



PAFCS Student Newsletter

Pennsylvania Association of Family and Consumer Sciences



IUP FCS Club Stays Strong

As Family and Consumer Sciences becomes increasingly sparse at colleges in our state, it's becoming more and more important that we keep our current chapters going strong. The IUP Family and Consumer Sciences Club works to do just that by making our name known throughout the FCS field, and by promoting FCS ideals. This year IUP FCS represented themselves at both the PAFCS Annual Conference in Pittsburgh, as well as the AAFCS Annual Conference in Cleveland, Ohio, where we took part in the

“Open a Can for Cleveland’s Kids” project. We made connections with students and professionals from around the nation, and attended several helpful workshops on what it means to be an FCS professional. As a non-profit club we participate in and donate to as many charitable organizations as possible. In the past the IUP Family and Consumer Sciences Club has worked with Big Hearts Little Hands, March of Dimes, and Project Linus. This year the club adopted a new project with the Ronald McDonald House Charities of Pittsburgh. What started as a mem-

Caitlyn Dunn
2010 IUP FCS Club Vice President

ber’s class project has now become the clubs main community service project for the years to come. We collect soda pop tabs and non perishable food items year round to be donated to the charity. In addition, we use funds raised from bake sales to buy and donate items off the Ronald McDonald House Wish List. IUP FCS had a successful year. As the club continues to grow we hope to keep FCS alive by sharing knowledge and promoting individual, family, and community growth.

Spring 2011



Looking for a get-a-way to Phoenix, Arizona? National Conference

The AAFCS 102nd annual national conference is going to be held in Phoenix, Arizona on June 23 – 25, 2011. At the Sheraton Wild Horse Pass Resort and Spa.

National Conferences are a

great way to meet other students from different starts and talk about new ideas between each other. It is also a great way to learn what is going on in the professional world of Family and Consumer Sciences as well as networking with venders and

other great professionals.

Registration will be coming soon so do not forget to check out www.aafcs.org to find out more information about this years national conference.



Some IUP Students at the 2010 National Conference in Cleveland, OH



Ester Miller
IUP 2010 Graduate

Words Of Wisdom When Student Teaching

After years of college every future teacher is looking forward to that final semester. It's the semester where you finally are full time in the classroom and you actually feel like a real teacher. The week before the big day comes you will have a million questions running through your head: What should I expect? Will my students like me? Will my cooperating teacher and I get along? Will I still have a social life? Every student's experience is different and nothing I can say will really prepare everyone for the student teaching experience but here are a few general tips of advice that I feel will help everyone.

Before student teaching even starts go online and find the PA standard teaching application. You can find it at <http://www.unionsd.net/usd/Forms/PA%20Application%20Form.pdf>. Complete as much of this form as you can! The application is six pages long and when you are trying to prepare lessons and complete your work sample it can be very overwhelming. You won't be able to complete the whole thing but get as much done as you can ahead of time and you won't regret it later.

Sleep. Everyone needs it and you need to make sure you're well rested. If you don't get enough sleep the kids will wear you out before the day is over. Expect the first week to be the worst. Everyday will bring complete exhaustion and never in your life will you look forward to the weekend as much as you do the first week of student teaching. Expect for at least the first month to be like this as you get in the groove of things. You will use your weekends to rest and prepare

your lesson plans for the following week. Chances are you that you will have little to no social life during this time period.

As the months go on you will add more classes to your schedule and you will feel overwhelmed. This is completely normal! Things will get better as the days go on and before you know it you will discover the key to managing your time efficiently. Once this routine is established you will not only find your self having more time, but you finally begin to enjoy what you are doing!

Students love projects just as much as we do! They are a huge time saver when it comes to doing lesson plans because the same lesson plan will repeat for days. Not only will they help when your feeling overwhelmed but it's a great way to hit plenty of the standards! You can surf the internet for all kinds of ideas but the best way to get ideas is by networking! Ask your cooperating teacher, other students, or teachers you meet at conferences. Sometimes is not about making things up on your own, but rather finding old ideas and building upon them to make them your own!

As if writing lesson plans, creating projects, and grading papers aren't enough, I can't stress the importance of time management. As FCS teachers we are designated to educate students how to use their time efficiently and it's during student teaching that we procrastinate the most. You need to work on your work sample whenever you have time, whether you have started teaching the lessons or not! For the most part your cooperating teacher will have a project in mind that other student teachers have used. As soon as you know what the project is start your work sample. You

have to fill out background information about the school, students, and the standards you will be meeting. These are all things you can do before you start presenting the lessons.

Finally two months before graduation (For fall students this would be October and spring students this would be February) go to the Administration Building of the schools you want to substitute at and collect all of the necessary materials to apply within the school. Most school districts require you to go through an interview before they will submit the paper work to the school board. Remember it usually takes around a month for anything to be approved so if you want to start subbing its better to get the paperwork in earlier than later.

If you have any questions be sure to ask your cooperating teacher or a past student teacher. They are usually more than willing to help you out! I wish you all the best of luck during the most exciting part of your college education.





Pre-service Teachers and the PA Standards Aligned System

Dr. Terri Owens
Professor At IUP

What makes a school great? Much research has focused on answering this question, and six common elements have been identified: clear standards, fair assessments, curriculum framework, instruction, materials and resources, and interventions. The Pennsylvania Standards Aligned System (SAS) is based on these elements and is an excellent resource for teachers. It is extremely beneficial for pre-service teachers to become familiar with SAS (<http://www.pdesas.org/>) before student teaching in order to take advantage of the resources offered.

To access SAS, users create a profile to manage their account information. Each user's Teacher Tools section allows them to create an ePortfolio, website, and join a professional learning community. The ePortfolio feature allows users to upload content including documents and videos, and bookmark content within the SAS site. Using the My Website feature, a classroom website and blog can be created. Through the professional learning community, users can create and interact in communities of educators with common interests.

Pre-service teachers need to become familiar with the state FCS standards and the components of the curriculum framework, a set of teaching topics by subject and



grade level. The curriculum framework was developed by identifying overarching big ideas, concepts, competencies, essential questions, vocabulary, and exemplars. It can be used to facilitate development of district and school curricula.

The materials and resources section contains standards-based lesson plans, videos, instructional content, links to web-based content, assessments, and other useful educational resources. If you are searching for teacher recommended resources, this is a great place to start.

The SAS website can be intimidating for pre-service teachers because there is so much information available, but don't let that keep you from utilizing this great resource. SAS training opportunities have been offered across the state,

and there are training manuals and additional information to download at the SAS Portal Help Desk (<http://websites.pdesas.org/helpdesk/2009/11/9/242/page.aspx>).





FCCLA

Family, Career, and Community Leaders of America

**Alyssa Myers
IUP Student**

As a Family and Consumer Sciences Education (FCSE) teacher you may be teaching anything from finance, sewing, nutrition, to interior design and more, but sometimes it is still hard to get your students involved. Family, Career, and Community Leaders of America (FCCLA), is an organization that is subject specific to Family and Consumer Sciences teachers, but many teachers don't realize how easy it is to incorporate FCCLA into everyday lesson plans and how rewarding it is for your students.

FCCLA has National Programs in community service, dynamic leadership, career connection, families first, financial fitness, stop the violence, etc. all of these programs mix very easily into our subject area and FCCLA even provides lesson plans and activities. All of this only helps promote FCSE in our schools because as a new teacher it would be great to start a new program and it does not cause a lot of extra work, because personal lesson plans can be easily adapted. FCCLA gives examples of great activities that can be incorporated into the classroom. Also FCCLA can be started a little at a time and grow and include more FCCLA activities as they grow in their field, so any teacher interested can start and work at their own pace.

Not only does this work well with the content of FCSE classes, but this helps students gain leadership skills both in their school, state wide, and nationally. The students can compete in STAR events and this helps them to create and follow through on project completion and they may be able to present it at a state or national leadership conference. This will also help students build confidence in themselves by being able to present a project they developed and completed. Students that participate in FCCLA also build relationships with students from all across America. Currently the National officers are from all across the United States, so a student in your program can potentially become a state or national officer.

FCCLA is a great addition to any school and can help promote FCS in a school district. To learn more information on how to get started in your school go to www.fcclainc.org.



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