Take the Lead

Power of One Unit Three

Introduction

You can take the lead. You can use leadership skills at school, at home, on the job and in the community. To begin the "Take the Lead" unit, think about leadership skills 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' "Take the Lead" projects. These examples give you an idea of how "Take the Lead" works. Each project has a goal, action, and results.

"I was very bad at standing up for myself. I talked to my parents and good friends about how to stand up to peer pressure. I made goals for knowing what to say before I was confronted with the situation. It has worked out very well." --FCCLA member from Utah

"I wanted to recruit new chapter members and was more interested in quality than quantity. I took the initiative to try to recruit new chapter members who would be active. I talked to all the life skills classes and worked on membership one week. I was able to get eight new members to join FCCLA, and five have become active members. I learned that setting a goal and working toward it is important." –FCCLA member from Kentucky

"Since I knew people from my chapter had been state-level officers, I became interested in running for a position at state meeting. I asked past officers what they had to do. I read about FCCLA programs, running for office, and peer education teams. I also got involved with different peer education committee projects in our local school." –FCCLA member from South Dakota

Sample Project Areas

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

- Volunteering
- Resisting negative peer pressure
- Teaching someone a specific skill
- Teaching children
- Practicing assertiveness
- Participating in class, small group, or chapter
- Leading a small group

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- Recruiting new FCCLA members
- Leading a chapter project or family event
- Using parliamentary procedure
- Completing a STAR Event
- Working on Dynamic Leadership Units
- Public speaking
- Running for chapter office
- Serving as a chapter officer
- Running for other offices
- Serving as a district/region, state, or national officer

Take the Lead Project Ideas List

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

- Visit someone at a nursing home, hospital, children's home, or shelter
- Learn and practice ways to say "no" when friends ask me to do something I know is not right
- Help children learn about safety, nutrition, or self-esteem
- Speak up more in class
- Explain FCCLA to three friends and ask them to join
- Join the chapter's parliamentary procedure team
- Write, practice, and give a short speech
- Research and run for a chapter office
- Work one-on-one with an elderly person, someone who is ill, or an at-risk child
- Volunteer for several weeks at a local institution or agency
- Promote abstinence from smoking, alcohol use, drugs, or premarital sex
- Fill out a chapter award application (like the Community Service Award, Families First, etc.)
- Lead a chapter committee or project
- Organize a chapter membership activity
- Serve as a chapter officer and fulfill specific responsibilities
- Research and run for a district, state, or national office
- Other (please describe):_____

How-to: The FCCLA Planning Process

Use the "Take the Lead" **Project Sheet** to move step-by-step through your project.

◉ Identify a Concern

Begin by checking off project ideas you like on the "Take the Lead" 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 "Take the Lead".

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 October 1, I will improve my leadership skills and increase membership in my FCCLA chapter by telling three friends about FCCLA and asking them to join.

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.

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 **Project Sheet.**

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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, etc.

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 "Take the Lead" 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 "Take the Lead." Some examples are listed below. Ask your adviser about how to become involved in these programs.

If your "Take the Lead" project focused on...	You might want to try...
Volunteering	• Community Service • Chapter Service Project STAR Event
Resisting negative peer pressure, practicing assertiveness, participating in class, countering bullying, etc.	• Student Body • Interpersonal Communications STAR Event • Chapter Service Project STAR Event • Stop the Violence
Teaching children	• Focus on Children STAR Event • Families First ("Parent Practice") • Teach and Train STAR Event • Early Childhood STAR Event
Leading a small group, leading a project, running for office, serving as officer	• Any national FCCLA program • Parliamentary Procedure STAR Event • Environmental Ambassador STAR Event
Leading a family event	• Families First ("You-Me-Us") • Environmental Ambassador STAR Event
Using parliamentary procedure	• Parliamentary Procedure STAR Event
Public speaking	• Any STAR Event • Dynamic Leadership

Resources

There is a wealth of resources available to assist you with your "Take the Lead" project**:**

In your community

- Civic leaders
- Adult civic organizations
- Leadership class teacher
- Other youth organizations
- Toastmasters

At the library or bookstore

- *How to Say No and Keep Your Friends: Peer Pressure Reversal for Teens and Preteens* by Sharon Scott
- *Cliques, Phonies, & Other Baloney* by Trevor Romain
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- *Stick Up for Yourself: Every Kid's Guide to Personal Power & Positive Self-Esteem* by Gershen Kaufman, Lev Raphael, and Pamela Espelan
- *The Complete Idiot's Guide to Surviving Peer Pressure for Teens* by Hilary Cherniss and Sara Jane Sluke
- *Complete Idiot's Guide to Volunteering for Teens* by Preston Gralla
- *The Complete Guide to Service Learning: Proven, Practical Ways to Engage Students in Civic Responsibility, Academic Curriculum, & Social Action* by Cathryn Berger Kaye
- *The Kid's Guide to Service Projects: Over 500 Service Ideas for Young People Who Want to Make a Difference* by Barbara A. Lewis
- *The Kid's Guide to Social Action: How to Solve the Social Problems You Choose and Turn Creative Thinking into Positive Action* by Barbara A. Lewis
- *Take Action! A Guide to Active Citizenship* by Marc Kielburger and Craig Kielburger
- *Volunteering : The Ultimate Teen Guide (It Happened to Me)* by Kathlyn Gay
- *How To Win a High School Election : Advice and Ideas from Over 1,000 High School Seniors* by Jeff Marx

From FCCLA
- *Teen Times*
- FCCLA Chapter Handbook
- Step One
- Dynamic Leadership
- *STOP the Violence Toolkit CD*
- *Community Service CD*
- *Career Connection and Leaders at Work 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:

- CHARACTER COUNTS! www.charactercounts.org
- National Council on Youth Leadershipwww.ncyl.org
- Global Youth Action Network www.youthlink.org
- At the Table www.atthetable.org
- Gardner Center for Youth and Their Communities http://gardnercenter.stanford.edu
- Sound Out www.soundout.org

- What Kids Can Do www.whatkidscando.org
- Youth As Resources www.yar.org
- Youth on Board www.youthonboard.org
- America's Promise www.americaspromise.org/
- Volunteer Match www.volunteermatch.org
- Serve Net www.servenet.org
- Youth Service America (Sponsor of National Youth Service Day) www.ysa.org
- Do Something www.dosomething.org
- Start Something http://startsomething.target.com/index_flash.asp
- Internet Safety www.isafe.org