



# OKLAHOMA CareerTech

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**FCS** Family and Consumer Sciences  
FCCLA - Family, Career and Community Leaders of America

Contact Us

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November 1, 2022

## STAR Events Guidelines Now Available in your FCCLA Portal

[FCCLA Portal](#) > Resources > Competitive Events > 2022-2023 STAR Events Guidelines. Oklahoma events, which do not advance to the National Leadership Conference, are on [www.oklahomafccla.org](http://www.oklahomafccla.org) > Compete > STAR Events.

## FCS Day at the Capitol

**SAVE THE DATE**

Mark your calendars and plan now to attend FCS Day at the Capitol, February 15, 2023, in Oklahoma City! Affiliated members and advisers are invited to meet at the state's capitol to develop leadership skills, learn about advocacy and government relations, and meet with elected officials. Don't miss this amazing opportunity to travel to Oklahoma City and advocate for Family and Consumer Sciences Education and FCCLA, the Ultimate Leadership Experience!

Registration will open: **Monday, Dec 5 - February 1, 2023**

Registration is limited to 100 students

FCS Science Fair- students will present projects to legislators and other capitol guests.

\*Watch for detailed information about FCS Science Fair submissions.

**FCCLA Info**

## Reminder:

FCCLA financial questions should be emailed to the FCCLA Administrative Assistant, **Ashli Hall**, [ashli.hall@careertch.ok.gov](mailto:ashli.hall@careertch.ok.gov). Please remove the email [gail.taylor@careertech.ok.gov](mailto:gail.taylor@careertech.ok.gov).



### Reminder:

Don't forget to use the coupons from Shawnee Milling Company! One free bag of flour and three .75 cent off coupons.

They were emailed to you back in August. Can't find the email, contact [maryjane.grayson@careertech.ok.gov](mailto:maryjane.grayson@careertech.ok.gov)

## OSU's Family and Consumer Sciences Education Undergraduate Program

In our Family and Consumer Sciences Education undergraduate program, students choose whether they focus on teacher certification or Cooperative Extension Service. Both options provide the same coursework until the senior year, when those in teacher certification have a full semester of student teaching while those in Extension have a full internship semester with a county FCS Extension educator. Through both programs students graduate highly-qualified to move directly into the profession!

Today's newsletter focuses on several aspects of how our students learn more about and prepare for Extension careers.

## Additional Info

# Diversity Symposium

**November 10, 9am-4pm**

Metro Tech Centers - Springlake Campus

Cost: \$50

Lunch will be provided by Ted's Cafe Escondido, included in registration

The OkACTE Diversity Action Committee is excited to invite you to join us to attend the 2022 Diversity Symposium! Take advantage of the chance to get inspired, learn and implement skills acquired through this experience!

This mini conference will bring together industry leaders and influencers to create a one-of-a-kind experience. With an exceptional group of speakers that will be covering topics on diversity, equity and inclusion

This is a Business Casual event, jeans are permitted.

## Registration

# Curriculum Spotlight



Have you checked out Realityworks website lately? I highly recommend it. <https://www.realityworks.com/> Under "Resources", you can find Classroom Ideas, Free Lesson Plans and Free Downloadable Posters. There are some neat posters that you could use in Human Growth and Development and Interpersonal Studies on things to think about before becoming a parent (these are at the bottom of the poster page). You will need to sign up to receive access to the lesson plans and posters.

Realityworks also has a new Culinary Math Training Kit that you can find a sample of along with a Food Science and Nutrition Lab Kit among other resources. These can be found under "Products".

# E3 Conference

Make plans to join CareerTech educators at the **E3 Conference on January 12, 2023 in Oklahoma City**. There will be sessions for all levels of educators. Registration now for \$35. Seating is limited.



The poster features a large 'E3' logo with a blue plus sign. To the right are three circular icons: a lightning bolt (ENERGIZE), a brain (ENLIGHTEN), and a group of people (EDUCATE). The text provides the date and time: Thursday, Jan. 12, 2023, 8:30AM-3:30PM at Metro Technology Centers, Springlake Campus in Oklahoma City. A circular portrait of Kent Julian is shown with the text 'with keynote speaker KENT JULIAN'. A list of topics includes classroom management, CTSO adviser best practices, feedback, time management, growth mindset, and more. A registration link is provided: <https://tinyurl.com/E3conference23>. A QR code and contact information for Nancy Rodriguez and Tessa Lazor are also included.

**E3**  
**CONFERENCE**

Thursday, Jan. 12, 2023 • 8:30AM-3:30PM  
Metro Technology Centers  
Springlake Campus • Oklahoma City

ENERGIZE  
ENLIGHTEN  
EDUCATE

with keynote speaker  
**KENT JULIAN**

- Learn strategies to **energize** the classroom and **enlighten** the mind.
- Attend breakout sessions:
  - Classroom management
  - Best practices for CTSO advisers
  - Understanding feedback
  - Time management
  - Growth mindset
  - And more to **inspire and engage**
- Join CareerTech educators from across Oklahoma.

REGISTRATION **\$35** Register at <https://tinyurl.com/E3conference23>

For more information, scan the QR code or contact  
Nancy Rodriguez Nancy.Rodriguez@careertech.ok.gov 405-743-5179  
Tessa Lazor Tessa.Lazor@careertech.ok.gov 405-743-5155

CareerTech EDUCATOR CONFERENCE

Register

## Dates and Deadlines

**November 10:** Diversity Symposium

**November 30:** Follow-Up Collection

**December 16:** WBL Video Contest Deadline

**January 12:** E3 Conference

**January 18-20:** OAFCS Annual Conference

**February 1:** Lottery Grant Deadline

**February 1:** Day at the Capitol Registration Deadline

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