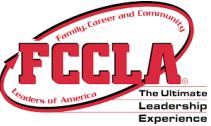


FCCLA Planning Process Summary

IDENTIFY CONCERN   	<p>We have noticed that as technology advances, it is becoming harder for people to maintain strong, healthy human connections. Screen time has become a major part of everyday life, especially for teens. According to the National Center for Health Statistics, more than half of teens in the United States spend more than 4 hours a day on screens. That is over one-sixth of their day, and if that habit continues into adulthood, it could add up to more than 13 years of their lifetime spent on a screen instead of engaging with the world around them. Among those who spend four or more hours on screens, a fourth have reported symptoms of depression and anxiety within the past two weeks.</p> <p>Technology absolutely has benefits, but when it begins to replace meaningful interaction, it can impact mental health, relationships, and overall well-being. This is why we chose Digital Stories for Change as our STAR Event category. Our goal is to highlight the importance of real human connection and encourage healthier digital habits so that today's youth can stay present, engaged, and connected in an increasingly digital world.</p>
SET A GOAL 	<p>Our goal is to create a five-minute video that raises awareness about the misuse of technology and to document the process behind its production. To stay on track, we will complete at least one major step every two weeks, such as storyboarding, filming, or editing, so we can make steady progress without burning out or falling behind. This goal is achievable because we will meet at least once a week to plan, collaborate, and work on the project. We will regularly check the STAR Event rubric for Digital Stories for Change to ensure our work stays relevant and aligned with all requirements. Our timeline is structured so that we will complete a full rough draft by the end of December and finish the entire project before regionals.</p>
ACT 	<p>12/8-14: Gather necessary resources, plan the process of getting these shots, and start shooting the film. 12/15-21: Post Filming 12/22-28: End Filming 12/29-1/4: Editing the shots 1/5-11: Editing the shots 1/12-18: Create the website and complete the project. 1/19-25: Polish the website 1/26-2/1: Fix any remaining concerns</p> <p>FORM A PLAN </p> <p>Who: Daniel Wang and Makayl Sanchez What: Complete a website that contains the digital story with a copyright notice, project identification page, a project summary, and an FCCLA Planning Process summary page. Where: Filming will be done at specific places, and editing/Storyboarding will take place at home. When: Complete our rough draft project by the end of December, then polish it up before the online STAR Events submission deadline (February 2, 2026) How: Complete each step to its fullest each week before moving on to the next. Resources: Youtube How to videos, FCCLA Advisers, Cameras, Drones, and Phones.</p>
FOLLOW UP 	<p>This project went really well, and we're very proud of what we accomplished. Sanchez and I truly enjoyed seeing our ideas about technology and human connection come to life through our Digital Stories for Change project. Watching the message develop from research to storyboard to a finished video showed us how important this topic really is. It also helped us understand the impact that healthier digital habits can have on real relationships and everyday life.</p> <p>Working on this project was challenging at times, but all the effort was worth it. We've grown not only in our technical and creative skills but also in our ability to collaborate, plan, and communicate effectively. We now feel more confident in our ability to use digital tools with purpose, rather than letting technology take over our time or interactions.</p> <p>Looking back, we've also realized that starting earlier on certain parts of the project, like editing and organizing materials, would have helped reduce stress toward the end. That's definitely something we'll remember for future competitions and projects.</p> <p>We are incredibly grateful to everyone who supported us along the way, especially our advisors. Thank you so much, Ms. Aszklar and Ms. Sather. We hope we have the opportunity to advance to Nationals and continue growing from this experience.</p>