



**OKLAHOMA
CareerTech**

FCS

Family and Consumer
Sciences Education

LOCATION:

Arvest Convention Center
100 Civic Center,
Tulsa, OK 74103

OK Summit- Day 2, August 5, 2025

Time	Ballroom A	B East	B Central	B West	Riverside- Utica	Boston- Brady	Cherry- Greenwood
8:00	Holly's Highlights (FCS Overview)						
	PICTURES By Districts						
9:30	Round tables Until 10:45	Preventing Teacher Burnout <i>Jeanine Clark</i>	Student Body - National Programs in Action <i>State Executive Council</i>	FCS on Fire: Hands-On Ideas to Ignite Student Engagement <i>Martha Martinez- Ramos</i>	Beyond the Ledger: Achieving Financial Clarity in FCCLA (District Bookkeepers) <i>State Staff</i>	Early Care And Education (Occupational programs only)	
10:30		MoneySKILL® in the Classroom: A Free Personal Finance Curriculum <i>Rhonda Ashburn</i>	Student Body - National Programs in Action <i>State Executive Council</i>	Curriculum Showcase <i>Sponsored by OATFCS</i>	The Art of Capsule Wardrobe <i>Karin Davis</i>	Teacher Prep (Occupational programs only)	Hospitality & Culinary Arts (Occupational programs only)
11:30	Lunch on site FCCLA Updates						
1:00	Cope-Able: Engaging students through gameplay <i>Ty Gregson and Danyelle Kuss</i>	Interactive Activities for the Classroom <i>Sonya Shirey</i>	Planning a "LOT" Training <i>Desinya Garza</i>	Program Evaluations (required if being evaluated 2025-26) <i>State Staff</i>	Oklahoma Council on Economic Education <i>Amy Lee, Executive Director</i>		
2:00		South Region/District	Northeast Region/District	North Region/District	Southeast Region/District		

Here's to a fantastic year ahead, filled with positive energy and exciting possibilities!"

FCS Workshop Descriptions

Time	Location	Workshop & Presenter	Description
9:30	Ballroom A	FCS Roundtables	This session is an interactive discussion forum where professionals, educators, and researchers explore key topics within the FCS field, such as classroom activities, lesson plan ideas, and professional opportunities. These mini-sessions foster peer-to-peer learning, allowing participants to share insights and best practices, ultimately generating actionable solutions to improve the quality of your FCS program
	B East	PIESS or SPIES--Self-care is important! <i>Jeanine Clark, Pryor HS</i>	Work and multiple hustles can be draining for your spirit. Let's talk about and exchange tested strategies to improve your personal self-care experiences through steady changes in your daily work and personal life.
	B Central	Student Body - National Programs in Action <i>State Executive Committee</i>	Join the State Executive Council as they share a deep dive into the 2025-2026 Oklahoma National Program - Student Body! Learn how to bring a national program to life in your chapter and help your school and community learn about the healthy you, fit you, real you, and resilient you. This is a guaranteed good time - we can't wait to see you there!
	B West	FCS on Fire: Hands-On Ideas to Ignite Student Engagement <i>Martha Ramos-Martinez, OKC</i>	Get ready to spark excitement in your Family and Consumer Sciences classroom! This interactive workshop is packed with hands-on, creative, and standards-based activities designed to boost student engagement across all FCS content areas—from culinary arts to sewing, child development to financial literacy. Whether you're looking for quick bell ringers, project-based learning ideas, or low-prep interactive strategies, you'll leave with a toolkit of ready-to-use resources and inspiration. Perfect for new and veteran FCS educators who want to reignite their passion and light a fire in their students' learning!

	Riverside- Utica	Beyond the Ledger: Achieving Financial Clarity in FCCLA <i>District Bookkeeper should attend</i>	This workshop empowers district bookkeepers to move beyond basic record-keeping towards a deeper understanding of their district's financial health. Participants will learn to implement consistent bookkeeping practices and generate transparent financial reports, ensuring all stakeholders have a clear, accurate picture of FCCLA funds. The goal is to equip bookkeepers with the skills to foster trust and accountability throughout their district's financial operations.
	Boston- Brady	Policy & Play: Updates with a Twist of Fun <i>(Early Care and Education Occupational programs only)</i>	ECE Instructors join us for updates from CECPD and then meet Josh Terrell the new Rep for Lakeshore Learning as he introduces us to some new products.
10:30	B East	MoneySKILL in the Classroom: A Free Personal Finance Curriculum <i>Rhonda Ashburn</i>	Learn more about how you can use the free, online MoneySKILL curriculum in your classroom to teach students about personal finance. Topics include everything from budgeting and investing to student loans and vehicle financing. In this session, we'll show you how to access the free curriculum, review additional support materials online, and discuss the latest research and benefits for your students and you as an FCS educator.
	B Central	Student Body - National Programs in Action <i>State Executive Committee</i>	Join the State Executive Council as they share a deep dive into the 2025-2026 Oklahoma National Program - Student Body! Learn how to bring a national program to life in your chapter and help your school and community learn about the healthy you, fit you, real you, and resilient you. This is a guaranteed good time - we can't wait to see you there!
	B West	Curriculum Showcase <i>Sponsored by OATFCS</i>	The OATFCS Curriculum Showcase is a dynamic workshop where Oklahoma Family and Consumer Sciences teachers share innovative lesson plans, effective teaching strategies, and successful student projects. Attendees will gain fresh ideas, practical resources, and invaluable networking opportunities to enhance their FCS programs and positively impact students.

	Riverside-Utica	The Art of Capsule Wardrobe <i>Karin Davis, Tulsa Tech Fashion Design</i>	Get ready to declutter, simplify, and revolutionize your closet! This workshop is all about creating a capsule wardrobe that makes getting dressed a breeze. Learn how to mix and match timeless, versatile pieces, shop smarter, and say goodbye to closet chaos. With practical tips, a little inspiration, and a lot of fun, you'll walk away ready to build a wardrobe that saves you time, money, and stress-all while looking effortlessly stylish!
	Boston-Brady	Teacher Prep Idea Slam <i>(Occupational programs only)</i>	Ignite. Inspire. Implement. Step up to the mic and share your best classroom spark! We are kicking off the year with an energy-packed slam session- no slides, no pressure- just your powerful teacher prep ideas in five minutes or less.
	Cherry-Greenwood	Hospitality & Culinary Arts <i>(Occupational programs only)</i>	Best Practices for culinary labs.
11:30	FCCLA Updates and Lunch in Ballroom A		
1:00	Ballroom A	Cope-Able: Engaging students through gameplay <i>Ty Gregson and Danyelle Kuss, OSU County Extension</i>	Cope-Able is a teaching card game that helps students discuss and process common coping patterns and skills through play. The game can be played as a single session or through a 4-session curriculum focused on the card game. This session will introduce you to gameplay and how it can be used as prevention within the classroom or small group setting. Cope-Able is currently being piloted in partner schools in Oklahoma.
	B East	Build Your A-Team: Fun & Effective "Get to Know You" Activities <i>Sonya Shirey, Haworth HS</i>	This workshop is designed to offers a hands-on experience with engaging activities that go beyond typical icebreakers. You'll discover how to foster a collaborative environment from day one, helping individuals build essential teamwork and communication skills. Leave with a practical toolkit of adaptable games and strategies to cultivate trust and connection for a successful year ahead.

	B Central	Planning a “LOT” Training (Local Officer Training) <i>Desinya Garza, Broken Arrow HS</i>	This hands-on session will guide FCCLA advisors through the key steps to organizing a dynamic and purposeful officer training camp at the start of a new school year. Learn how to build team unity, develop leadership skills, set clear goals, and lay the foundation for a productive year in FCCLA. Walk away with practical ideas, planning templates, and proven strategies to inspire and equip your student leaders for success.
	B West	Program Evaluation Prep: Set Yourself Up for Success <i>FCS State Staff</i>	This workshop will equip you with the essential tools and knowledge to confidently approach your program evaluation. We'll demystify the evaluation process, helping you understand what makes a good evaluation, We'll also provide guidance on where to find valuable resources and templates to support your evaluation efforts, including how to upload your essential documents to your program folder on ctYou. By the end of this session, you'll have a solid framework for planning a successful and impactful evaluation.
2:00	*See room assignments in description column	Region Meetings	South Region- B East Northeast Region- B Central North Region- B West Southeast Region- Riverside-Utica

FCS Roundtables

Table #	Topic and Description	Presenter
1	Book Tasting: Introduce elementary students to your FCS program during Read Across America Week with a “Book Tasting.” Invite them to visit your building and explore a variety of book genres, exposing them to new titles and sparking interest in reading. Incorporate a lesson on setting the table to connect FCS skills with literacy and help students relate the experience back to their own school library.	Kelli McElroy <i>Oolagah-Talalah HS</i>
2	Freeze Drying in the Classroom: Food Preservation and Fundraising!	Ashley West, <i>Silo HS</i> Diane Eubanks, <i>Stillwell HS</i>
3	How to Utilize your Advisory Committee members in your program	Keri Laxton <i>Gordon Cooper TC</i>
4	Human Growth & Development: Activities Across the Lifespan If you struggle with making your human growth & development class exciting & interactive, this is the table for you! Join me as I walk through activities for the first 9 units of Human Growth & Development, from theories and theorists to teens!	Carleigh Woods <i>Choctaw HS</i>
5	TBA	Marti Collins <i>Lawton HS</i>
6	Oh, the Places You Will Go... This round-table is an intentional space for learning, leading, and acting together. Just as Dr. Seuss ended with optimism, OATFCS invites educators forward: <i>wherever you go next, you'll never go alone—and you'll have the tools to succeed.</i> It will give you a; <ul style="list-style-type: none"> • A stronger sense of purpose in your professional trajectory • A supportive peer network • A step-by-step plan to achieve personal and instructional goals 	Mary Dushane <i>OATFCS President</i>

7	Confused by Counseling & Mental Health? Let me help! - Unit online with activity ideas to make this course engaging all year long!	Melissa Ritchie <i>Del City HS</i>
8	The Digestive System: How Many Ways Can you Teach It Getting tired of teaching the digestive system the same old way? Come and get some fresh ideas using clay, hand sanitizer, and post-it notes.	Rita Hartwick <i>Enid HS</i>
9	Adulting 201: Introducing a student-driven, life-skills course designed to meet the needs of the “scheduling gap” seniors who need an elective course for their final year in school. This course was developed as part of OSU’s FCS Masters Program Creative Component. Additional information about the program will also be available.	Alicia Duncan <i>Washington HS</i>
10	“Sew & Tell” Sharing simple sewing projects and patterns that bring the FCS classroom to life, one stitch at a time.	Marissa Hatter <i>Luther HS</i>
11	Active Aging for L.I.F.E. Program Hear how this program is beneficial to today’s youth and the “senior” members of our communities	Emily Roberts <i>Oklahoma State University</i>
12		Christina Taylor <i>Pond Creek-Hunter HS</i>
13	Orange is the answer - what is your question? Join the table talk to discover the step-by- step process to share with your students planning to become FCS teachers and the process for you to pursue your online MS in Family and Consumer Sciences Education!	Dr. Paula Tripp Rhegan Morgan <i>OSU FCS Education</i>
14	TBA	Melissa Evon <i>Elgin HS</i>

15	TBA	Stacey Pinney <i>Ponca City West MS</i>
16	TBA	Cari Clodfelter <i>Apache HS</i>