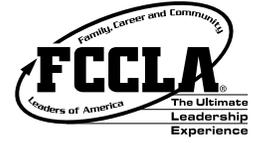




# Power of One Workshop

<p><b>Overview &amp; Purpose</b></p> <p>A leader can be the local FCCLA chapter adviser, chapter member, alumni member, or anyone who is interested in teaching others about <b>Power of One</b>. As a leader, you can help make <b>Power of One</b> a success. You can grab members' attention, help them understand <b>Power of One</b>, and encourage them to participate. When you do, you'll make the program useful and exciting for individuals and the whole chapter. Your first step as a <b>Power of One</b> leader is to familiarize yourself with the <b>Power of</b> program. Complete at least one unit yourself so you will be able to share what you have learned. Your enthusiasm is your best selling tool. Then, introduce <b>Power of One</b> to other members using this workshop, and the materials found on the Power of One web page.</p>	
<p><b>Activity Goals &amp; Objectives</b></p>	<p>Become familiar with Power of One program, and guide students to completing their own Power of One project.</p>
<p><b>Materials Needed</b></p>	<ul style="list-style-type: none"> <li>• Helium balloons</li> <li>• Straight pin</li> <li>• PowerPoint introduction or transparencies/charts</li> <li>• LCD/Overhead projector</li> <li>• Unit handouts</li> <li>• Puzzle with 10-12 pieces</li> <li>• Pencil</li> </ul>
<p><b>Activity Timeframe</b></p>	<p>45 minutes</p>
<p><b>Information</b></p>	<p>Introduction (10 minutes)</p> <p>Directions: Enter room with helium-filled balloon bouquet and welcome members to the session. Ask members to get up and interview another person wearing the same color clothing. They should ask this person what "power of one" means to him or her. After participants interview each other, ask some people to share the responses from members. After a few minutes, interrupt the discussion by secretly or casually popping 2 or 3 balloons, creating a loud bang.</p> <p>Ask members how the actions of one person made a difference in this situation. (Participants may mention the resulting noise, sudden silence, their own surprise, increased heartbeats, gasps, etc.) Explain this activity and illustrate the difference one person can make.</p>

<p><b>Activity</b> (Describe the independent activity to reinforce this lesson)</p>	<p>Overview of Program (20 minutes) Directions: Explain why you like <b>Power of One</b>. (Use the <b>Power of One Introduction</b> for each of the areas below to explain the <b>Power of One</b> process.)</p> <ul style="list-style-type: none"> <li>• <b>Who Has the Power?</b> (reproducible, attached)</li> <li>• <b>Power of One Basics</b> (reproducible, attached)</li> <li>• <b>Power of One Steps</b> (reproducible, attached)</li> <li>• Recognition opportunities at the local, state, and national levels (see Introduction)</li> <li>• Five unit areas and possible projects (see sample projects)</li> <li>• Evaluation team and its role--offers guidance in selecting and planning projects, evaluates how participants achieved their goals (evaluation teams are not required)</li> <li>• Explain each step of the <b>Power of One</b> process. Hand out units you have reproduced so members can follow along.</li> <li>• Emphasize your state's <b><u>Five Unit Recognition Application</u></b> form due date.</li> </ul>
<p><b>Activity Wrap-up</b> (Discuss outcomes, give examples...)</p>	<p>Conclusion (15 minutes) Directions: Ask for volunteers to come to the front of the room. Give each person a puzzle piece you have prepared or purchased earlier. (You may want to develop a large puzzle that relates to <b>Power of One</b> or a specific <b>Power of One</b> unit.) <i>Note: Choose one less volunteer than the total number of puzzle pieces. Keep the extra piece yourself. Ask participants to quickly put together the puzzle in front of others. They won't be able to do it, because you have kept one of the key pieces.</i> Then produce the missing puzzle piece and explain that one person can make the difference. Stress that <b>Power of One</b> offers recognition, flexibility, and the chance to work on personal concerns. Explain how members can find out more and start their projects. Wrap up the session by referring back to the puzzle activity and balloon pop and reminding members how one person affected everyone else in those activities. Emphasize that one person <i>can</i> make a difference. Through <b>Power of One</b>, members can too!</p>
<p><b>Other Resources</b></p>	<p><b>Who Has the Power?</b> (reproducible, attached) <b>Power of One Basics</b> (reproducible, attached) <b>Power of One Steps</b> (reproducible, attached) <b>Five Unit Recognition Application</b> (attached, found on FCCLA website) Power of One Introduction (<u>Located on FCCLA website</u>; Lesson Plans and Activities page, in "Program Content")</p>
<p><b>Additional Notes</b></p>	<p>Find information on Power of One on the FCCLA website, <a href="http://www.fcclainc.org">www.fcclainc.org</a>.</p>
<p><b>Source</b></p>	<p>Power of One/Dynamic Leadership CD-Rom</p>



Who has the  
**POWER**  
 to make dreams come true?  
**You do!**

**Your unique thoughts, ideas and energy give you POWER.**  
**Use that positive POWER to get more from your life.**  
**Your POWER can lead you to new skills and special accomplishments.**

Power of One helps you find and use your personal POWER. You create a project just for you. You set goals for yourself, then work to achieve them. And you see results! You'll have new experiences, learn about yourself, and feel pride in reaching a goal. Plus, you can earn recognition from your FCCLA chapter and the state and national organizations. The skills you learn in Power of One will help you now and in the future in school, with friends and family, and on the job.

**Power of One Is for You!**

Have you ever thought about a special goal? Maybe you would like to develop better study habits, cope with a physical challenge, get along with family members, improve job skills, become a leader—or any other personal goal.

Power of One is for YOU! You select the goals most important to you, then create a plan of action to meet them.

**Each of us has the POWER  
 to fulfill our dreams.  
 It only takes one person to  
 make a dream come true.  
 That person is**

**YOU!**



Each Power of One project fits in one of the five units—



**A Better You—**  
improve on a personal trait



**Family Ties—**  
get along better with family members



**Working on Working—**  
explore and prepare for careers



**Take the Lead—**  
develop leadership qualities



**Speak Out for FCCLA—**  
tell others about the organization

**Power of One offers the opportunity to**

- Examine issues in-depth
- Work alone and at your own pace
- Tackle personal projects
- Explore a special interest
- Learn to set goals and make decisions
- Develop leadership skills
- Expand on knowledge and skills learned in Family and Consumer Sciences
- Receive recognition for your efforts.

*Power of One is a national program of Family, Career and Community Leaders of America®.*



**power of  
 one  
 BASICS**

**Make your goals come true with Power of One. It's as easy as**

- 1. Choosing a personal concern**
- 2. Setting a goal**
- 3. Planning and carrying out steps to meet your goal.**

**WHO can participate in Power of One?**

Any state and nationally affiliated FCCLA member can take part in Power of One.

**WHAT is a Power of One project?**

A Power of One project is an individual activity you create to reach a personal goal. Your project should relate to subjects taught in Family and Consumer Sciences and FCCLA. Projects must involve in-depth effort.

Each Power of One unit includes suggested projects. Feel free to adapt a project to your needs or develop your own project. Make sure your project relates to the unit and has been approved by your FCCLA adviser.

A project used in other FCCLA activities may be adapted for Power of One as long as it is an in-depth individual activity. For example, if you do a project on family councils in the Families First program, you can use parts of that project again in the Power of One unit, "Family Ties," by holding family council meetings at home.

**HOW MUCH TIME do I have to spend?**

You have no time limit and can work at your own speed. You should set a date for when you will complete your project. Your FCCLA adviser may give you a deadline.

**HOW do I do Power of One?**

Getting started is easy. Just choose a unit that interests you. You may want to do all five units some day, but just choose one to start. The units do not have to be completed in any particular order.

Then follow these steps for each Power of One project:

- Identify a personal goal
- Plan a project using the five-step planning process
- Meet with your adviser and/or an evaluation team
- Complete your project
- Submit the project to your adviser and/or evaluation team
- Be recognized by submitting forms at local and state levels.

You may do other units in the future. If you change schools or advisers, you may take your FCCLA records with you and pick up where you left off.

**WHO can help guide me in this projects?**

You may have a one- or two-person evaluation team to guide you through your Power of One project. Your team can help you select an appropriate project, put you in touch with useful resources, and evaluate how well you achieve your goals.

An evaluation team may simply be your adviser, or your adviser and another resource person. Your team members may be other FCCLA members or adults. They should be people you feel comfortable with, since you will turn to them for ideas and help. You are not required to have an evaluation team.



# Steps



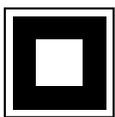
## **Identify Concerns**

Select unit  
Check project ideas list  
Choose top concerns



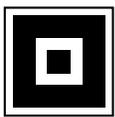
## **Set a Goal**

Write it down



## **Form a Plan**

Create detailed plan  
Meet with adviser and/or evaluation team



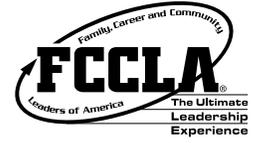
## **Act**

Carry out activities



## **Follow Up**

Complete follow-up questions  
Meet with adviser and/or evaluation team  
Apply for state and national recognition



## Five Unit Recognition Application

Use this form to apply for state and national recognition when you have completed all five Power of One Units. Please print or type all information. Send two copies of this form to the **STATE ADVISER** by your state's deadline. To each form, attach a copy of the chapter affiliation form to verify membership.

National dues must be **postmarked by March 1** for students to qualify for national recognition.

**State Advisers:** Send a list of members who have earned national recognition with membership verification postmarked **no later than April 1** to:

**Power of One**  
Family, Career and Community Leaders of America, Inc.  
1910 Association Drive  
Reston, VA 20191-1584

### Participant Information

Member \_\_\_\_\_

Adviser \_\_\_\_\_

School name \_\_\_\_\_

School address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

School phone \_\_\_\_\_ Fax \_\_\_\_\_

Current grade in school \_\_\_\_\_ E-mail \_\_\_\_\_

### Unit: **A Better You**

Project Title \_\_\_\_\_ Date approved \_\_\_\_\_

Description and accomplishments:





Unit: **Family Ties**

Project Title \_\_\_\_\_ Date approved \_\_\_\_\_

Description and accomplishments:

---

Unit: **Working on Working**

Project Title \_\_\_\_\_ Date approved \_\_\_\_\_

Description and accomplishments:

---

Unit: **Take the Lead**

Project Title \_\_\_\_\_ Date approved \_\_\_\_\_

Description and accomplishments:

---

Unit: **Speak Out for FCCLA**

Project Title \_\_\_\_\_ Date approved \_\_\_\_\_

Description and accomplishments:

---

**I certify the above student has met the membership requirements and has completed all five Power of One units.**

Chapter Adviser Signature \_\_\_\_\_ Date \_\_\_\_\_

State Adviser Signature \_\_\_\_\_ Date \_\_\_\_\_

*All recognition applications become the property of the national association of FCCLA, which reserves the right to publish names and quotes from the recognition applications in national materials and to the public.*

