



POWER of ONE

POWER of ONE Guidelines

Revised 8/04

Members who complete five units of Power of One may receive both state and national recognition. Members must have the five units completed by March and attend an interview at a Culminating and Service Learning Project Evaluation site with completed notebook. All five completed projects may be completed in Level 1, Level 2 or a combination of Level 1 and Level 2 (see Power of One, published 1999).

POWER OF ONE CHECKLIST:

1. Register for the Power of One event by December 15
2. A notebook/scrapbook (*your choice*) needs to be prepared to take to the evaluation meeting for your interview. The notebook contains all the vital information and **MUST** be brought to your interview or you will not be eligible to receive the POWER of ONE. Your POWER OF ONE CANNOT be granted without this notebook! The notebook will contain in the following order:

Section 1 APPLICATIONS (This section will be left at the rally. You might like to bring a copy to give to the Power of One Chairperson if you wish to keep your notebook in tact.)

- Item 1 - Completed Five Unit Recognition Application (pages 31-32 from the Power of One Booklet).
- Item 2 - Completed Five Unit Recognition Application (same as item 1 - we need a second copy).
- Item 3 - Chapter Affiliation form with Chapter membership list attached and member's name **highlighted**.
- Item 4 - Chapter Affiliation form with Chapter membership list attached and member's name **highlighted** (same as item 3 - we need a second copy).

Section 2 - A BETTER YOU

- Item 1 - A Better You Project Sheet (pages 13-14 from Power of One Booklet)
- Item 2 - Letter of recommendation
- Item 3 - Resource page, including people, publications and community agencies that can help with the project.
- Item 4 - Any support materials, pictures, etc. you'd like for the Reviewer to see. (Optional)

Power of One (continued)

Section 3 - FAMILY TIES

Item 1 - Family Ties Project Sheet (pages 17-18 from Power of One Booklet)

Item 2 - Letter of recommendation

Item 3 - Resource page, including people, publications and community agencies that can help with the project.

Item 4 - Any support materials, pictures, etc. you'd like for the Reviewer to see. (Optional)

Section 4 - WORKING ON WORKING

Item 1 - Working on Working Project Sheet (pages 21-22 from Power of One Booklet)

Item 2 - Letter of recommendation

Item 3 - Resource page, including people, publications and community agencies that can help with the project.

Item 4 - Any support materials, pictures, etc. you'd like for the Reviewer to see. (Optional)

Section 5 - TAKE THE LEAD

Item 1 - Take the Lead Project Sheet (pages 25-26 from Power of One Booklet)

Item 2 - Letter of recommendation

Item 3 - Resource page, including people, publications and community agencies that can help with the project.

Item 4 - Any support materials, pictures, etc. you'd like for the Reviewer to see. (Optional)

Section 6 - SPEAK OUT FOR FCCLA

Item 1 - Speak Out for FCCLA Project Sheet (pages 29-30 from Power of One Booklet)

Item 2 - Letter of recommendation

Item 3 - Resource page, including people, publications and community agencies that can help with the project.

Item 4 - Any support materials, pictures, etc. you'd like for the Reviewer to see. (Optional)

Power of One (continued)

3. Be prepared for your interview. The following questions will be helpful in your preparation:
 - a) Why did you develop each goal? (Know the FCCLA Planning Process)
 - b) Explain how you planned at least one of your 5 units.
 - c) If you could change anything about one of your projects, what would it be?
 - d) How will you use what you have learned?

POWER OF ONE

Interview Checklist

Name _____ Advisor _____

Chapter _____ School _____

Level 1 _____ Level 2 _____ Combination of Level 1 and Level 2 _____

Have you previously completed and received the Power of One Award? Yes _____ No _____

| Criteria | √ | Comments |
|---|---|----------|
| 1. Section 1 complete: 2 copies of Five Unit Recognition Application 2 copies of Affiliation form with name highlighted | | |
| 2. Pages complete for each unit (Sections 2-6) | | |
| 3. Letter of recommendation for each unit | | |
| 4. Resource page for each unit | | |
| 5. Goals were set (FCCLA Planning Process) | | |
| 6. Explanation of how the units were completed | | |

General Questions:

- a) Why did you develop each goal? (Know the FCCLA Planning Process)
- b) Explain how you planned at least one of your five units.
- c) If you could change anything about one of your projects, what would it be?
- d) How have you grown from doing these projects?
- e) How will you use what you have learned?

Signature of Reviewer

Power of One Check Sheet

Listed below are those items, which need to be included or addressed in your Power of One Project.

- Register for *Power of One* by December 15
- Two copies of the *Five Unit Recognition Application* completed and signed by advisor to be given to the judges (pg. 31-32)
- Two copies of your chapter affiliation form to be given to the judges
- Two copies of your FCCLA chapter roster with your name highlighted to be given to the judges
- Planning Process Steps
- A Better You* divider
- A Better You* Project Sheet completed (page 13)
- A Better You* Proposed Project Checklist completed and signed by advisor (page 14)
- A Better You* Follow-up Checklist completed and signed by advisor (page 14)
- A Better You* Resource Page (people, publication and community agencies)
- A Better You* Letter of recommendation
- Family Ties* divider
- Family Ties* Project Sheet completed (page 17)
- Family Ties* Proposed Project Checklist completed and signed by advisor (page 18)
- Family Ties* Follow-up Checklist completed and signed by advisor (page 18)
- Family Ties* Resource Page (people, publication and community agencies)
- Family Ties* Letter of recommendation
- Working on Working* divider
- Working on Working* Project Sheet completed (page 21)
- Working on Working* Proposed Project Checklist completed and signed by advisor (page 22)
- Working on Working* Follow-up Checklist completed and signed by advisor (page 22)
- Working on Working* Resource Page (people, publication and community agencies)
- Working on Working* Letter of recommendation
- Take the Lead* divider

Power of One Check Sheet (continued)

- Take the Lead* Project Sheet completed (page 25)
- Take the Lead* Proposed Project Checklist completed and signed by advisor (page 26)
- Take the Lead* Follow-up Checklist completed and signed by advisor (page 26)
- Take the Lead* Resource Page (people, publication and community agencies)
- Take the Lead* Letter of recommendation
- Speak Out for FCCLA* divider
- Speak Out for FCCLA* Project Sheet completed (page 29)
- Speak Out for FCCLA* Proposed Project Checklist completed and signed by advisor (page 30)
- Speak Out for FCCLA* Follow-up Checklist completed and signed by advisor (page 30)
- Speak Out for FCCLA* Resource Page (people, publication and community agencies)
- Speak Out for FCCLA* Letter of recommendation