





Tools to Prepare Your Students for CTSO Competitive Events

FCCLA



2022-2023 STAR Events
Students Taking Action with Recognition



**2022-2023 Skill
Demonstration Events**

**2022-2023 FCCLA/
LifeSmarts
Knowledge Bowl**



LifeSmarts
Learn it. Live it.

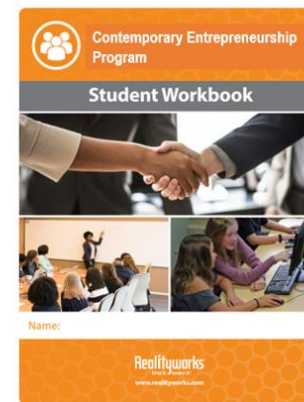
STAR Event: Entrepreneurship

Event Summary: An individual or team event - recognizes participants who develop a plan for a new small business using Family and Consumer Sciences skills and sound business practices. The business must relate to an area of Family and Consumer Sciences education or related occupations.

Recommended Tool: Contemporary Entrepreneurship Program

Program contents - 10 lesson curriculum:

1. The Entrepreneurial Process
 2. Entrepreneur Traits and Leadership
 3. Conducting Market Research
 4. Financial Issues
 5. Legal Issues
 6. Writing Your Business Plan Parts 1 - 2
 7. Writing Your Business Plan Parts 3 - 5
 8. Writing Your Business Plan Parts 6 - 7
 9. Writing Your Business Plan Parts 8 - 10
 10. How to Pitch Your Product
- Student workbooks (20)
 - Printable vocabulary cards for each lesson
 - Slide presentations, lecture notes, handouts, assessments and rubrics



STAR Event: Career Investigation

Event Summary: An individual event - recognizes participants for their ability to perform self-assessments, research and explore a career, set career goals, create a plan for achieving goals, and describe the relationship of Family and Consumer Sciences coursework to the selected career.

Recommended Tool: Free Career Exploration Lessons

A free unit exploring careers related to FCS and Human Services career areas.

Go to this link and click FCS':

<https://www.realityworks.com/resources/free-lesson-plans/>



STAR Event: Focus on Children

Event Summary: An individual or team event - recognizes participants who use Family and Consumer Sciences skills to plan and conduct a child development project that has a positive impact on children and the community.

Recommended Tools: Shaken Baby Simulator Birth



Defects and Disorder Model Set



STAR Event: Focus on Children

Event Summary: Event Summary: An individual or team event - recognizes participants who use Family and Consumer Sciences skills to plan and conduct a child development project that has a positive impact on children and the community.

Recommended Tool: Fetal Alcohol Syndrome and Drug-Affected Babies



STAR Event: Food Innovations

Event Summary: An individual or team event - recognizes participants who demonstrate knowledge of the basic concepts of food product development by creating an original prototype formula, testing the product through focus groups, and developing a marketing strategy.

Recommended Tool: Food Truck Design Kit

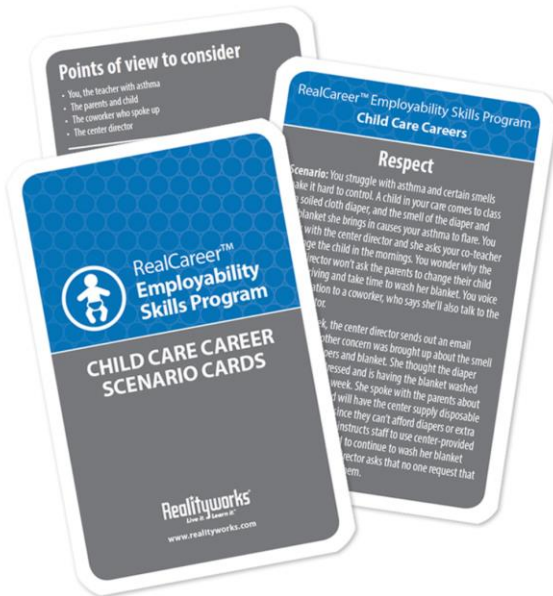


STAR Event:

Interpersonal Communications

Event Summary: An individual or team event - recognizes participants who use Family and Consumer Sciences and/or related occupations skills and apply communication techniques to develop a project designed to strengthen communication.

Recommended Tool: Pathway Scenario Cards



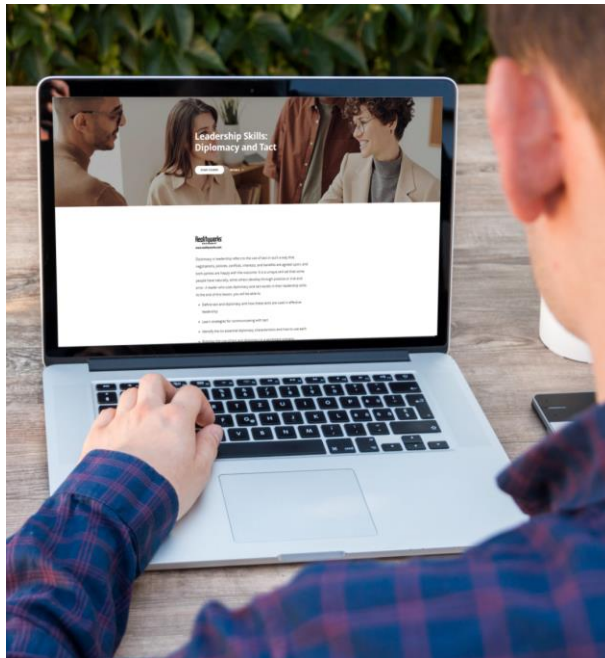
Child Care
Culinary
Interior Design
Textiles, Fashion & Apparel
Food Processing, Production & Safety



STAR Event: Leadership

Event Summary: An individual event - recognizes participants who actively evaluate and grow in their leadership potential. Participants investigate their leadership ability, assess leadership and employability skills, and develop and implement a plan to further their leadership development.

Recommended Tool: Leadership Soft Skills Program



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STAR Event: Education and Wellness

Event Summary: An individual or team event - recognizes participants who track food intake and physical activity for themselves, their family, or a community group and determine goals and strategies for improving their overall health.

Recommended Tool: Food Science and Nutrition Lab Kit



STAR Event: Sports Nutrition

Event Summary: An individual or team event, recognizes participants who use Family and Consumer Sciences skills to plan and develop an individualized nutritional plan to meet the needs of a competitive student athletic in a specific sport.

Recommended Tool: Sports Nutrition Lab Kit



STAR Event: Teach or Train

Event Summary: An individual event - recognizes participants for their exploration of the education and training fields through research and hands-on experience.

Recommended Tool: Education and Training Career Exploration Kit



STAR Event: Culinary Math Management

Event Summary: an individual or team event, recognizes participants who use Family and Consumer Sciences skills to create an oral presentation to demonstrate the application of mathematical concepts in the culinary arts industry using the annual topic.

Recommended Tool: Culinary Math Training Kit



STAR Event: Early Childhood Education

Event Summary: An individual event - recognizes participants who demonstrate their ability to use knowledge and skills gained from their enrollment in an occupational early childhood program.

Recommended Tool: RealCare Program Featuring RealCare Baby® 3 Infant Simulator



STAR Event: Public Policy Advocate

Event Summary: An individual or team event - recognizes participants who demonstrate their knowledge, skills, and ability to actively identify a local, state, national, or global concern, research the topic, identify a target audience and potential partnerships, form an action plan, and advocate for the issue in an effort to positively affect a policy or law.

Recommended Tools: Elder Abuse Training Kit



Child Abuse Training Kit



Skills Demonstration Event: Culinary Knife Skills

Event Summary: An individual event, will showcase the best of participants' knife skills. Participants will produce six uniform pieces for each knife cut meeting industry standards and demonstrate proper safety and sanitation procedures.

Recommended Tool: Knife Skills Kit



Skills Demonstration Event: Early Childhood Challenge

Event Summary: An individual event, is a knowledge and skill test which allows participants to complete challenges related to Family and Consumer Sciences subject matter, including child development and early childhood education concepts.

Recommended Tool: CDA Scenarios Kit



Skills Demonstration Event: Interior Design Sketch

Event Summary: An individual event, is a knowledge and skill test which allows participants to demonstrate their knowledge of interior design concepts, including elements and principles of design, color and light, materials and finishes, and residential and commercial design.

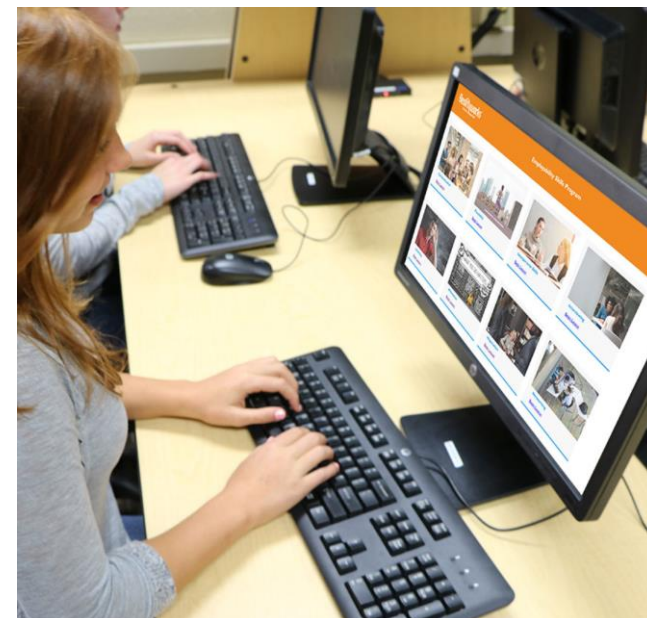
Recommended Tool: ChildCare Center Design Kit



Skills Demonstration Event: Interviewing Skills

Event Summary: An individual event, an individual event, recognizes members for their ability to prepare employment materials and utilize job interviewing skills for an entry level position in an area of Family and Consumer Sciences and/or related occupations utilizing Family and Consumer Sciences knowledge and skills. This event provides an opportunity for members to gain self-confidence and demonstrate job seeking skills

Recommended Tool: Employability Skills Program / Online Course



Skill Demonstration Event: Science in FCS Challenge

Event Summary: An individual event, is a knowledge and skills test which allows participants to complete challenges related to Family and consumer Sciences subject matter, including science and technology concepts related to food, health and textile sciences

Recommended Tool: Food Safety Kit



Skill Demonstration Event: Culinary Math Challenge

Event Summary: An applied academic math test which allows participants to solve common culinary arts problems using math skills including measurements, fractions, decimals, conversions, yield percents and costs.

Recommended Tool: Culinary Math Training Kit



Skill Demonstration Event: Nutrition Challenge

Event Summary: A knowledge and skill test which allows participants to complete challenges related to Family and Consumer Sciences subject matter, including nutrition, wellness, and health concepts.

Recommended Tool: Food Science and Nutrition Lab Kit



LifeSmarts Knowledge Bowl: Health and Safety

Event Summary: CCLA/LifeSmarts Knowledge Bowl is a team competition that challenges students' knowledge in six content areas – one of which is Health & Safety (to include Food Sciences & Nutrition and Early Childhood & Human Development)

Recommended Tool: Infant Health and Safety Kit



Fetal Development Kit



Educators Rising

Educators Rising is a career and technical education (CTE) movement that aims to inspire high school and college students to serve their communities by entering the field of education. By establishing a pathway starting in high school, Educators Rising assists districts in cultivating their own next generation of highly skilled educators through a “grow your own” initiative.



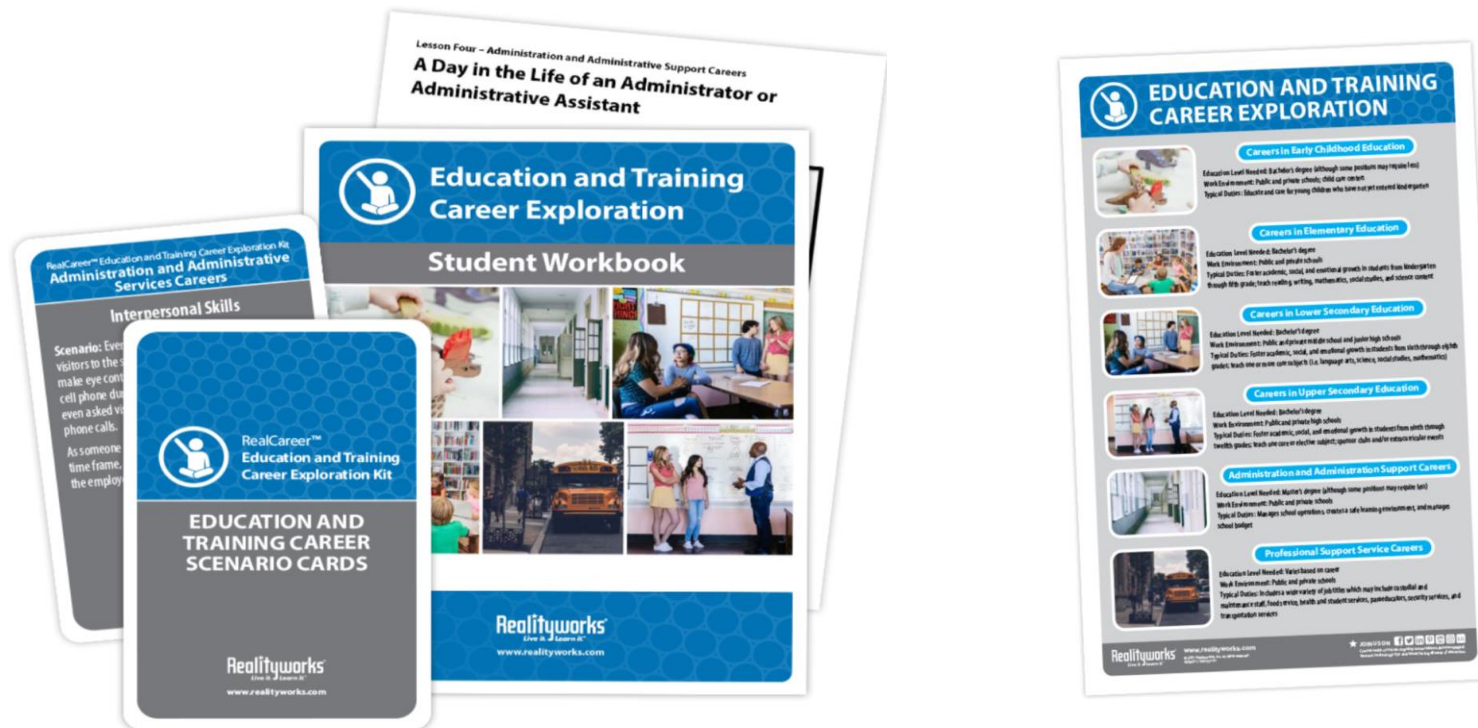
Ethical Dilemma

Recommended Tool: Education and Training Scenario Cards



Exploring Education Administration & Support Services Careers

Recommended Tool: Education and Training Career Exploration Kit



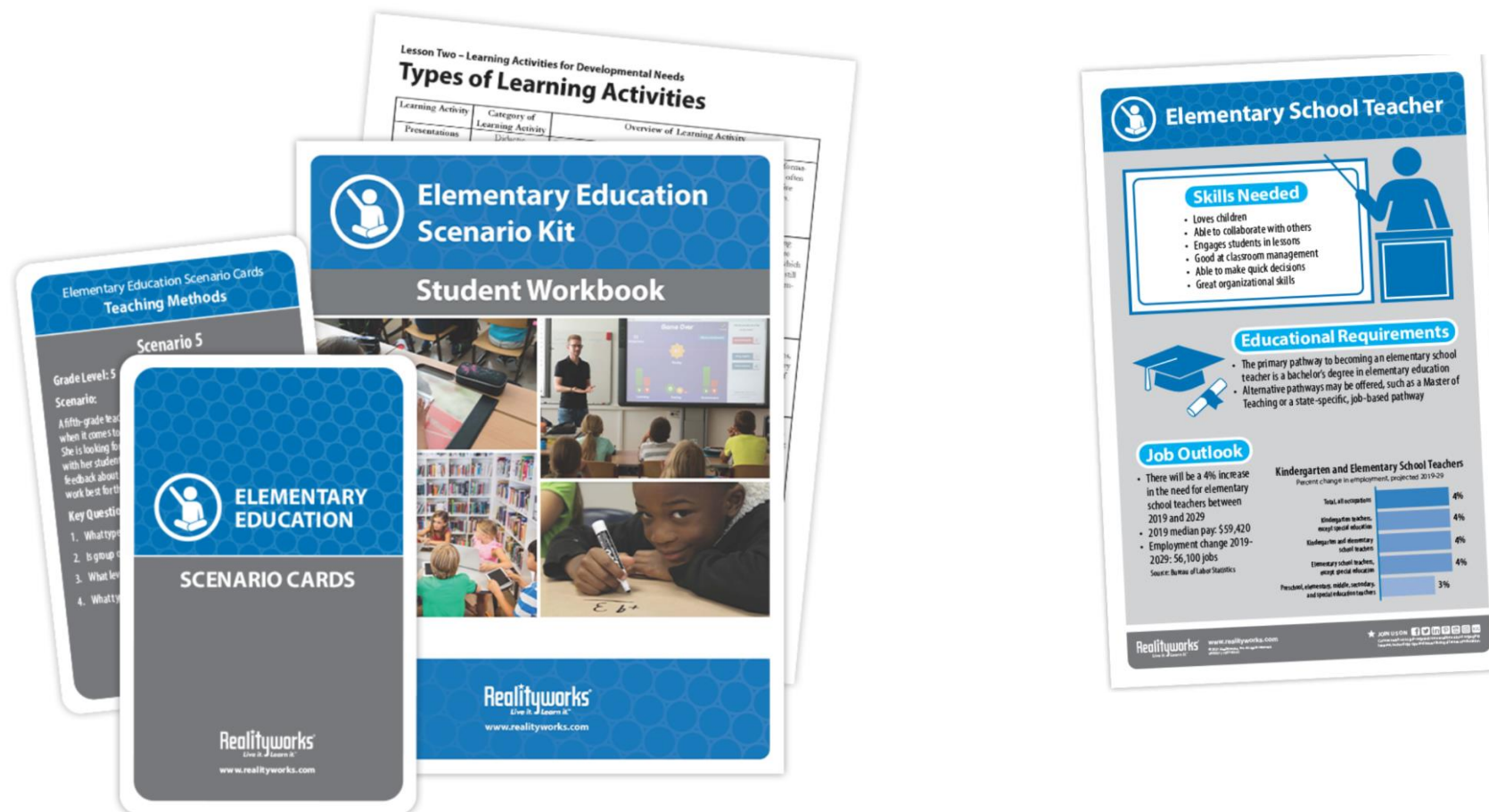
Job Interview

Recommended Tools: Employability Skills Program and Leadership Soft Skills Program



Researching Learning Challenges

Recommended Tool: Elementary Education Scenarios Kit





Skills USA

Career Competition Events

- Commercial Baking
- Culinary Arts
- Early Childhood Education
- Job Interview
- Prepared Speech
- Restaurant Service
- Career Pathway Showcase





HOSA Competitive Events

Middle School Events

- Foundations of Nutrition – Food Science and Nutrition Lab Kit
- Healthy Lifestyle – Sports Nutrition Lab Kit

Secondary/Post-Secondary/Collegiate Testing

- Leadership – Leadership Soft Skills Program

Health Science Events

- Human Growth and Development – Fetal Development Kit



HOSA Competitive Events

Leadership Events

- Organizational Leadership – Contemporary Entrepreneurship
- Interviewing Skills – Employability Skills Program

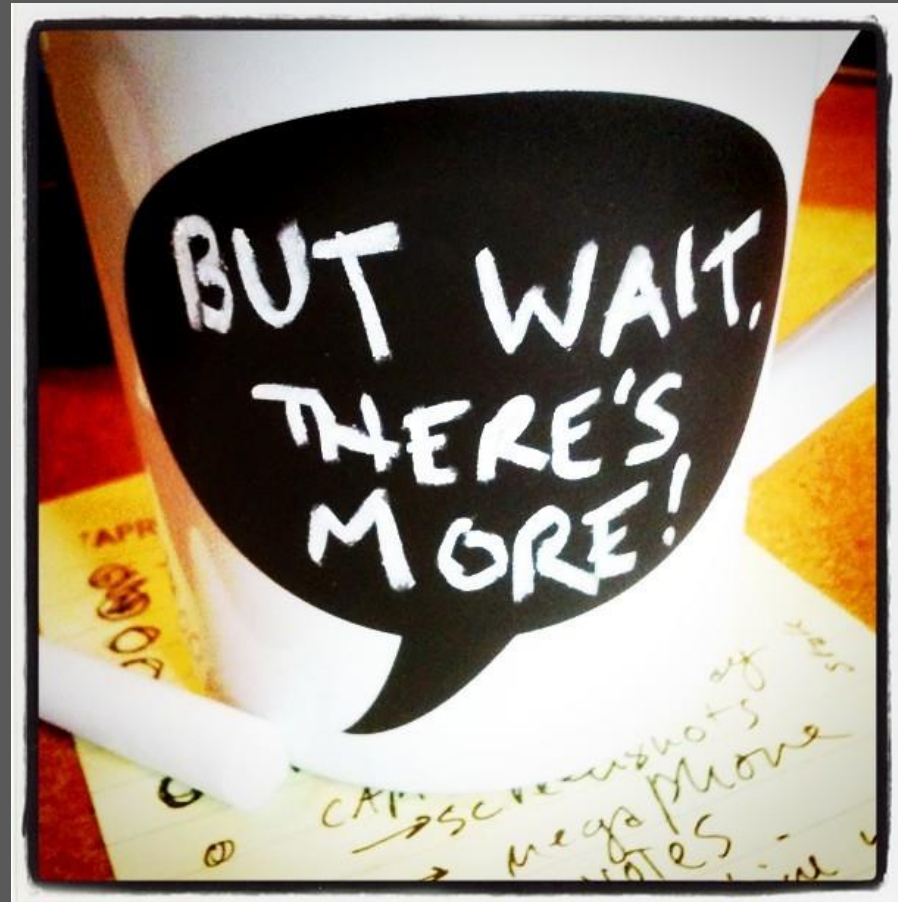
Teamwork Events

- Health Education – Birth Defects and Disorder Model Set
- Community Awareness – Child Abuse Training Kit / Elder Abuse Kit
- Creative Problem Solving – Pathway Scenario Cards

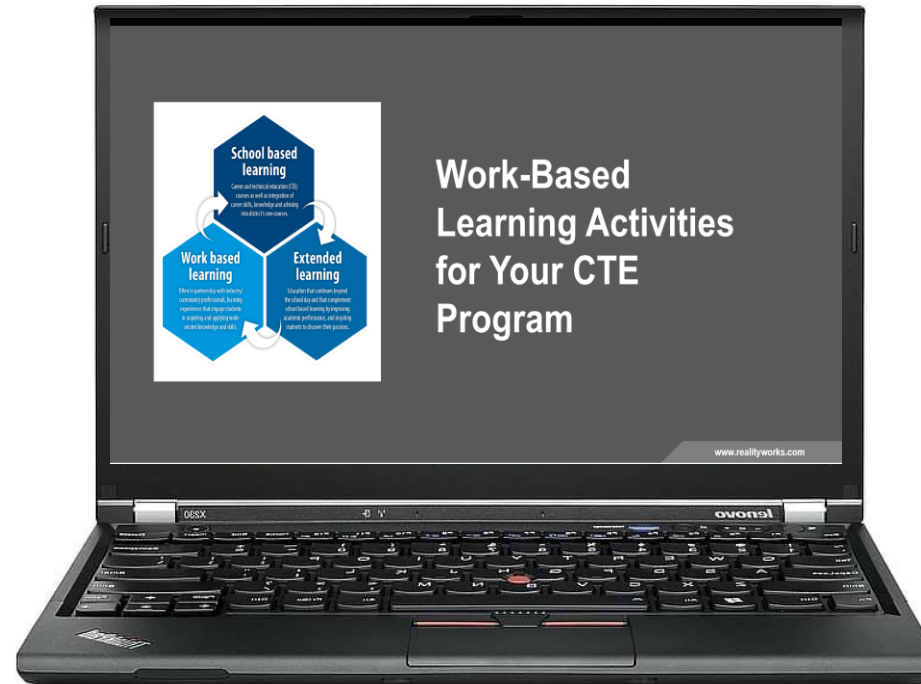
Career and Technical Student Organizations

<https://www.ctsos.org/>





Realityworks Webinars



<http://realityworks.com/webinars>

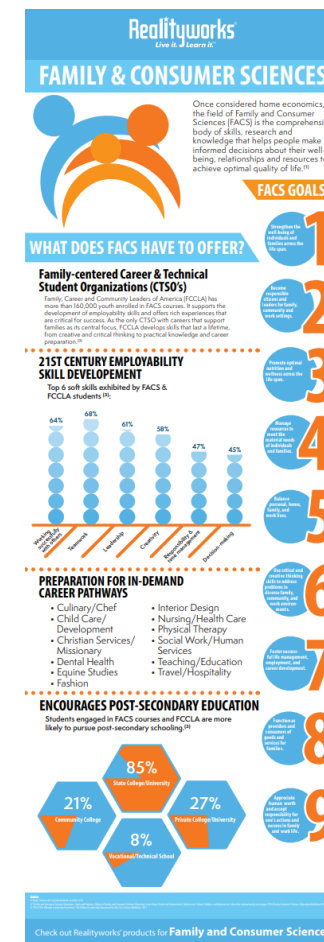
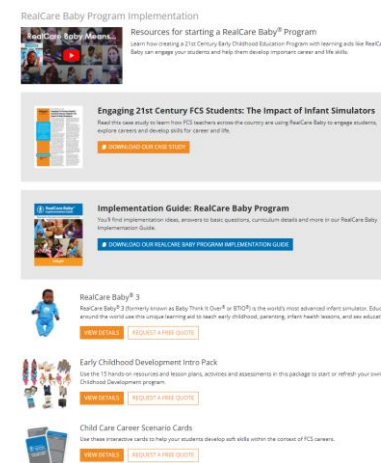
More FREE Resources

FREE posters/infographics

<https://www.realityworks.com/resources/realityworks-interactive-posters-downloads/>

FCS Program Implementation Resources

<https://www.realityworks.com/fcs-program-implementation-resources/>



Additional Resources



- Realityworks Blog
 - <http://realityworks.com/blog/>
- Facebook
 - <https://www.facebook.com/realityworksinc>
- Twitter
 - <https://twitter.com/RealityworksInc>



For more information, please contact Realityworks, Inc.
through email at information@realityworks.com
or call toll free at 800.830.1416

