



Power of One

Power of One - an individual event, helps students find and use their personal power. Members set their own goals, work to achieve them and enjoy the results. The skills members learn in Power of One help them now and in the future in school, with friends and family.

In order to be recognized and receive a pin at the Georgia FCCLA State Leadership Conference, students must create a portfolio with artifacts of each Power of One unit completed.

Eligibility

1. There is no limit to the number of members per chapter to compete in this event. Members may participate in only **one** event in any given year.
2. Participation is open to any nationally affiliated FCCLA chapter member.
3. Participant's chapter must be registered for the 2021 Virtual State Leadership Conference and the participant may not participate in any other STAR Event or State Event, except Statesman Testing and Online Proficiency Testing.
4. Participants must be registered for the event. To register for the Power of One Event, you must first register the participant for the State Leadership Conference and click on "Event" next to their name once they are added. You will then click "Power of One". Event cost is \$10.00 per competitor.
5. All Power of One projects must be developed and completed during the school year of this year's State Leadership Conference (**beginning July 1, 2020 and ending March 1, 2021**). Participants are not allowed to enter a previous, identical project from a previous year.

Awards

All Power of One competitors completing the [Power of One Five Unit Recognition Application](#) and video submission will receive a Power of One Lapel Pin and be recognized during the Awards Ceremony.

NOTE: A student may still participate in the Power of One national program by completing the [Five Unit Recognition Application](#), and [following the registering process \(through the online affiliation system\)](#) without completing this event. Power of One pins will only be given to those completing the video submission.

Guidelines

1. Competitors must complete all five units of Power of One:
 - a. A Better You
 - b. Family Ties
 - c. Working on Working
 - d. Take the Lead
 - e. Speak Out for FCCLA
2. Competitors must complete the [Power of One Five Unit Recognition Application](#)
3. Participants will need to upload and submit their Power of One Five Unit Recognition Application and Power of One video through this [Wufoo Form](#) by 11:59 PM on Tuesday March 2nd, 2021.
4. Participants may wear the official FCCLA red blazer (encouraged) but a red, black or white polo or professional white shirt (long or short sleeves) along with black bottoms (slacks, skirt or sheath dress) is also acceptable. Black shoes are preferred. Jeans, t-shirt, or athletic wear are not acceptable for competition.

Recording Time Requirements

1. Introduction - Up to 1 minute

- a. Each participant must verbally introduce themselves by name, chapter and level.

2. Explanation of the Power of One - Up to 7 minutes

- a. Each participant will have up to 7 minutes to elaborate and explain in detail their projects five units of Power of One. The recording should be done in one take (no editing, starting over, etc.). Video recordings are to be made of the participants as if they were presenting at an in-person competition. A voiceover of the video recording or presentation is not allowed. The video file can be an embedded video, video link to YouTube, Vimeo, or Google Drive, but must not require the viewer to download it.
- b. For each unit, please explain the following:
 - i. What was your concern?
 - ii. What was your goal?
 - iii. What was your plan?
 - iv. What did you accomplish?
 - v. What did you learn?

c. Example:

- i. *For the _____ unit for my Power of One, I was concerned about _____ . The goal I created for myself was _____ . I planned to achieve this goal by _____ . I was able to accomplish _____ . From this unit, I learned _____ .*

3. Closing - Up to 2 minutes

- a. Participants will have up to 2 minutes to verbally answer 2 of the 3 following questions:
 - i. If you could change anything about one of your projects, what would it be?
 - ii. How have you grown from doing these projects?
 - iii. How will you use what you have learned?
- b. These questions could be asked by the person recording the video OR can be integrated into the video. (i.e. - "If I could change one of my projects, I would change...")