a variety of cupcakes. If your chapter has many members interested in competing in the cupcake challenge at the Fall Leadership Connections, have your own cupcake challenge within your chapter and sell the extra cupcakes made.

2. Fall Fun Run:

Consider hosting a Fall Fun Run to promote health and wellness in your FCCLA chapter. Participants can enjoy a scenic route through the autumn landscape, and your chapter can offer various race levels to cater to all fitness types, ensuring everyone feels included. The event could consist of music, refreshments, and awards for the top runners.

3. Autumn Movie Night Under the Stars:

What better way to enjoy a crisp fall evening than with an outdoor movie night? Your chapter could set up a white sheet or a screen in a local park and show a family-friendly movie. Attendees can bring blankets and lawn chairs. Don't forget the concessions, including popcorn, candy, and hot chocolate or warm apple cider.

4. Chocolate Sale:

Indulge in the finest selection of chocolates while supporting your chapter's fundraising efforts. Whether you prefer dark, milk, or wafer chocolate, your chocolate sale has something for everyone. World's Finest Chocolate and Gertrude Hawk are two of many chocolate sale fundraising opportunities.

These fundraising events not only provide entertainment and community engagement but also play a crucial role in supporting your FCCLA chapter's programs and activities.



The Importance of FCCLA National Programs

BY: SHRIDHAR GARG, VP OF PROGRAM

FCCLA provides students with invaluable opportunities to develop essential life skills through its eight National Programs. These programs integrate seamlessly into Family and Consumer Sciences education, offering hands-on practice and practical application of classroom lessons.

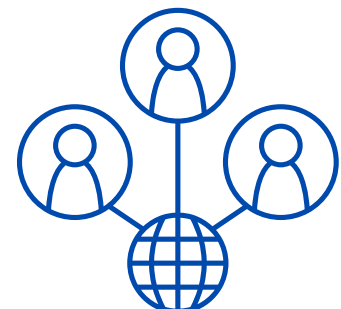
FCCLA National Programs

1. Career Connection: Guides students in exploring career paths and planning for their futures.
2. Community Service: Encourages students to identify and address local needs, fostering community involvement.
3. FACTS (Families Acting for Community Traffic Safety): Promotes safe driving habits and road safety advocacy.
4. Families First: Focuses on building strong family relationships and community connections.
5. Financial Fitness: Teaches financial literacy and smart financial decision-making.
6. Power of One: Encourages personal goal-setting and achievement.
7. Stand Up: Empowers students to advocate for issues that matter to them.
8. Student Body: Educates on health, nutrition, fitness, and emotional well-being.

Benefits and How to Get Involved

Engaging with FCCLA's National Programs helps students develop practical skills such as leadership, problem solving, and advocacy while providing hands-on learning through real-world projects. Members foster a sense of responsibility and activism, build confidence and interpersonal skills, and prepare for successful careers and financial independence. To get involved, students should join FCCLA, attend meetings, and utilize available resources to integrate program materials into their FCS curriculum.

Leading projects, collaborating with peers, seeking guidance from advisers and state officers, and attending conferences further enhance the experience and impact of these programs. An example of hosting a community workshop is where those in attendance learn about financial fitness and how to effectively manage their finances, as was hosted by a National Program submission from the JPS FCCLA chapter. By participating in National Programs, students can make meaningful contributions to their communities and transform their education into a dynamic, impactful journey.





Connecting Careers with FCCLA

BY: MALAV SHAH, STATE PRESIDENT



Leave Your Legacy: Member Mentorship Programs

BY: LUCAS ROMO, NATIONAL VP OF PROGRAMS

“What do you want to do in the future?” is arguably the most commonly asked question for many high school students. Some people have different motives for choosing careers, whether it be passion or the financial stability. FCCLA is here to help students bridge the gap between passion and paycheck! The four career pathways are Hospitality & Tourism, Education & Training, Visual Arts & Design, and Human Services. Career readiness is an integral aspect of FCCLA and is implemented into multiple parts of this organization.

There are specialized programs for each pathway, such as competitions, workshops, and motivational speakers that reflect on their own experiences. FCCLA offers specific events to give members insight into real-life skills and experiences they will need for their future careers. These competitions allow students to apply their knowledge and skills in real-world scenarios, from planning and managing events to understanding customer service in the tourism industry. Chapters may even plan to partake in some opportunities that provide industry certifications, which are great stepping stones to future careers!

Some conferences feature guest speakers who are professionals in Education and Training. These speakers share their experiences, career paths, and insights into the field, providing students with valuable guidance. Some chapters even facilitate mentorship opportunities where students can connect with educators and trainers. These mentors can offer career advice, share their experiences, and help students navigate their career paths in the right direction.

To engage with the Human Services pathway, students engage in community service projects that involve working with vulnerable populations or addressing social issues. Part of these service opportunities include partnering with local Human Services organizations, such as shelters, food banks, or mental health centers. These partnerships can provide students with internships, job shadowing opportunities, and practical experience.

The Visual Arts and Design pathway is seen in many FCCLA resources! A member can gain resources such as brochures, career guides, and portfolio development tips related to Visual Arts and Design careers, especially with items made in their fashion merchandising, graphic design, and interior design classes.

The four Career Pathways are the focus of many FCCLA programs! With participation in each of them, members can capitalize on these career-exposing experiences and decide if they want to pursue a career within FCS.

The transformation from a student in their freshman year to a graduate in their cap and gown is only amplified through membership in FCCLA. It is paramount for senior members to lead the way for new members as they take on new challenges and make progress toward their goals. Here are a few ways to implement a mentorship program this school year.

Shadowing at Meetings

Shadowing means following an experienced member around to understand their actions and thoughts. Have new members or potential officers sit aside officers at chapter meetings. Whether your chapter strictly follows Robert’s Rules to move through business or takes a more casual approach, younger FCCLA members can watch officers make decisions, process an agenda, and make plans and goals for the membership year.

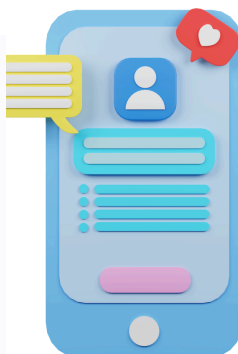
Attending Conferences

Similarly, to promote safety in a new place, have your adviser pair a senior member with a new member in a buddy system at the Fall Leadership Connection. Attending workshops, participating in networking opportunities, or simply moving through a conference center or hotel together can be overwhelming; going through this with an experienced member and familiar face can craft supportive bonds in your chapter. Seniors can help new members fall in love with everything offered by FCCLA!

Competitive Events

Working in a team presents unique opportunities for leveling up your communication and collaboration skills. Have senior members familiar with certain kinds of events partner with new members to help them learn the ropes of competing in FCCLA. If team events are not your style, invite younger members to learn from experienced FCCLA competitors so that they can find a project they may enjoy from FCCLA’s broad selection.

A true leader works to provide opportunities for the next students in line, whether they have one year of leadership development in FCCLA or six. Leaving behind your legacy is a creative and rewarding opportunity. Lead with humility and compassion to equip your junior members with the skills for success, just like others did for you!





We Want You...to Run For State Office!

BY: LUCAS ROMO, NATIONAL VP OF PROGRAMS

Are you ready to elevate your leadership experience and serve the members of New Jersey FCCLA? Have you considered running for state office before, but hesitated to take the leap? On behalf of the New Jersey State Executive Council we encourage you to run for State Office!



As a potential candidate, you will need to begin drafting your application in time for the February 1st due date. Be sure you discuss this with your Chapter Adviser and have their support. Allow plenty of time to complete the application to ensure you shine brightly! If you meet the requirements for State Office, you will be invited to the State Officer Candidates' Meeting before the State Leadership Conference to learn more. At the State Leadership Conference, you will participate in the "Meet the Candidates" Session, where you will network with the voting delegates. We know that this process can be daunting, but know that confidence comes with thorough preparation!

Becoming a member of the State Executive Council will open the door to friendships and unforgettable memories as you lead our association in membership, service, and advocacy initiatives. All that is left is for you to say, "Yes!"

Invite a State Officer to YOUR Chapter!

BY: BRIAN MUIRHEAD, VP OF LEADERSHIP DEVELOPMENT

This year, the New Jersey State Executive Council wants to meet you and your members through chapter visits! These visits are designated to provide comprehensive support for anything FCCLA-related you may need. Whether you need help with increasing membership, struggling with competitive events, or trying to figure out how to get involved in a state-level service initiative, the state officer team is here to help. Let's learn how to schedule one!

1. Visit the New Jersey FCCLA website, njfccla.org.
2. Open the "Membership" tab.
3. Select "Request a Chapter Visit" to learn more about what a state officer visit entails.
4. You will then email the state office or the VP of Membership.
5. We'll respond to you promptly to schedule a date and time to visit your chapter.

Chapter visits are a powerful tool that can benefit every chapter! We can provide valuable assistance in preparing for a conference or developing a new initiative, making your FCCLA journey smoother and more successful.

Why FCCLA?

BY: PRAGYA BHATIA, VP OF MEMBERSHIP



FCCLA is one of the most dynamic Career and Technical Student Organizations (CTSO), helping students become college and career-ready through public speaking opportunities and the chance to lead.

Other CTSOs focus on a specialized trajectory—some are angled toward medicine, others towards business, and even about law. But to be truly successful, one needs to be well-rounded. FCCLA offers competitive events in a diverse amount of fields, allowing students to focus on their future careers and leave a legacy of leadership.

FCCLA revolves around soft skills, some of which include how to communicate effectively and skills to create strong family relationship. These skills are crucial for having prosperous professional and personal relationships.

Family and Consumer Sciences are the focal point of FCCLA. The focus on interpersonal communication, leadership development, creative and critical thinking, and problem-solving help transform students into young leaders.

Getting involved and reaping these life-changing benefits starts with one simple step—affiliation. To become a member, just ask your chapter adviser for the affiliation forms. With diligence and engagement, you're guaranteed to develop lifelong skills.



Public Comment For A Paramount Cause

BY: LUCAIS ROMO,
NATIONAL VP OF PROGRAMS



FCCLA

Having an FCCLA chapter in your school district is a pivotal way to gain support and recognition for your school's Family and Consumer Sciences department. One additional way to keep the support of your district's Board of Education (BOE) is to regularly attend BOE meetings to publicize the life, college, and career readiness skills developed in FCS courses.

Each district is unique; however, BOE meetings provide opportunities for public comment from those in the community to add a perspective on a current issue or bring something to the attention of the BOE. This is a significant way to make recurring appearances in your district to advocate for resources and the visibility of your FCS program.

When would you attend these meetings? Review the schedule of your BOE, then work with your adviser, fellow members, and parents from your chapter to organize together. Find a meeting that you can attend as a chapter. Soon, you will be able to find a rhythm in your annual schedule to set a precedent for having an FCCLA member speak at multiple BOE meetings. One example of a time to speak in front of your officials is after a successful conference to deliver a report on your event results and participation.

Always prepare what you have to say beforehand with your adviser. Speak clearly and at an even pace. Understand that you are a powerful representative for your chapter and the Family and Consumer Sciences department. Remember that you are not alone! You can split a statement of a few minutes between several members of your chapter. Express the value of the FCS skills you developed and the monumental leadership development you experienced in FCCLA. Make sure you have a clear point, which could be about financial support or even recognition! Consider creating a leave-behind document for board members with key points and an invitation to a chapter or state event.

Take a deep breath because you hold the power to defend Family and Consumer Sciences in your school. Partner with your adviser to collect your thoughts into one powerful statement with the understanding that you only have a few minutes to get your point across. Keep consistent in your appearances in front of the BOE. This is the next step in your story of becoming a Family and Consumer Sciences and FCCLA advocate!



Mastering State Conferences: The Ultimate Project Prep Guide!

BY: MEHAK PATEL, VP OF
PARLIAMENTARY LAW

The 2024 Fall Leadership Connection (FLC) and even the 2024 State Leadership Conference (SLC) are fast approaching. Now is the time to begin working on those competitive events! Competitive event projects, whether they are State or STAR events, take a great deal of time and effort, so here are some steps you can take to ensure that your projects are great.

The first step towards creating your project is deciding what it will be! Look at our New Jersey FCCLA website (njfccla.org), under the "Competitive Events" dropdown menu, for a list of events, their descriptions, and guidelines. You will also notice that the events are categorized based on their type and topic, making it simple to select a competitive event!

Next, approach your chapter adviser to ensure that the event you would like to complete has not been chosen by another member. Many chapters utilize a form to list your top three event choices; if your chapter does so, complete this form as soon as possible. Once your event has been chosen, begin working on it by using the event description and rubric to guide your planning. If you need help, remember that you have your chapter adviser and officers as resources. Meet with your chapter adviser weekly (or more!) to create a project schedule and review what you have completed.

Once you have completed your project, start memorizing your oral presentation! Memorizing speeches is a task that requires a lot of time and practice. Once you have it memorized completely, you can focus on other public speaking needs such as eye contact, hand gestures, and voice control.

As demonstrated, project creation is a complicated process and requires great time management. Make sure to start early, ask questions, and practice! NJ FCCLA wishes you luck on your FLC and SLC competitive events!



Spring Edition Out Now!

Click [here](#) for the 2024 Spring New Directions Newsletter!

Each year, New Jersey FCCLA publishes three editions of the New Directions Newsletter during the Fall, Winter, and Spring. Written by the New Jersey State Executive Council, this dynamic newsletter includes captivating resources, advice, and information to help you make the most of your experience in FCCLA!

PAST EDITIONS →





Top Tips To Ace the School Year

BY: STUTI SHAH, FIRST VICE PRESIDENT

The school year is in full force, and establishing productive routines and habits can be difficult. Here are some tips you can use for a strong school year!

1. Stay Organized:

Use a planner or digital calendar to record assignments, test dates, and extracurricular activities. Long to-do lists can be overwhelming, so break tasks into smaller steps, and then prioritize them according to their deadlines.

2. Create a Study Routine:

Establish fixed times every day to study and complete homework so that the habit becomes more consistent. Remember that consistency is key, and creating a study routine can help you master those difficult assignments and exams that are coming up.

3. Design Your Study Space:

Create a noise-free, distraction-free study space for enhanced focus and productivity. Make your study space a comfortable and creative area that represents you—the plants, fairy lights, and your own art will improve concentration and creativity. Having a fun and relaxing study space will help it be a more welcoming space, so you are motivated to use it more!

4. Incorporate Movement and Music:

Try making studying active by either standing at your desk or simply getting up to dance for a minute. Make a playlist of instrumental or classic music to assist in concentration and make the experience much more enjoyable while studying.

5. Ask for Assistance.

Never hesitate to consult teachers, classmates, or tutors on a subject where you need extra help. Form study groups with friends; this will help in sharing knowledge and supporting each other. Asking for help is a strength, so be sure to seek assistance early and often!

These useful and fun tips are here for you this and every school year. When incorporated into your daily routine, make studying a more enjoyable and engaging experience—setting you up for success this school year!

5 Guiding Principles for Your Leadership Journey

BY: HITHA SRINIVAS,
VP OF COMMUNICATION

Leadership is a lifetime journey. Here are several principles that NJ FCCLA leaders value and work toward to develop their leadership potential:

1. "Be open to trying new experiences! Embrace opportunities and build relationships. Having a positive attitude, passion, and purpose will help you achieve your goals and make an impact!"

Amanda Chen, 2023-2024 FCCLA National President

2. "Collaboration is one of the most vital aspects of leadership. A leader is unable to complete any task on their own, which is why it is important that they work with others towards that common goal."

Malav Shah, 2024-2025 NJ FCCLA State President

3. "Planning and time management are essential to becoming a leader! Having a system that works for you, whether it be paper or digital, will help you organize your life. Organizing your responsibilities will allow you to hold yourself accountable and remind your team of tasks and events that are coming up!"

Stuti Shah, 2024-2025 First Vice President

4. "Developing strong communication skills is a critical step in starting a leadership journey. Effective communication includes conveying your ideas and expectations and actively listening to your team members. This helps create an environment of trust and collaboration, essential for any successful leader."

Brian Muirhead, 2024-2025 Vice President of Leadership

5. "Strong leaders do not work in silos. Effective leaders work to develop a growth mindset and recognize that there is something to learn from everyone. They see the opportunities in any adversity to elevate and strengthen their leadership skills."

Lucas Romo, 2024-2025 National FCCLA Vice President of Programs

6. "Be Proactive. Take responsibility for your life and actions. You may not be able to control what is happening to you, but you can control how you react and respond."

Isabella Dabbenigno, 2023-2024 NJ FCCLA State President

Discover The Power of One With FCCLA



By: Shridhar Garg, VP of Programs

Have you ever thought about a special goal? Whether it's developing better study habits, coping with a physical challenge, improving relationships, enhancing job skills, or becoming a leader, Power of One is for you! The FCCLA Power of One program empowers students to find and use their personal agency by setting and achieving individual goals. This program is designed to help members develop essential skills that will benefit them now and in the future, whether in school, with friends and family, at college, or on the job.

Power of One encourages students to select personal goals that are meaningful to them and create a plan of action to achieve these goals. By focusing on one goal at a time, members can make positive changes in their families, careers, and communities. The program is divided into five units, each targeting a specific area of personal development:

1. A Better You: Improve personal traits and self-awareness.
2. Family Ties: Enhance relationships and get along better with family members.
3. Working on Working: Explore career options or prepare for a career.
4. Take the Lead: Develop leadership qualities and abilities.
5. Speak Out for FCCLA: Share positive experiences and advocate for FCCLA.

Completing the Power of One program provides numerous benefits. Members learn to set and achieve personal goals, which builds confidence and self-motivation. The skills gained through this program are applicable in various aspects of life, from academic success to career readiness and personal relationships. Achieving these goals brings a sense of accomplishment and personal growth. FCCLA also offers national recognition to members who complete all five units, including special recognition on the FCCLA website and at the State and National Leadership Conferences.

To be eligible for national recognition, members must submit their applications online by 5:00 PM EST on March 1. By participating in Power of One, you give yourself the power to make positive changes in your life and the lives of those around you. Start setting your goals today and take the first step toward a better you. Don't miss out on the opportunity to transform your life one goal at a time!



Your Vote, Your Future

By: Hitha Srinivas, VP of Communication



As FCCLA leaders, it's clear that we hold the key to the future! We have the power to make pivotal decisions that can affect our own lives and those of others. This power comes with great responsibility. One important way older teens can make a difference is by exercising their right to vote when they turn 18. It's essential for us to stay informed and understand the voting process so that our choices can truly impact our society and country.

What are the requirements to vote in New Jersey?

To register, you must....

- Be a U.S. citizen
- Be a resident of New Jersey
- Be at least 18 years old by Election Day
- Live in the precinct where you will vote for at least 30 days prior to the election

What are the ways to vote?

- Vote-By-Mail Ballot: Your vote-by-mail ballot MUST be postmarked on or before 8:00 PM EST on Election Day and be received by your county's Board of Elections on or before the sixth day after the close of the polls. It's a great option for college students who can't make it home for elections.
- In-Person Early Voting: Vote via a voting machine during the in-person early voting period prior to Election Day. General election in-person voting is October 26, 2024 - November 3, 2024.
- At Your Polling Place on Election Day: Vote in-person at your polling place on Election Day from 6:00 AM to 8:00 PM. The General Election Day is November 5, 2024.

Voting is a right and a responsibility for all citizens. Be sure to make your plan for casting your ballot!



2024 Fall Fashion Favorites

BY: MISHREE PATEL,
VP OF COMMUNITY SERVICE

With the changing of seasons and the leaves, fall fashion for 2024 presents a refreshing take on classic fall aesthetics. Here's a look at the top trends you need to know about this fall season!

1. Cozy Knits and Chunky Layers

Embrace the chill with cozy knits that are both functional and fashionable. Essential pieces for layering include textured turtlenecks, big cardigans, and chunky sweaters.

2. Modern Monochrome

Monochrome outfits are back with a fresh perspective. This fall, using several tones of the same color to create a sleek style is key. From bright, consistent colors to all-neutral outfits, monochromatic looks are elegant and sleek.

3. Classic Plaids With A Twist

Plaid is a fall staple, but this season it's getting a modern upgrade. Expect to see plaid with vest patterns, blended designs, and surprising color combinations. Wear plaid with blazers, skirts, and accessories to give your outfit a modern yet classic look.

4. Luxe Leather

Leather takes on a new role this fall, extending beyond jackets to include trousers, skirts, and dresses. Opt for sleek, high-quality leather pieces in rich tones such as burgundy and emerald green. This trend adds an edge to your outfits while maintaining elegance.

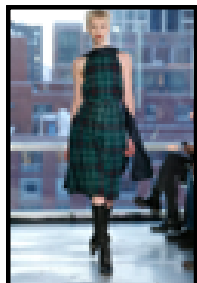
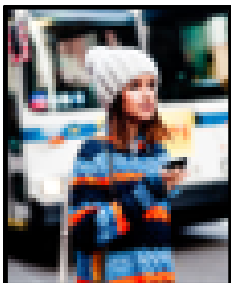
5. Vintage-Inspired Accents

Nostalgic elements from past decades are making a comeback. Consider puff sleeves, classic collars, and vintage-inspired prints. These small elements combine antique aesthetic with modern fashion to give beautiful, individual touch to modern clothes.

6. Bold Footwear

This fall, footwear takes a bold turn with eye-catching styles. Shoes are starting to take center stage in ensembles, from colorful sneakers to knee-high boots with dramatic heels. To add pizzazz to your fall wardrobe, search for unusual colors, patterns, and textures!

Fall 2024 fashion blends creativity, comfort, and a hint of nostalgia. There are several ways to express your own style while remaining current with this season's fashion trends, whether it's cozy knits, modern monochrome, or bold footwear. Dive into these fall favorites and enjoy a fashionable, warm fall!



DIY Projects Using Recycled Fabric

By: Mishree Patel, Vice President of Community Service

To be more environmentally conscious, consider the impact of fabric! One exciting way to do this is by turning old fabrics into stylish and practical Do It Yourself (DIY) projects. In addition to being beneficial to the environment, recycling textiles enables you to make one-of-a-kind, customized items for your wardrobe and home. Here are some innovative DIY projects using recycled fabrics.

Patchwork Quilt

Turn discarded t-shirts, jeans, or leftover fabric into a cozy patchwork quilt. First, cut your fabric into even rectangles or squares. Sew these pieces together after arranging them in a pattern that you want. Once made, a quilted layer and a backing can be added. This technique produces a useful and sentimental memory in addition to reusing discarded garments.

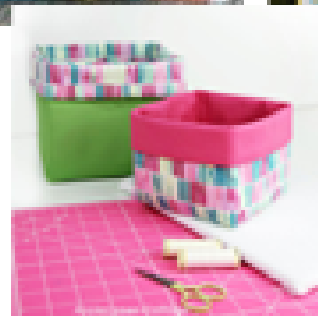
Fabric Coasters

A quick and easy DIY that can help protect your surfaces is fabric coasters. Begin by cutting felt and fabric into corresponding shapes, such as squares or circles. Layer the fabric on top of the felt and secure them together. Use fabric glue or a sewing machine to adhere the layers together around the edges. This project not only makes fun things that you may customize to fit your homestyle, but it also helps limit fabric waste.

Fabric Baskets

Making fabric baskets is a versatile project that allows creativity. Begin by cutting leftover fabric into squares or strips. Cut interfacing to fit your fabric pieces for added sturdiness. These strips can be braided or woven, assembled into a circular or rectangular shape and secured with stitches or glue to form a basket. Using this technique provides a beautiful, durable basket that is ideal for arranging tiny objects.

All in all, there are many fun and easy ways to upcycle fabric, limiting your impact on our environment!



Fall Into Service: Community Service Projects for Chapter

BY: MISHREE PATEL,
VICE PRESIDENT OF COMMUNITY SERVICE

Helping your community in the fall is crucial due to seasonal needs like increased demand for food, warm clothing, and shelter as the temperature drops. It's an incredible chance for students to incorporate service into their daily routines as a new school year begins. In addition, Thanksgiving and other holidays around the corner encourage gratitude and helping others, making it an ideal time to give back. Here are a few ideas and examples:

1. Organize different drives for your chapter!

Food drives are important because of the increased need for food, and holidays such as Thanksgiving highlight hunger issues. This season is an ideal time to gather support and address food insecurity in the community. Clothing drives are vital, as they provide warm clothing and blankets needed for cooler weather, helping those in need stay comfortable and healthy during the season's chill. Toy drives are a great way to provide gifts to children in need during the holiday season. They help ensure that every child can experience the joy of receiving gifts while fostering community spirit.

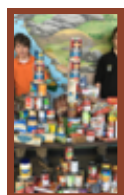
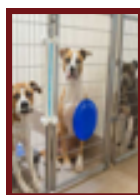
2. Volunteer at shelters with your chapter!

Spending time at your local food shelter is great, whether you are helping to cook or serve food, organize the stockroom, or anything else they need. This helps address food insecurity and fosters community support during a season of giving. Volunteering at an animal shelter helps manage increased pet intake and ensures animals receive extra care and support during cooler months and seasonal changes.

3. Fundraising Events

Organize charity walks as the mild weather makes them more comfortable and inviting. Your chapter could raise funds and awareness for causes, promote community spirit, and support physical health. Bake sales can raise funds, support local causes, and celebrate seasonal treats, fostering community connections. Craft fairs showcase your chapter's creativity and raise funds for a local organization.

It's easy to find ways to support your community once you find the "need." Ask for suggestions in the guidance office or call shelters and charitable organizations in your community.



APPLE CIDER DONUT RECIPE

BY: MALAV SHAH,
STATE PRESIDENT

For the Cider Donuts:

2 ½ cups apple cider (600mL)
½ cup light brown sugar (110g)
¼ cup granulated sugar (50g)
2 large eggs room temperature
6 tablespoons unsalted butter melted (85g)
3 ½ cups all-purpose flour (420g)
2 teaspoons baking powder
1 teaspoon salt
½ teaspoon baking soda
½ teaspoon ground cinnamon
¼ teaspoon ground cardamom
¼ teaspoon ground nutmeg
Peanut or vegetable oil for frying

For the Cinnamon Sugar:

(Whisk together and set aside)
1 cup granulated sugar. 200g
1 tablespoon ground cinnamon

Prep Time 2 hours 30 minutes

Cook Time 1 hour

Servings 18 donuts

Calories 223 cal

Author John Kanell

Equipment: Large Pot, Candy thermometer, Wire rack

Instructions

For the Cider Donuts:

- In a small saucepan, bring the cider to a boil over medium-high heat. Boil until reduced to 1 cup, about 45 minutes. Transfer to a heat-proof mixing bowl and cool to room temperature.
- To the cooled cider, whisk in sugars, eggs, and melted butter until well combined.
- In another bowl, whisk together flour, baking powder, salt, baking soda, and spices. Pour the cider mixture into the flour mixture and stir together until fully combined.
- Cover dough and chill until firm to the touch, about 2 hours or up to 12 hours.
- Once the dough is chilled, place a wire rack inside a rimmed baking sheet. Fill a Dutch oven with 3-inches of oil. Heat over medium heat to 350 F.
- While oil is heating, scrape the chilled dough out onto a very well-floured surface. Flour the top of the dough and pat to ½-inch thickness. Cut out rounds using a 3-inch donut cutter or a 3-inch round cookie cutter along with a 1-inch cutter to cut holes in the center of each round dipped in flour. (The dough will be very sticky. Don't be afraid to use more flour on your surface if you need it!)
- Working a few at a time, fry donuts in the hot oil until golden brown, about 1 to 2 minutes per side for large donuts and 1 minute for the donut holes. Transfer to the wire rack to drain for a few minutes. Toss warm donuts in the cinnamon sugar. These donuts are best if consumed within a few hours of frying.