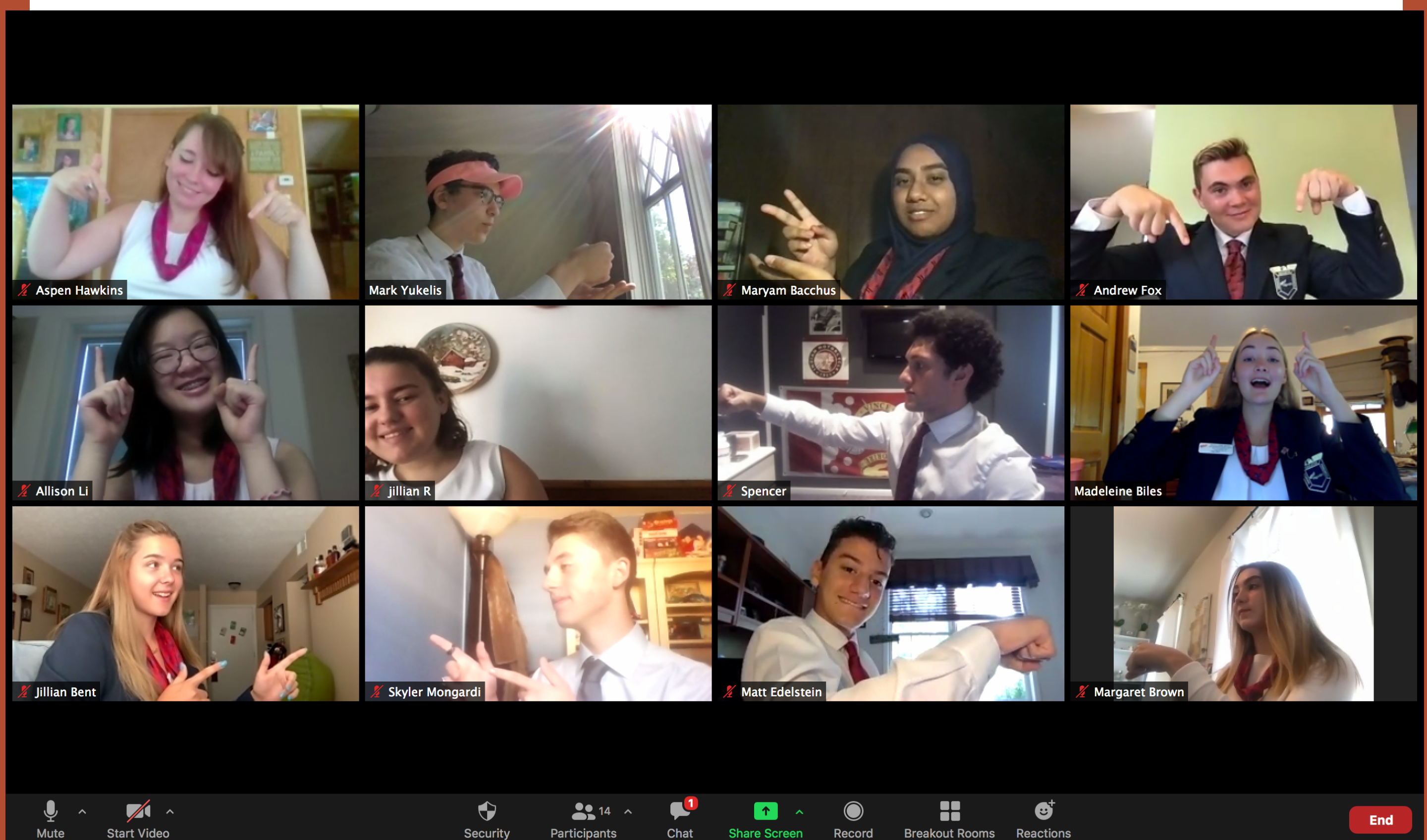
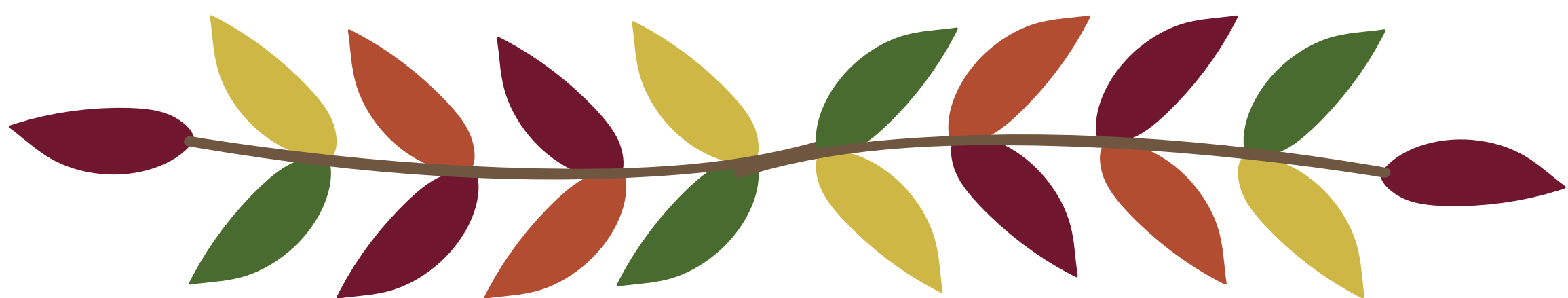


# The NYS FB LA Express



## Fall Edition





# FLW

By: Andrew Fox



Greetings New York State FBLA!

I hope you and your chapter are finding yourselves enjoying the membership year thus far. Your state officers and board of trustee members are always here if you are in need of guidance or assistance. Now let's move on to the topic of the hour, the Fall Leadership Workshop.

The New York State Fall Leadership Workshop is coming soon with the date being, November 14, 2020! Everything is pre-recorded and will be released at regular intervals, so it is shaped as a normal conference. We certainly hope you enjoy and learn quite a bit from the outstanding workshops and general sessions. Our state officers put in a lot of hard work into these sessions to make sure we resemble a regular Fall District Meeting. Although we can not be in person this year we are still striving and thriving for greatness in NYS FBLA!

You can certainly expect an informative day filled with spectacular workshops done by your dedicated group of state officers. We were able to put together workshops ranging from Public Speaking, to How to run your Chapter Virtually, Social Media, and many more! Be sure to stay up to date on November 14, when workshops are being released. We certainly hope you take amazing pieces of information away from the day filled with FBLA. There will also be a general session with a keynote speaker, updates from your state officers, and a new initiative being announced by our State Secretary, Maryam Bacchus! You will not want to miss out on this virtual day of FBLA.

As always if you have any questions regarding FLW, or any other FBLA related topic, please reach out to us. We are here to assist you and your chapter in any way possible this year. We understand these times may be difficult to meet with your chapter, but there are plenty of resources out there along with helpful officers that are always willing to help out.

Stay safe and have a great Thanksgiving!







# Time Management

By: Jillian Bent

Hello NYS FBLA! Throughout high school, I have found myself with a lot of interests. Sometimes it feels impossible to manage my calendar and I even get overwhelmed seeing my days booked up and little to no free time. Thankfully, I use time management tips to help me utilize my time successfully. Today, I want to share those same tricks with you!

My number one rule is always use a planner. Write everything down; assignments, important dates, reminders, to-dos. This way, you have a record of everything and if you ever forget about something important, chances are you will see it in your calendar before it's too late.

My next rule, that I even struggle with, is do your most important work first. Mark Twain once said " If it's your job to eat a frog, it's best to do it first thing in the morning. And if it's your job to eat two frogs, it's best to eat the biggest one first." Weird analogy, but gets to the point; get these things that you want to procrastinate out of the way.

The last rule I will leave you with is schedule in free time! This is so important and often goes under appreciated. Self care and the lack thereof is often the main reason people "crash". If you know by noon on Tuesday you are gonna be suffocating in work, you should never overbook and put that type of pressure on yourself. Manage your stress and seek help when needed.

In conclusion, use a planner, do the hard tasks first, and find time for yourself. These three rules have been my lifesavers since freshman year and I am confident they can help you too! If you have any questions or want to seek advice you can find my Instagram @jbentfbla and shoot me a message!



# College Research

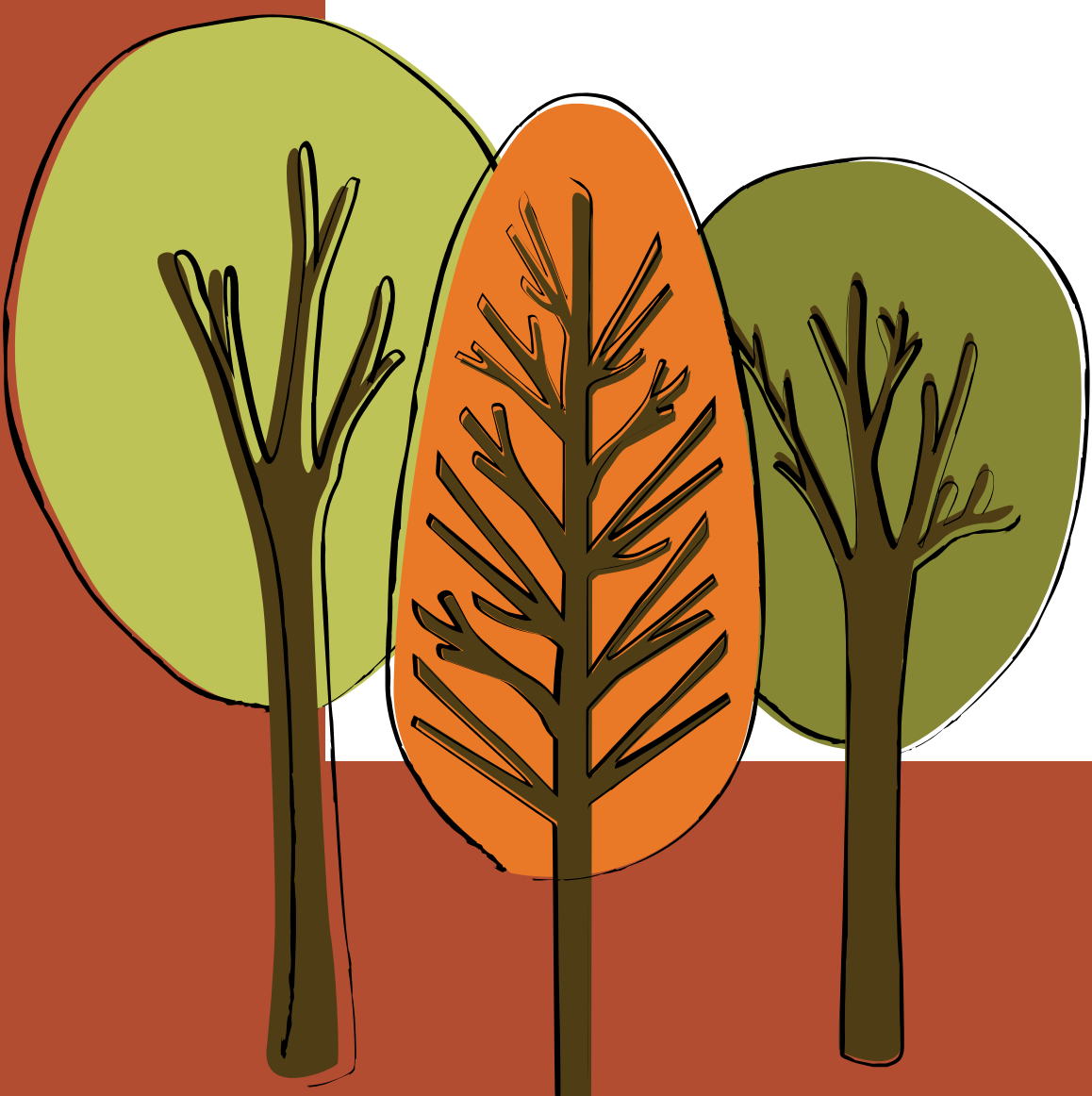
By: Maryam Bacchus

Hello NYS FBLA! At this point in time, many of you are probably well into your college application process. Here are a few tips to pique your interest, and help you along the way.

Many of you may have heard of reach, target, and safe schools. When applying, it is important to consider the feasibility of being accepted to the schools you are interested in. Reach schools are top-tier, competitive institutions, often with specialized programs for those who are sure of their career path. These schools often have extensive applications processes, which should be started and completed as early as possible. Target schools are institutions the applicant feels confident they can be admitted to. Focus your efforts on these schools as much as possible. Safe schools are places the applicant is sure they will be admitted. These include but are not limited to community colleges.

An item of consideration for FBLA members and other business majors when looking at schools is the presence of a Phi Beta Lambda chapter. If there isn't already an established chapter, students can consider chartering one of their own. PBL members enjoy benefits such as discounts to select companies, as well as scholarships. More information can be found at <https://www.fbla-pbl.org/pbl/>.

For those of you interested in PBL, be on the lookout for an informational letter from the Membership Services Committee. Additionally, reach out to current or past officers to learn more about this amazing opportunity. I wish you all the best of luck in your college search and future endeavors!



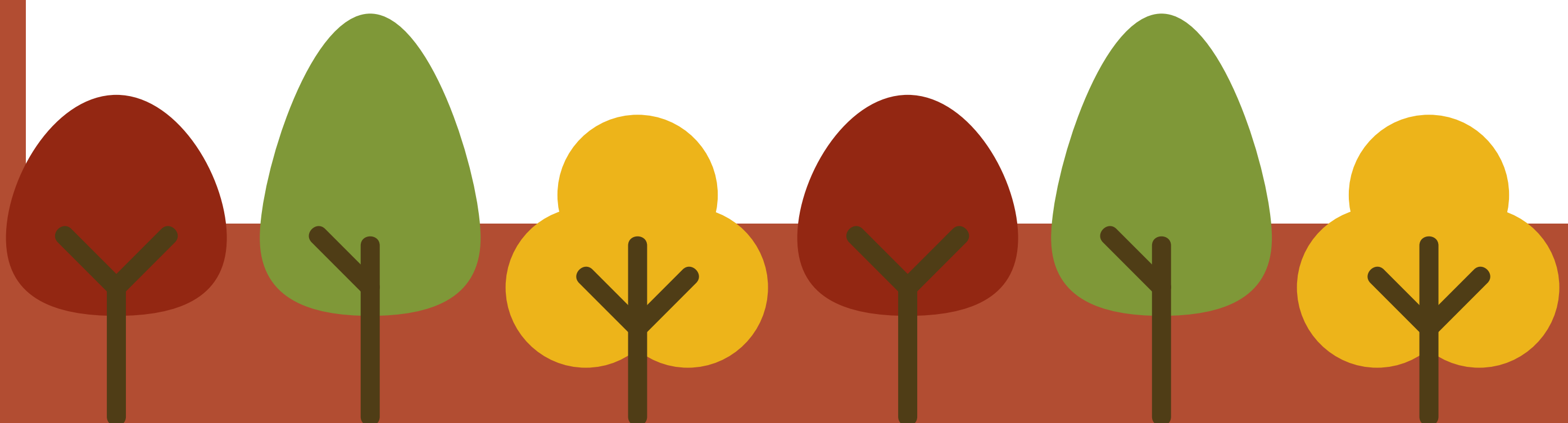
# Running For Office

By: Jillian Rehberg

Running for office at any level is stressful and can at times be very confusing. This article is to hopefully make it a bit easier for you to get your start, and help alleviate some of the confusion.

At the local level running for an office is a relatively fast and straightforward process that can slightly vary from chapter to chapter. To start the process of running for a local officer position you can talk to your advisor or a past officer about the specifics of running, the positions, and where you would be the best fit to serve. Next, you may have to fill out an application and or, present your argument about why you should be elected into your position of choice to fellow chapter members. At this point, if all goes well your name will be on the ballot and you will be eligible to be elected. It will be up to your peers to decide if they want you or another contender for the position. After this, the results will be posted and if you were elected with the majority congrats you now have that position!

Running for office at the state level compared to the local level takes much more time to complete with standardized procedures and deadlines that need to be followed. To start this process, you should talk with your advisor about your goals in running and to get a start on the paperwork and interview you need to complete. In order to run you need to submit an application by December 15th that includes signatures by figures from your school and a member from the board of trustees after an interview saying you are able to run for the position. The application that can be found online and also must include your high school transcript. Another thing you will need to do after your application is approved is to take the state officer exam at your SDM and pass with at least 65%. If you complete all of this, you can now prepare for campaigning at the State Leadership Conference that will hopefully take place this year in Rochester NY. At the SLC you need a two-minute speech at the first general session of the SLC, prepare and get approval for a campaign booth, and the handouts that are used the day you campaign for elections. After all of this is done the elections take place where voting delegates from all over the state will vote for mainline officers and delegates from your district will vote for the District Vice President. The popular vote of this election will decide whether or not you are elected into the position. So, at this point, you can relax and hope for the best results.





If you are hoping to run for a national office it has higher qualifications and is generally more difficult to accomplish than the other two levels of officer positions. This is because running for office on the national level means that you won't be competing against members from just your area or the state but all over the country. In order to run for a national officer position, you would need to be currently or in the past in a local or state officer position, be endorsed by your local chapter and state chapters and complete and file the application by May 15th. Another requirement to run is to be screened and approved by the officer screening committee. The rules for campaigning at the national level are similar to the ones at the state level although at the national level a strict campaign budget must be followed. The elections for the President, Secretary, and Treasurer positions are held at the NLC's general session, which will hopefully take place this year in Anaheim California. While the elections for the National Vice Presidents are held at their respective regional meetings. The winner of these elections is also decided on by a majority vote by the delegates.

This was a quick overview of how to run for an office at a local, state, and national level. I hope that this helps you and I wish you luck in running and getting elected into any position you're hoping for! All of this information and more can be found at [www.nysfbla.org](http://www.nysfbla.org) and at [www.fbla-pbl.org](http://www.fbla-pbl.org).







# Community Service

By: Allison Li

Community service is one of the best ways to give back to those around you! In this article, I will discuss ideas for various community service activities, discuss the benefits of community service, and the opportunities that FBLA offers!

There are so many different ways that you can volunteer your time for the benefit of your community! Sign up for local volunteer organizations – this is a great way to stay connected with all the opportunities available. You could volunteer at a local animal rescue shelter to help animals in need. Another option is to reach out to senior living homes and help out with activities, games, or events – spending time with the elderly will brighten their day! Other community service projects could include organizing a food drive, starting a tutoring service, and participating in a charity walk or run!

Volunteering and community service have a multitude of benefits! It helps you connect with others and form new friendships. It also improves your mental health by creating a sense of family and purpose, which helps to decrease the effects of anger, stress, and anxiety. Overall, community service provides one with feelings of fulfillment and success! Of course, dedicating your time to serving your community is also a great way to demonstrate to colleges and potential employers that you value giving back to others.

In FBLA, there are several community service opportunities. One way you can give back is by participating in the March of Dimes fundraiser. March of Dimes is a nonprofit organization and FBLA partner; its goal is to promote the health of mothers and children. Some activities you could get involved with are the March for Babies Fundraising Walk, as well as celebrating World Prematurity Awareness Day by decorating your school with purple – the March of Dimes color!

Begin looking for different volunteering and community service opportunities within your community, and I am positive that you will find one that is right for you!

# District Update 1S

By: Skyler Mongardi

Congratulations New York State FBLA! Through all the challenges we have faced, we made it past the first months of the school year together. We are operating functionally thanks to the hard work from our advisors, state officer team, and all of you. With all of that effort comes exciting announcements.

Firstly, the first of November marks the beginning of Non-Stop November. By completing activities found on the FBLA-PBL website, your chapter's delegates will earn special ribbons at the National Leadership Conference. Additionally, you will receive nationwide recognition through the FBLA-PBL website and social media!

Secondly, on the fourteenth and fifteenth of November our Fall Leadership Workshops (FLWs) were posted. They feature all of your state officers giving valuable insight into identifying, applying, and perfecting different skills. Every minute spent watching them is worthwhile, and you can choose whatever piques your interest. The Public Speaking, Virtual Chapter, and Youth Advocate Speaker workshops were my favorite. Check out what interests you!

Finally, be sure to pay your discounted twelve dollar dues if you haven't done so already. They open the door to the opportunity to compete for local, state, and national recognition. This can build your resume for programs, schools, and colleges!

This year has not been easy by any means of the word, but together we are innovating and breaking down barriers faster than they can present themselves. Remember to stay on top of deadlines, and contact me if you have any questions at [SVP1S@nysfbla.org](mailto:SVP1S@nysfbla.org). I look forward to continuing our unique FBLA journey together.





# District Update 3N

By: Matt Edelstein

Hello New York State FBLA, I'm Matt Edelstein and I'm serving as the State Vice President for District 3N. As a district, we have been working diligently to adjust and be as flexible as possible in order to have a productive year.

Since it looks like we will be staying on the path of virtual schooling and after speaking with several board members in my district, our SDM will be virtual. Details are unknown as we are still planning and organizing this event in order for a successful turnout. More will follow as we finalize the dates, etc. I am also happy to announce that a new school has been chartered in our district, Warwick High School.

I hope everybody continues to have a great year in school, work, and FBLA. If you have any questions or concerns, feel free to contact me [svp3n@nysfbla.org](mailto:svp3n@nysfbla.org).

# District Update 12

By: Margaret Brown

Hello, New York State FBLA. I'm Margaret Brown, your District 12 State Vice President. I am a junior at Williamsville East High School, and I am so excited to represent my school and District 12. This year will be full of challenges, mainly because the schools in my District have different club restrictions. FBLA is a blast, and I encourage everyone to stick with it during these crazy times. I know I appreciate the consistency and stability of this organization with all that's going on.

I have been working on getting everyone in my District registered and making sure their dues get in on time. I am proud to report that my school's participation has not changed; our numbers have stayed strong! School FBLA elections have been going on for a month now, and most of our schools have selected their team. I am honored to help these officers organize and manage FBLA within their schools.

I can't stress enough how vital FBLA is. Our New York State FBLA is filled with so many opportunities. For instance, the Career and College Readiness Committee started Scholarship Saturdays, where we release information about available scholarships for those looking to learn more. We also have our NYS Fall Leadership Workshop (FLW) coming up in November. Our state officer team has created some incredible and interactive videos for this virtual workshop.

Please take full advantage of all FBLA has to offer. Be sure to check our NYS FBLA Website for more information, and feel free to email me at [svp12@nsfbla.org](mailto:svp12@nsfbla.org)!!!

# District Update 13

By: Aspen Hawkins

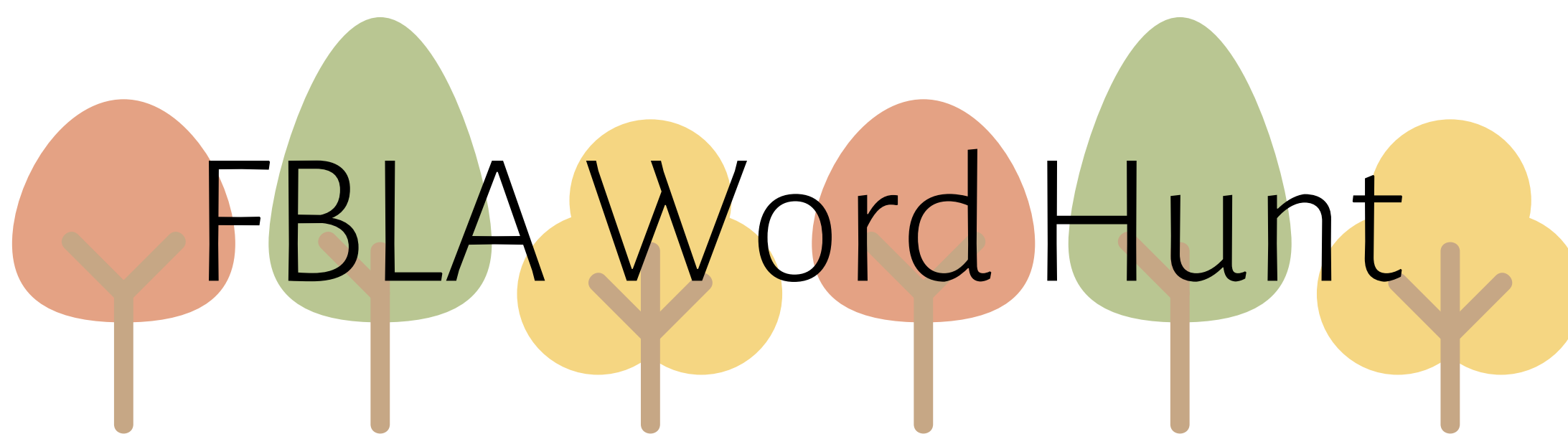
Hello Everyone!! truly hope that everyone is doing well and are adjusting to the new COVID-19 accommodations in their schools. As this year has started, I hope everyone has begun to prepare for the Fall Leadership Workshop and are looking forward to becoming more knowledgeable about topics that will be discussed.

District Thirteen, I encourage everyone to stay extremely active during this year. As this year will give you so many opportunities even though we will not start the year off seeing each other. Also, I encourage you to try to join either one of the three Program of Work councils or join the District Officer Team. The District Officer applications are going to be out soon!

I still hope to be able to reach out to all chapters in our district and hope to make personal connections! I hope everyone is looking forward to a successful year because remember we are One State...Countless Opportunities!







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BAA	MIDDLE LEVEL	SCRAPBOOK
COMPETITIONS	NETWORKING	SDM
FDM	NFLC	STATE OFFICERS
FUNDRAISERS	PROGRAM OF WORK	WORKSHOPS
INSTAGRAM IDOLS	ROCHESTER	