

“Building A Better You” Project
75 points

Name _____ Project _____ Date _____

Use the FCCLA Planning Process to complete “A Better You”.

To begin, check the projects below that interest you.

- Maintain or lose weight by following a balanced eating plan such as DASH or the revised Food Guide Pyramid
- Follow an exercise program that meets the requirements for the 2005 Dietary Guidelines
- Learn a defense method to protect yourself against attackers
- Learn how to manage stress and apply those techniques to your daily life
- Learn to get along better with classmates.
- Improve grades in one of your classes.
- Set up and use a personal schedule planner
- Other ideas as approved by your teacher.

Identify a Concern (10 points)

Answer the following questions using complete sentences.

1. Which project ideas deal with concerns that are most important to me?

2. Which could lead to an in-depth project?

3. Which can be finished in the time available?

Set a Goal (5 points)

Here’s what I hope to accomplish:

By _____, I will improve _____

By: _____

Form a Plan (15 points)

On a separate sheet of paper, use complete sentences to answer the questions below. Then, using your answers to the questions, write a description of your project plan. The description should follow FCAT formulas for writing (refer to handout “Students Steps to Good Writing”).

1. Who will be involved?
2. What will I need to complete my project?
3. When will this take place?
4. Where will I complete my project?
5. How will I complete my project?

Proposed Project Checklist

Share this check list with your teacher before starting your project

1. Is the goal realistic for available time?
2. Is it an in-depth project?
3. Is the project related to the class topic?
4. Is the student assuming full responsibility for the project?
5. Is the project plan complete and clearly stated?
6. Will the project be the work of one individual?
7. Are the planned activities meaningful and significant to the project?

Act (30 points)

Documentation of your actions taken to complete the project must include the following two items:

- Journal entries
- Poster

Below are some examples of items that could be included on the poster:

- ✓ Copies of journal entries
- ✓ Weight loss documentation
- ✓ Food diary
- ✓ Typed exercise routine
- ✓ Pictures of before and after results
- ✓ Copies of planner pages
- ✓ Interview results
- ✓ Progress Reports

Follow Up (15 points)

Write a report using your answers from the following questions. Report should follow FCAT guidelines (refer to the “Students’ Steps to Good Writing”).

1. What did you learn?
2. What were the most successful parts of your project?
3. Why do you feel they were the most successful parts?
4. What would you change if you repeated the project?

Items needed in order to complete the project:

- Explanation of project
- Copy of journal packet
- Copy of rubric
- Photo release form signed
- Poster board.

“Constructing A Better You” Project
75 points

Name _____ Project _____ Date _____

Use the FCCLA Planning Process to complete “A Better You”.

To begin, check the projects below that interest you.

- Create a portfolio of classroom accomplishments
- Participate in FCCLA Fashion Construction event.
- Set and work toward goals to improve on the job (being on time, using time well, positive attitude, etc)
- Create a plan for your own clothing-related business
- Research colleges and postsecondary school choices for Fashion students.
- Plan a fashion show for school-to-work clothing options (versatile clothing options)
- Create a brochure explaining resources for low-cost professional clothes
- Use recycled clothing to create a new item.
- Other ideas as approved by your teacher.

Identify a Concern (10 points)

Answer the following questions using complete sentences.

1. Which project ideas deal with concerns that are most important to me?

2. Which could lead to an in-depth project?

3. Which can be finished in the time available?

Set a Goal (5 points)

Here’s what I hope to accomplish:

By _____, I will improve _____

By: _____

Form a Plan (15 points)

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1. Who will be involved?
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Proposed Project Checklist

Share this check list with your teacher before starting your project

1. Is the goal realistic for available time?
2. Is it an in-depth project?
3. Is the project related to the class topic?
4. Is the student assuming full responsibility for the project?
5. Is the project plan complete and clearly stated?
6. Will the project be the work of one individual?
7. Are the planned activities meaningful and significant to the project?

Act (30 points)

Documentation of your actions taken to complete the project must include the following two items:

- Journal entries
- Poster

Below are some examples of items that could be included on the poster:

- ✓ Copies of journal entries
- ✓ Sketches of clothing designs, etc.
- ✓ Checklist of job skills
- ✓ Chart reflecting results of job skill improvement
- ✓ Pictures of before and after results
- ✓ Brochures from post-secondary institutions
- ✓ Agenda or program for a fashion show
- ✓ Magazine clippings
- ✓ Signed form agreeing to complete competition in order to receive full credit

Follow Up (15 points)

Write a report using your answers from the following questions. Report should follow FCAT guidelines (refer to the “Students’ Steps to Good Writing”).

1. What did you learn?
2. What were the most successful parts of your project?
3. Why do you feel they were the most successful parts?
4. What would you change if you repeated the project?

Items needed in order to complete the project:

- Explanation of project
- Copy of journal packet
- Copy of rubric
- Photo release form signed
- Poster board.

“Cooking Up A New You” Project
75 points

Name _____ Project _____ Date _____

Use the FCCLA Planning Process to complete “**A Better You**”.

To begin, check the projects below that interest you.

- Prepare a nutritious family meal twice a week
- Research colleges and postsecondary school choices for food related careers
- Participate in the FCCLA Decorative Food Centerpiece event
- Create a plan for your own restaurant
- Plan and prepare a culturally-themed dinner for family or friends
- Create a cookbook of child-friendly recipes (typed)
- Create a family favorites cookbook (typed)
- Plan menus for one week using the Food Guide Pyramid and dietary guidelines (you may not use examples posted on the mypyramid.gov website)
- Other ideas as approved by your teacher.

Identify a Concern (10 points)

Answer the following questions using complete sentences.

1. Which project ideas deal with concerns that are most important to me?

2. Which could lead to an in-depth project?

3. Which can be finished in the time available?

Set a Goal (5 points)

Here’s what I hope to accomplish:

By _____, I will improve _____

By: _____

Form a Plan (15 points)

On a separate sheet of paper, use complete sentences to answer the questions below. Then, using your answers to the questions, write a description of your project plan. The description should follow FCAT formulas for writing (refer to handout “Students Steps to Good Writing”).

1. Who will be involved?
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Proposed Project Checklist

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7. Are the planned activities meaningful and significant to the project?

Act (30 points)

Documentation of your actions taken to complete the project must include the following two items:

- Journal entries
- Poster

Below are some examples of items that could be included on the poster:

- ✓ Recipe resource list
- ✓ Brochures from postsecondary institutions
- ✓ Evaluations from food preparation events
- ✓ Rough draft copies of cookbook
- ✓ Pictures of before and after results
- ✓ Rough draft copies of menu items
- ✓ Signed form agreeing to complete competition in order to receive full credit
- ✓ Planning forms for competition

Follow Up (15 points)

Write a report using your answers from the following questions. Report should follow FCAT guidelines (refer to the “Students’ Steps to Good Writing”).

1. What did you learn?
2. What were the most successful parts of your project?
3. Why do you feel they were the most successful parts?
4. What would you change if you repeated the project?

Items needed in order to complete the project:

- Explanation of project
- Copy of journal packet
- Copy of rubric
- Photo release form signed
- Poster board.

"Family Ties" Project
75 points

Name _____ Project _____ Date _____

Use the FCCLA Planning Process to complete "A Better You".

To begin, check the projects below that interest you.

- Schedule an hour a day to spend talking with your family
- Volunteer to take care of an additional household responsibility
- Set up and lead a family council meeting
- Prepare a family tree or genetic journal
- Practice conflict-resolution techniques in the family
- Help family members deal with a family challenge
- Create a family emergency plan to be used during inclement weather or a hurricane
- Create a resource guide for low-cost and educational activities for their kids and the family
- Create a family coat of arms to represent your family's values and/or goals.
- Create a decorative poster of 50 positive things to say to family members
- Other ideas as approved by your teacher

Identify a Concern (10 points)

Answer the following questions using complete sentences.

1. Which project ideas deal with concerns that are most important to me?

2. Which could lead to an in-depth project?

3. Which can be finished in the time available?

Set a Goal (5 points)

Here's what I hope to accomplish:

By _____, I will improve _____

By: _____

Form a Plan (15 points)

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Proposed Project Checklist

Share this check list with your teacher before starting your project

1. Is the goal realistic for available time?
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3. Is the project related to the class topic?
4. Is the student assuming full responsibility for the project?
5. Is the project plan complete and clearly stated?
6. Will the project be the work of one individual?
7. Are the planned activities meaningful and significant to the project?

Act (30 points)

Documentation of your actions taken to complete the project must include the following two items:

- Journal entries
- Poster

Below are some examples of items that could be included on the poster:

- ✓ Copy of family tree
- ✓ Copy of family crest
- ✓ Information from family emergency plan
- ✓ Pictures of family emergency drill
- ✓ Pictures of before and after results
- ✓ Responsibility chart reflecting responsibilities
- ✓ Family evaluations
- ✓ Planning sheets from family council meetings

Follow Up (15 points)

Write a report using your answers from the following questions. Report should follow FCAT guidelines (refer to the “Students’ Steps to Good Writing”).

1. What did you learn?
2. What were the most successful parts of your project?
3. Why do you feel they were the most successful parts?
4. What would you change if you repeated the project?

Items needed in order to complete the project:

- Explanation of project
- Copy of journal packet
- Copy of rubric
- Photo release form signed
- Poster board.