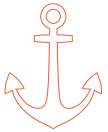


The Empowered Adviser Guide

As an FCCLA adviser, you're mentoring the next generation of leaders. This guide is here to help you stay energized, organized, and aligned with FCCLA's mission while protecting your own well-being. Whether you're new to advising or a seasoned pro, these tips, tools, and strategies are designed to help you thrive not just survive.



Anchor in Your “Why”

FCCLA is a movement for leadership, career readiness, and family and community engagement. Your guidance helps students become compassionate leaders, skilled professionals, and change-makers in their communities.

Quick Reflection Prompt: What's one moment this year where you felt proud to be an adviser?



Streamline Your Chapter Systems

Chapter Meetings Made Simple

- Create a recurring agenda template (e.g., icebreaker, announcements, work time, closing reflection)
- Assign rotating student roles like “Wellness Leader” or “Community Connector” to build ownership

Tools to Try

- Digital sign-up sheets for events or service hours
- Trello or Google Sheets to track STAR Event progress
- Calendar reminders for key FCCLA deadlines.



The Empowered Adviser Guide



Build Student Leadership from Within

Start Small, Grow Big

Empower members to lead by assigning meaningful responsibilities, such as”
Creating social media posts about chapter activities
Leading the pledge or an icebreaker at meetings
Organizing mini service projects tied to FCCLA goals

Leadership Development Tip:

Use STAR Events as a launchpad—encourage students to select topics they’re passionate about and pair them with real-world or local professionals when possible.



Prioritize Your Own Well-Being

You can’t pour from an empty cup. FCCLA needs your energy and passion, but not at the cost of burnout.

Strategies That Help:

- Set “office hours” for student support instead of being on call 24/7.
- Build in short breaks between teaching and chapter time. Even five minutes to reset helps.
- Connect with other advisers for shared resources, encouragement, and humor.

Wellness Check-In Prompt:

What’s one boundary you can set this week to protect your time or energy?



Reflect & Reconnect: Adviser Wins Worksheet

Celebrate the moments that matter most. Use the worksheet on the following page to help you reflect on your wins—big or small!

Adviser Wins Tracker

Use this worksheet at the end of each month or term to stay connected to your “why.”

A moment that made a difference this week ...

A student I’m proud of ...

One thing I’ve learned or tried ...

Adviser high-five moment...

