

Educational Sessions



Exploring the Evolution of Family and Consumer Sciences through Collaborative Student Research

Melanie DeAnn Schmitt, CFCS, Texas Tech University
Karen Alexander, CFCS, Texas Tech University
Anzlee Hale, Texas Tech University

ABSTRACT

This session will showcase an innovative undergraduate project where students collaboratively researched, analyzed, and documented the history of Family and Consumer Sciences (FCS). By exploring significant figures, landmark events, curriculum transformations, and teaching methods from the late 1800s to the present, students gained a deep understanding of FCS's evolving role and impact on society. The resulting manuscript offers a comprehensive view of FCS's journey from its early roots in Home Economics to its modern, interdisciplinary framework, highlighting critical milestones and adaptations in response to societal shifts.

A Trauma Informed Approach with Children: Implementing Trauma Sensitive Strategies in Family and Consumer Sciences Programming.

**Marie Economos, CFLE, Ohio State University
Heather Reister, Ohio State University**

ABSTRACT

Educating from a trauma informed approach is an effective tool in balancing the scales for adverse childhood experience. Let's explore current research, moving the fulcrum toward increased childhood trauma awareness.

Hazard-Proofing Finances: Tools for Teaching Weather-Resilient Financial Education

Laura Hendrix, Ph.D, AFC, University of Arkansas System Division of Agriculture Cooperative Extension Service

Jenny Abel, University of Wisconsin-Madison Division of Extension
Lorna Saboe-Wounded Head, CFCS, CPFFE, South Dakota State University Extension

ABSTRACT

Financial stability can be impacted by extreme weather events, natural disasters, and excessive temperatures. To address weather-related financial vulnerability, FCS professionals collaborated to create the toolkit, 52 Ways to Hazard-Proof Your Finances. This workshop delivers training on a curriculum that educators can use in their communities. Strategies include actions for personal finance, insurance, clothing, food, housing, taxes, transportation, preparedness, and becoming a professional.

A.I. as an Educational Ally

Heather Carter, Pittsburg State University

ABSTRACT

This session focuses on how AI can be used as a valuable partner in learning. The session will include a demonstration of how to generate prompts with AI, offer a variety of assignment ideas (such as practicing communication skills, engaging in moral dilemmas and what-if scenarios, preparing for presentations simulating mock Q/A's, self-quizzing, and several more), integrating AI partnered assignments into the classroom, and creating grading rubrics to assess assignments.

Bridging Perspectives: Engaging Learners in Social Problem-Solving Through Discourse

Nicole Wanago, Montana State University

ABSTRACT

In Family and Consumer Sciences (FCS) environments, developing reasoning skills is key to addressing complex social issues. This workshop explores how to foster a caring and challenging environment where learners engage in discourse, confronting “what is” and imagining “what ought to be.” Using the principles of courage, understanding, empathy, and belonging, participants will receive a toolkit of scaffolded strategies to support educators and learners when navigating the tensions and complexities of exploring social challenges.

Bridging the Specialization Gap to Address Life's Complex Problems: FCS a Preventive Force

Virginia (Ginny) B. Vincenti, PhD, CFCS, University of Wyoming, Department of Family & Consumer Sciences

ABSTRACT

This workshop will build upon critical science by adding components of the Harvard University Kennedy School Problem Driven Iterative Adaptive process used in 87 countries to help teams solve complex problems. It brings together diverse people who deconstruct a problem by analyzing its many components and causes, identify where to generate small wins, learn, iterate and adapt potential solutions, until the problem is solved.

Building a Blended Learning Sewing Techniques Course: A Guide for Emerging Educators

Amber S. Williams, Brigham Young University

ABSTRACT

Discover strategies and resources for building a blended learning sewing techniques course tailored for emerging educators. This session provides a framework for scaffolding sewing skills, integrating digital tools, and fostering engagement in both online and lab environments. Gain practical insights on adaptable course design, sustainable practices, and resources to support flexible, inclusive learning for future textile professionals.

Building Brighter Futures: A Partnership for FCS Education

Holly Hanan, Oklahoma Department of Career and Technology Education

Paula Tripp, PhD, Oklahoma State University

Cheryl Lively, CFCS, Oklahoma State University

Brenda Miller, CFCS, Oklahoma State University

Kathy Enyart, CFCS, Oklahoma State University

ABSTRACT

A core team of Oklahoma FCS professionals shares their proven strategy for effective recruitment, retention, and promotion initiatives.

Cybersecurity: Protecting Information with Strong and Reliable Passwords

Ciberseguridad: Protegiendo Información con Contraseñas Fuertes y Confiables

María de los Ángeles Robles Sellés, M.Ed, Puerto Rico Agricultural Extension Service, University of Puerto Rico – Mayagüez Campus
María de los Ángeles Robles Sellés, M.Ed, Servicio de Extensión Agrícola, Universidad de Puerto Rico - Recinto de Mayagüe

ABSTRACT

This presentation focuses on essential strategies to enhance cybersecurity through the creation and use of strong, reliable passwords. Participants will have the opportunity to practice creating secure passwords to protect their accounts and online data. Additionally, best practices in cybersecurity will be presented to strengthen personal information and family protection, with a emphasis on consumer education.

American Clothing Classics: Where did that come from? Who wore it first?

LynDee Lombardo, University of Nebraska - Lincoln

ABSTRACT

By examining the clothing and textiles of a distinct region or country, we can develop theories about what that society valued and what symbolism was meaningful to its members.

Through the analysis of various pieces of clothing from a defined country or culture - in this case, the United States - we may be able to infer the social status or aspirational status, power or wealth of the wearer as conveyed by their garments. And while garments can represent how an individual thinks about their future and what ambitions they want to show to the world, we can also deduce what the wearer thinks are important aspects of the society's origins or the country's origin stories.

The terms inertia or stagnation are seldom applied to the fashions we wear, so what could motivate people living in the United States to wear variations of a few select iconic garments or accessories year after year, decade after decade? And what are these items? While these two questions can have as many answers as the number of people answering them, a goal of this presentation is to provide participants with a few selected historical facts and information to create some new answers to these questions for themselves, as they view images of eight iconic garments or accessories of twenty-first century North American dress.

Creating AI Magic with Canva in FCS

Tisha Louise Richmond, Medford School District, Oregon

ABSTRACT

Join me for an interactive session to explore Canva's magic tools that accelerate your creation process and unlock creativity in the Family & Consumer Science classroom. Gain practical skills in leveraging AI as a collaborative partner in building learning experiences for your students. Come away inspired and empowered!

Cultivating Critical Thinking: Integrating Practical Reasoning in Family & Consumer Sciences

**Cynthia Miller, PhD, CFCS, CPFFE, Texas Tech University
Nicole Wanago, Montana State University**

ABSTRACT

Join us as we explore a new and groundbreaking open resource textbook that brings the concept of practical reasoning to the forefront of Family & Consumer Sciences (FCS) education. Authored by passionate FCS teacher-educators and the practical reasoning approach, this resource emphasizes critical thinking, ethical decision-making, and problem-solving. Designed to foster active student engagement, it provides real-world scenarios, case studies, and instructional strategies to help learners tackle complex societal challenges. This book is essential for educators looking to inspire the next generation of FCS professionals.

Emerging Leaders in Family & Consumer Sciences: Cultivating Professional Growth Among Students

Jane Hoegh, Iowa State University

ABSTRACT

This session will showcase the transformative impact of early professional engagement and highlight students' real-world experiences in the field. Family & Consumer Sciences students at Iowa State participate in a FCS Student Led organization to build leadership and gain skills to lead in their future field.

Engaging Youth in Health Equity Work

Sarah Hubel
Michelle Krehbiel, PhD, Colorado State University

ABSTRACT

In the 2023-2024 school year, 200 Nebraska youth and 24 caring adults investigated health issues in their communities. The Youth Health Equity Project was created and implemented by NE Extension and NE FCCLA with funding from the NE Office of Health Disparities. Through youth-adult partnerships, youth researched mental health, food insecurity, traffic safety and vaping. This session will highlight program successes, and techniques for how the project can be implemented in local communities.

Environmental Stewardship Activities for an Inclusive FCS Classroom

Carole J. Makela, PhD, Colorado State University

ABSTRACT

Engage in hands-on activities to broaden students' understanding of the environmental and equity considerations of our everyday use of natural resources. Discover collaborative simulations and games to explore water and land use and the extraction of metals and minerals used in our homes and in consumer goods. Presented activities encourage problem-solving, collaboration, critical thinking and employing STEM skills to address real-world issues that affect our diverse communities.

Family and Consumer Sciences is The Future of Career Clusters

Alyson L. McIntyre-Reiger, CFCS, Lead FCS Education

Janine Duncan, PhD, Purdue University

Sandy Spavone, FCCLA

ABSTRACT

Learn how Family and Consumer Sciences (FCS) is the solution for the modernized career cluster framework. FCS allows schools to offer multiple programs of study within one discipline. The modernized framework highlights the ability for FCS to be a beneficial tool for schools wanting to meet the diverse needs and interests of students and the future workforce. Explore marketing and branding tools highlighting FCS as the solution for schools.

Family and Consumer Sciences Research Journal Best Papers 2024

**Mia Russell, Johns Hopkins University
Nicole Wanago, Montana State University
Sukyung Seo, University of Maryland Eastern Shore
Mehri Azizi, Florida International University
Mari Borr, PhD, North Dakota State University**

ABSTRACT

Winners of the 2024 FCSRJ Best Paper Awards in apparel, textiles, and merchandising; family studies and human development; FCS education; foods and nutrition; hospitality and tourism management; housing and interior design; personal finance and consumer economics; and professional issues will present brief summaries of their research. Also, the Emerging Scholar and Outstanding Paper award winners will be acknowledged.

Family Story Walk

Margaret Viebrock, CFCS, CNWE, Washington State University Extension

ABSTRACT

National initiatives focusing on nutrition, exercise and literacy can be successful, but few efforts have been made to combine them together to have a more lasting effect starting at younger ages. Family Story Walk promotes family learning, activities and reading in a non-traditional environment. This project increased access to nutritious food for low income families, promoted families being active together and improved family communications related to healthy eating and exercise. Local partnerships have increased community awareness, visibility and provided sites for the Family Story Walk.

Financial Literacy: An Essential Life Skill for All Students

Traquel Dayley

ABSTRACT

Financial literacy is a vital life skill, empowering students to make informed decisions about money, from budgeting and saving to understanding debt and investing. This session will explore why financial literacy is essential for all students, regardless of background, as a foundation for equity and lifelong success. Attendees will participate in activities which connect personal finance to real-world goals and decisions, preparing students to confidently navigate their financial futures.

Using Extended Reality to Support Student Learning in Fashion and Other FCS Content Areas.

**Melissa Abner, PhD, University of Central Missouri
Erica Spurgeon, PhD, University of Central Missouri
Krystle Gremaud, PhD, University of Central Missouri**

ABSTRACT

If you have ever virtually “tried on” eyeglasses using your phone or computer camera or viewed furniture in your room on Amazon, you have experienced extended reality (XR). XR is a growing trend for personal use, industry, and education that can be applied in numerous FCS content areas. The presenters will explain XR and how it is changing the educational landscape. They will share examples of how XR is implemented into their fashion, interiors, and teacher preparation classrooms; then participants will have a chance to experience the technology hands on to gain ideas and insight into uses in their lives.

Not Your Average Housewives: From Home Economist to Human Ecologists

**Kathryn A. Carroll, PhD, CFCS, CPFFE, University of Central Arkansas
Rebekah Luong, CFCS, University of Central Arkansas**

ABSTRACT

Discover how we utilized a university-wide book club as both a recruitment and educational tool to introduce students to the Family and Consumer Sciences (FCS) field. Focusing on the popular book *The Secret History of Home Economics*, alongside scholarly articles, we brought together a diverse group of students for weekly meetings. Learn how this initiative fostered interdisciplinary dialogue, engaged students in the history & significance of FCS, and sparked interest in pursuing careers in FCS.

Gamified Strategies to Engage Students and Elevate Learning

Tisha Louise Richmond, Medford School District, Oregon

ABSTRACT

Dice, spinners, cards, and game closet favorites can transform a lesson from mundane to mind-blowing. In this session, I will share practical digital and analog gamified strategies that anyone can implement into classroom learning to engage and empower all students.

HIPs (High-Impact Practices) Don't Lie: Practices That Lead to #FCSSuccess

**Susan Turgeson, PhD, CFCS, University of Wisconsin-Stevens Point
Becky Konietzki, University of Wisconsin-Stevens Point**

ABSTRACT

Through interactive and engaging discussion, learn how one Mid-Western University has created a culture of student success by implementing research-based High Impact Practices (HIPs). To achieve goals of increased student engagement, improved retention, and academic success, quality experiences throughout college make a difference. Discover ways to integrate strategies that will help your students achieve their goals for college and beyond.

Kids Feeding Kids: Expanding Classroom to Community Impact through Creative Funding Strategies

Deb Andres, CFCS-HDFS, Kansas State University Research & Extension
Diane Mora, CCC, Kids Feeding Kids

ABSTRACT

This 45-minute workshop introduced participants to the Kids Feeding Kids program (www.kidsfeedingkids.org), an educational initiative of Pete's Garden that empowers high school students to address food insecurity by preparing and distributing nutritious meals to families in need. Designed for Family and Consumer Sciences educators, nonprofit organizers, and school administrators, the session combined a program overview with a discussion of how we piloted a Train the Trainer model with Kansas State Extension as a means of building capacity in the state of Kansas. Participants explored the program's Real World Learning framework, engaged in collaborative small-group discussions to develop implementation strategies tailored to their unique community contexts, and left with contact information for launching or supporting this impactful initiative in their region. Grounded in service-learning, KFKids RWL projects demonstrate how community-centered experiences enhance students' skills, empathy, and civic responsibility, this workshop aligns with the AAFCS mission by providing training to FCS educators along with practical tools to guide students in meaningful community service while developing real-world competencies and fostering lifelong commitment to addressing food insecurity.

Make it Work: Bringing a Project Runway Star to a University Campus through the Humanities and FCS Fields

**Rebekah Luong, CFCS, University of Central Arkansas
Crystal Harris, PhD**

ABSTRACT

“Make it work” applies to many things, but some of you may be familiar with this statement from the hit show, Project Runway. In this session, learn how the Humanities and FCS fields merged to bring a well-known designer to their university campus for a two-week residency. We’ll discuss the process from start to finish and lead you in a mini-project similar to what the students experienced. We’ll challenge you to consider how you can do something similar in your own practice setting.

MT FCS Network: A Google Site for FCS Educators

Gayla Randel, CFCS, State of Montana Office of Public Instruction

ABSTRACT

Have you ever wished to make your class planning easier? Have you questioned how the National FCS Standards align to FCS classes? Do you wish someone would identify resources that were vetted for value and aligned to the FCS pathways so you didn't have to? Regardless if a veteran teacher, or brand new professional, learn about a resource that will help you answer these questions through accessing the MT FCS Network Google Site.

Navigating Student Engagement in AAFCS

Emily Pike, Western Kentucky University

Paige Nolan, Wayne State College

Jordyn Thompson, Messiah University

Leslie Rodriguez, Kellyville Public Schools, Oklahoma

ABSTRACT

Join us for "Navigating Student Engagement in AAFCS," featuring National Student Unit Officers sharing insights on active participation in the American Association of Family and Consumer Sciences. We'll explore diverse engagement pathways, the vital role of advisor support, and how students can connect at local, state, and national levels. With interactive discussions and audience Q&A, this session will provide practical takeaways to inspire your involvement in AAFCS and enhance your educational journey.

One is the Loneliest Number— Collaborative Research is More Fun!

**Mari Borr, PhD, North Dakota State University
Susan Turgeson, PhD, CFCS, University of Wisconsin-Stevens Point**

ABSTRACT

Research and writing up your research are daunting tasks, but they can be even more overwhelming if you are embarking on research and writing on your own. However, collaborating with others can bring insight to your research and writing, as well as lighten the load. And collaborators aren't always human. Artificial Intelligence (AI) can also be a helpful collaborator and can ease your load. Members of the Family and Consumer Sciences Research Journal Editorial Board will offer ways you can utilize collaborators and AI to become a more productive researcher and writer.

Our Leaders, Who Were They? Celebrating Hidden Figures in Home Economics

Sue Byrd

Meilana Charles, CFCS-HDFS

Carole J. Makela, PhD, Colorado State University

**Lorna Saboe-Wounded Head, CFCS, CPFFE, South Dakota State University
Extension**

Jacqueline Holland, PhD, CFCS, HDFS, Morgan State University

LynDee Lombardo, Washington St

ABSTRACT

Many of us are aware of Ellen Swallow Richards' contribution to the beginnings of Home Economics (Family and Consumer Sciences), but may not know others who led the way, especially those from underrepresented populations. This panel discussion focuses on the contributions of leaders such as Fabiola Cabeza de Baca Gilbert, Margaret Murray Washington, and Lenora Morangae. Develop a new appreciation of the importance of a broadened perspective when exploring foundational leaders of our profession.

Pathways to Success: The Professional Journey of Immigrant FCS Professionals in the US

**Kim Ann Kamin, PhD
Jane Opiri, PhD, CFCS, University of Arkansas at Pine Bluff**

ABSTRACT

The immigrants' journey to become FCS professionals will be explored. Using a theoretical base, the participants will share stories about their journey. Attention will be paid to obstacles and how these obstacles can be overcome.

Sensory Science: Awareness for Eating Experiences

Carol Erwin, PhD, CFCS, Wayne State College

ABSTRACT

Do you have picky students? Encourage your students to use ALL of their senses as they evaluate the quality and appeal factors of the foods they prepare. Help them use descriptive words to expand on their food experiences, and hopefully, their palate. Then identify your expectations for their willingness to try a variety of foods created in your classes.

The AgriFCS Academy: Preparing Students for Careers in Agriculture and Family and Consumer Sciences

LaToya Johnson, PhD, South Carolina State University
Ethel Jones, PhD, CFCS, Alabama A&M University

ABSTRACT

The Agriculture and Family and Consumer Sciences Academy (AgriFCS) is a joint initiative by South Carolina State University (SCSU) and Alabama A&M University (AAMU) that will benefit up to 100 middle and high school participants and their parents while preparing 120 undergraduate students for the workforce and potential employment with the United States Department of Agriculture. Learn how this project, funded by the United States Department of Agriculture (USDA) and the National Institute of Food and Agriculture (NIFA), focuses on Student Scholarship, Experiential Learning, and Outreach and Engagement. Developed by Dr. LaToya Johnson from SCSU and Dr. Ethel Jones from AAMU, the institutions are currently sharing grant funding to implement a five-pronged strategy aimed at the three primary objectives. The speakers will share how the AgriFCS Academy is preparing and supporting students entering the Food, Agriculture, Natural Science, and Human Sciences (FANH) workforce, which will increase the number of professionals joining the USDA workforce. Take a journey with us as we share how we received funding, lessons learned from year one, and how year two is currently progressing.

The Impact of Family Economics Multi-State Research Group over the Past 60 Years

**Lorna Saboe-Wounded Head, PhD, CFCS, CPFFE, South Dakota State University
Extension**

ABSTRACT

This session will review the legacy and lasting impact of the Family Economics Multi-State research group NCCC052. Multi-State Research groups are a part of the Ag Experiment Stations at Land Grant Universities. Highlights from work groups that emerged from NCC052 will be discussed. The contribution of NCCC052 to the publication of the History of Family Economics Research: 1862 – 1962 (aka The Liston Manuscript) will also be discussed.

The Impact of Play on Brain Development

Sue Strutz, CFCS, School District of Wisconsin Dells

ABSTRACT

The connection between play and cognitive growth is a fundamental aspect of human development. When children engage in play, they are actively building their brains. Different types of play activate various regions of the brain—like the limbic system, prefrontal cortex, parietal and frontal lobes. Throughout this session, attendees will learn about the value of play, participate in various types of play, and be challenged to find how play can be used in professional settings.

The National Partnership: Strategies for Recruiting, Preparing, and Supporting FCS Educators

**Karen Bergh, PhD, FCSEA
Jan Bowers, CFCS, FCSEA
Lori Myers, PhD, AAFCS**

ABSTRACT

This session provides an update on best practices for states and local districts to address the supply and demand of FCS educators. The National Partnership has been a successful vehicle for providing a wealth of online resources and tools to market and promote the value of FCS programs. Key takeaways will include strategies for promoting FCS workforce opportunities to diverse audiences; free tools and resources to recruit, prepare, and support FCS Educators; and best practices for developing regional networks. Attendees will collaborate to develop a plan for using tools, strategies, and resources to develop a plan for their professional setting.

Wanted: FCS Teacher Educators— Tips for Career Ladder Climbers and Coaches

Janine Duncan, PhD, Purdue University

Nicole Graves, PhD, CFCS-HDFS, South Dakota State University

Susan Turgeson, PhD, CFCS, University of Wisconsin-Stevens Point

ABSTRACT

Do you have it in you to climb the FCS Career Ladder? Are you ready to inspire others to become a teacher educator? In this session, participants will learn about the FCS teacher education shortage and how they can shape their career path to help fill the pipeline. Colleagues and mentors ready to coach others to make a career move to FCS Teacher Education will find inspiration too! Learn about the requirements, responsibilities, and tips for transitioning your career to FCS teacher education.

Webs of Worry: Women and Financial Anxiety

Goldie M Prelogar-Hernandez, CPFFE, Pittsburg State University

ABSTRACT

New financial therapy research has differentiated between financial stress and financial anxiety, but little has been focused solely on women's experiences. Financial anxiety disproportionately affects women, stemming from a range of factors including societal expectations, wage inequality, and life events such as caregiving responsibilities, divorce, and longer life expectancy. This session will explore the root causes of women's financial anxiety, discuss the psychological and social impacts, and present actionable strategies to empower women to take control of their financial futures. Interventions for financial educators and practitioners are explored to help female clients overcome the unique concerns of financial anxiety.

Why Your Students Need a Roth IRA and Why You Do Too!

Patrick William Kubeny, My Money Camp

ABSTRACT

Opening a Roth IRA as soon as possible offers several benefits, particularly for those who want to maximize their retirement savings.