



Power of One: *A Better You*



# A Better You

## Power of One Unit 1

### Introduction

All of us want to strengthen something about ourselves and be "A Better You." To begin the "A Better You" unit, think about areas in your life you want to strengthen. Next, set a goal for improvement. Then create a **Power of One** project that will help you accomplish your goal.

### Project Examples

Here are some detailed examples of FCCLA members' "A Better You" projects. These examples give you an idea of how "A Better You" works. Each project has a goal, action, and results.

"My goal was to eliminate junk food from my diet for one week. I ate only nutritious snacks to see if I could live without junk and learn to eat better. I survived! After a few days of craving, I didn't even want a candy bar. If I can do without it for a week, I can do without it forever. I have substituted juice for sodas and am so proud!" —FCCLA member from Tennessee

"I resolved to do one hour of homework every day after school. I made a chart to help me check up on myself. I also told three people my goal and asked them to check up on me. I was successful. It really helped me to have a chart. My attitude toward school changed because I was prepared for my classes." —FCCLA member from Utah

"I chose to learn sign language because I wanted to improve my relationship with my friend who is deaf. To do this, I rented videos on sign language and read books. With several weeks of practice, I was able to hold short conversations with my friend. I could also interpret to our other friends. Learning this new skill has been the most rewarding experience I have ever had." —FCCLA member from Texas

### Sample Project Areas

There are many areas you may want to work on through "A Better You." Here are a few ideas. You may also develop your own. Just make sure your adviser approves your project.

- Eating nutritiously
- Losing or gaining weight
- Sticking to an exercise program
- Learning a new skill or hobby
- Decreasing stress
- Getting along with others
- Making friends



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- Managing money
- Saving money for an activity or for college
- Improving study habits and grades
- Watching less television
- Reading more for fun
- Organizing room, schedule, locker, notebooks
- Becoming more involved in school activities
- Being more responsible
- Seeking help for personal challenges and problems
- Working to control anger

## A Better You Project Ideas List

Projects in the areas listed above could include such things as:

- Keep a daily food diary for one week
- Reduce junk food I eat
- Lose weight by following a balanced eating plan
- Learn an exercise I like
- Follow an exercise program
- Learn to \_\_\_\_\_
- Have fewer fights with friends
- Get along better with \_\_\_\_\_
- Make new friends
- Hand in homework on time
- Improve grade(s) in \_\_\_\_\_
- Be on time for class and appointments
- Set up and use a personal schedule planner
- Study for 30 minutes more each day
- Learn about stress and reduce the stress I feel
- Learn techniques for anger management
- Learn to be more assertive
- Pick up and organize my room
- Manage my money better
- Save money for an activity or for college
- Volunteer at a local charity, soup kitchen, hospital, or nursing home
- Other (please describe): \_\_\_\_\_

## How-to: The FCCLA Planning Process

Use the "A Better You" [Project Sheet](#) to move step-by-step through your project.



## Identify a Concern

Begin by checking off project ideas you like on the "A Better You" project ideas list. If you want, add your own ideas. Talk them over with your FCCLA adviser to make sure they fit **Power of One** and "A Better You."

Next, choose an issue or skill that is your personal priority. It may help to narrow the project ideas you checked to three of your biggest concerns. Circle those three. If you need help narrowing the list, talk to friends, family, or other people in the community.

Look over the ideas you circled and answer the questions on the [Project Sheet](#). Based on your answers, number the ideas you circled. Number "1" should be the project that is most important to you and best fits **Power of One**. Write your number "1" project idea on the [Project Sheet](#) after the words, "My top concern is:"



## Set a Goal

A goal states the purpose and direction for your project. In **Power of One**, you set a goal that has personal meaning for you.

As you think about setting a goal for your project, ask yourself--

- What deadline should I set for my project?
- What will be the results?
- How will I know if I have achieved my goal?

On the same [Project Sheet](#), under "Set a Goal," describe what you want to accomplish. You may want to fill in the blanks of the sentence provided. Or, write your own goal underneath it.

Your goal should be described in such a way that you, your adviser and/or the evaluation team (optional) will know when you are finished. Check the wording of your goal statement with your adviser.

An example: "By November 15, I will improve my grade in science by handing in all homework assignments."



## Form a Plan

Develop a thorough plan. Decide what you will do, who can give you information, when you will complete each step, where you will do your project, and how you will accomplish the activities.



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Write your plan under "Form a Plan" on the [Project Sheet](#). Attach a separate sheet listing resources that can help you with your project. This might include people, publications, or community agencies. Ask your adviser, teachers, family, or friends if they know of helpful resources.

Schedule a meeting with your adviser and/or your evaluation team. Show them your plan. Be prepared to answer questions about your proposed project. Ask them to review the checklist on the "A Better You" [Project Sheet](#).

The evaluation team and/or your adviser may approve your plan or ask you to revise it. You may need to adjust your plan and then share the revised plan with your adviser.



### Act

Tackle your project by dividing your plan into daily or weekly tasks. List everything you need to do. List people to see, tasks to complete, books to read, and so forth.

You may need to add more detail to your plan. Talk with your adviser and others who know about your topic area. They can support and guide you. Share your progress with them, especially if you need to change your plan as you go along.



### Follow Up

To complete your project, answer the questions in the "Follow Up" section of the [Project Sheet](#).

Hold a follow-up meeting with your adviser and/or evaluation team. Take along your completed [Project Sheet](#). Also take any photographs, papers, news articles, and other items that reflect your project. Put them in a notebook or folder, or make a poster. Ask your adviser and/or evaluation team to complete the Follow-up Checklist.

The evaluation team or your adviser will help decide if you reached your goal. If you have, they will approve your project. If you have not reached your goal, you may have to spend more time on it or revise the plan.

See if your local newspaper might be interested in reporting on your project. There is a [Sample Press Release](#) available on the FCCLA national website for download. After your "A Better You" project has been completed and approved, ask your adviser to order your **Power of One** ribbon, pin, or charm. Wear it proudly!

## Next Steps

If you complete all five **Power of One** units, fill out the [Five Unit Recognition Form](#). Send it to your state adviser for state and national FCCLA recognition. Check out the **recognition** section for other ideas for recognizing your accomplishments.



There are other national FCCLA programs that deal with the same project areas as "A Better You." Some examples are listed below. Ask your adviser about how to become involved in these programs.

If your "A Better You" project focused on...	You may want to try...
<ul style="list-style-type: none"> <li>• Nutrition, exercise, weight control</li> </ul>	<ul style="list-style-type: none"> <li>• Student Body</li> <li>• Families First (family meals, fitness)</li> <li>• Applied Technology STAR Event</li> <li>• Illustrated Talk STAR Event</li> </ul>
<ul style="list-style-type: none"> <li>• Learning a new skill, decreasing stress, getting along, making friends, improving study habits and grades</li> </ul>	<ul style="list-style-type: none"> <li>• Illustrated Talk STAR Event</li> <li>• Families First ("Balancing Family and Career")</li> <li>• Stop the Violence</li> <li>• Interpersonal Communications STAR Event</li> </ul>
<ul style="list-style-type: none"> <li>• Managing money, saving money</li> </ul>	<ul style="list-style-type: none"> <li>• Financial Fitness</li> <li>• Life Event Planning STAR Event</li> </ul>
<ul style="list-style-type: none"> <li>• Organizing room, being more responsible</li> </ul>	<ul style="list-style-type: none"> <li>• Families First ("You-Me-Us," "Balancing Family and Career")</li> </ul>

## Resources

There is a wealth of resources available to assist you with your "A Better You" project:

### In your community

- Family and Consumer Sciences professionals
- Family members
- Guidance counselors
- Health organizations, health care providers, school nurse
- Social services agencies

### At the library or bookstore

- *The 7 Habits of Highly Effective Teens* by Sean Covey
- *Fighting Invisible Tigers A Stress Management Guide for Teens* by Earl Hipp
- *Highs! Over 150 Ways to Feel Really REALLY Good ... Without Alcohol or Other Drugs* by Alex J. Packer
- *Don't Sweat the Small Stuff For Teens* by Richard Carlson
- *Get Over It: How to Survive Breakups, Back-Stabbing Friends, and Bad Haircuts* by Beth Mayall



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- *Hot Stones and Funny Bones: Teens Helping Teens Cope with Stress and Anger* by Brian Seaward
- *The Complete Idiot's Guide to Dealing with Stress for Teens* by Sara Jane Sluke
- *The Complete Idiot's Guide to Surviving Peer Pressure for Teens* by Hilary Cherniss
- *Yoga for Teens: How to Improve Your Fitness, Confidence, Appearance, and Health--And Have Fun Doing It!* by Thia Luby
- *Healthy Eating for Weight Management (Nutrition and Fitness for Teens)* by Mary Turck
- *Food Facts for Teenagers: A Guide to Good Nutrition for Teens and Preteens* by Margaret Belais Salmon
- *Food Fight: A Guide to Eating Disorders for Preteens and Their Parents* by Janet Bode
- *The Nutrition/Fitness Link (A Teen Nutrition Book)* by Charles A. Salter
- *The 7 Habits of Highly Effective Families* by Sandra Merrill Covey
- *101 Marvelous Money-Making Ideas For Kids* by Heather Wood
- *Growing Money: A Complete (And Completely Updated) Investing Guide for Kids* by Gail Karlitz
- *The Motley Fool Investment Guide for Teens : 8 Steps to Having More Money Than Your Parents Ever Dreamed Of* by David and Tom Gardner

#### From FCCLA

- *Teen Times*
- *Get Connected* CD
- *FCCLA: The Handbook to Ultimate Leadership*

#### Online

Conduct an online search through Google or another search engine for a topic related to your project area. Some of the following sites might be applicable:

- Teen Advice [www.teenadvice.org](http://www.teenadvice.org)
- Adolescent Directory Online <http://education.indiana.edu/cas/adol/teen.html>
- Physical Fitness [www.fitness.gov](http://www.fitness.gov)  
[www.verbnow.com](http://www.verbnow.com)
- Health Info for Kids and Teens [www.healthinschools.org/students/physicalteens.htm](http://www.healthinschools.org/students/physicalteens.htm)
- Body Image [www.suite101.com/course.cfm/16943](http://www.suite101.com/course.cfm/16943)
- Teen Nutrition [www.state.sd.us/deca/DDN4Learning/ThemeUnits/TeenNutrition/lesson.htm](http://www.state.sd.us/deca/DDN4Learning/ThemeUnits/TeenNutrition/lesson.htm)
- Action for Healthy Kids [www.actionforhealthykids.org](http://www.actionforhealthykids.org)
- Stress Management <http://stress.about.com/od/teenstress/>
- Yoga for Children and Teenagers [www.allspiritfitness.com/topics/Yoga/KidsTeens.shtml](http://www.allspiritfitness.com/topics/Yoga/KidsTeens.shtml)
- Teen Consumer Scrapbook [www.atq.wa.gov/teenconsumer/](http://www.atq.wa.gov/teenconsumer/)
- Jump\$tart Coalition for Personal Financial Literacy [www.jumpstart.org](http://www.jumpstart.org)
- Young Investors [www.teenanalyst.com/](http://www.teenanalyst.com/)
- [www.childdevelopmentinfo.com/learning/homework\\_help\\_page.htm](http://www.childdevelopmentinfo.com/learning/homework_help_page.htm)
- <http://teens.denverlibrary.org/homework/study.html>



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- Stop Bullying Now [www.stopbullyingnow.hrsa.gov/index.asp](http://www.stopbullyingnow.hrsa.gov/index.asp)