



December 16, 2014

Nebraska Family and Consumer Sciences

Volume I, Issue 19

"I choose FACS Education for all the great things FACS classes have to teach students. FACS classes have such a wide range of classes, that they really prepare you with many life skills. These classes help teach you the essential nutrients you need for your body, how to prepare healthy meals, knowing steps to renting homes, buying homes, how children grow/develop, personal finance, building relationships, communication and so much more."

-Carrie Urban

Call to Action

Be sure to add your lesson plans and resources to the Family and Consumer Sciences webpage by emailing them to whitney.antons@nebraska.gov. This expanded resource database will help all teachers and programs throughout the state.

FACS Teacher Spotlight: Part 1

After feedback from the Fall Workshop survey, I am happy to unveil a new series in our *FACS Focus*. As part of a 5 part series, allow me to "introduce" you to Carrie Urban, FACS teacher and FCCLA Adviser at Doniphan-Trumbull. Carrie is a Leigh, Nebraska native and graduated from Wayne State College in December 2013 and is currently in her first year of teaching. Carrie is a Leigh native.

What has been the biggest struggle for you?

My biggest struggle has been finding my routine. As a new teacher everything is so new, that sometimes I feel like I'm all over the place. As each week of school has gone by I keep getting more comfortable and finding my routine. I'm just trying to find that good balance of how much time you spend on lesson plans, creating the resources, grading papers, FCCLA, and making a little time for yourself.

If FACS teachers in the state

could to one thing to help a new teacher, what would it be?

The one thing FACS teachers could do to help a new teacher, is just any extra resources. The LEAP CD is great, just as a new teacher you don't have a lot of resources so we could spend many hours getting lessons ready. I also wish there was kind of a FACS blog. To go from having a cooperating teacher to bounce ideas off of for a whole semester and then you go to a program where your the only FACS teacher is kind of hard. I really miss having that one person to bounce ideas off of. To let me know if I'm going the right direction or give any extra ideas.

Any funny or heartwarming observations you would like to share?

A heartwarming observation I've noticed is building a good relationship with all my students is so important. I followed a teacher that taught FACS classes at D-T for quite some time. A new person coming in was very different for



Mission

Nebraska Family and Consumer Sciences integrates family and career readiness with technical skill instruction within a critical science perspective. As a result, our students are empowered to navigate the challenges of living and working in diverse communities, while striving for a high quality of life.

them, and a big adjustment. Each week that has passed by we have gotten to know each other more and I have been able to build more of a relationship with my students. Now that we have built more of a relationship up I feel like I can teach better to my students and we get so much more accomplished in class!

Keep up the great work Carrie!

CSO Spotlight

FCCLA

Be sure to check out the outstanding State Officer Candidate information which is posted on the Nebraska FCCLA website!