

# FCCLA Planning Process Summary Page Template

## IDENTIFY CONCERNS



According to the CDC, 6.3 million children are suffering from diagnosed depression and anxiety. These two things along with various others are able to cause the decline of one's mental health. In creating a video that will promote positive mental health by providing ways to maintain it, viewers will be able to combat various mental illnesses similar to depression and anxiety.

## SET A GOAL



Our goal is to provide ways to properly maintain positive mental health for the students of our school. In order to do this, we will find reliable sources and we can accomplish this by spreading the video throughout the school as well as social media. We plan to accomplish this goal by December 15th.

## FORM A PLAN (WHO, WHAT, WHEN, WHERE, HOW, COST, RESOURCES, AND EVALUATION)



Who: Drew Newman and Maria Kemper

What: Make a video to properly help individuals with maintaining a positive mental health

When: The video development and production will occur from November 12-December 15.

Where: The town of Ste. Genevieve, MO, and Ste. Genevieve High School.

How: Produce a video about maintaining positive mental health after research and script development.

Resources: The internet, technology provided by our school, WeVideo, Audiomass, script, Google Drive, Internet resources (websites), and personal technology (Microphone for recording).

Evaluation: There is a lot of effort and time going into this project, but with good planning and teamwork it will be worth it when it's done.

## ACT



Our first goal was to take the time to thoroughly plan out our next steps, this included setting up paperwork to fill out as we go, figuring out all the requirements for the project itself and the required documentation, talking with our advisor to sort out questions, and figuring out what we needed to research. From there, we delegated who did what parts of the project, sorting out that we'd both do research then one of us would sort out the script with consultations with the other while the other filled out the required papers and documentation. With both of us doing research we were careful in deciding the information that would be put in the script. Once the information was decided and put together we gathered pictures, recording equipment (ex: microphone, audio recording software, WeVideo, and proper headphones to check audio levels) before getting together to record the script. Once the script was recorded, the audio was edited down to the required length, getting rid of weird cuts and silent patches. Once we properly gathered our images, audio, and other required items we edited the pieces into a proper video and finished our project to our liking. We pulled from our research, experiences in FCCLA, and the experiences of others to create a project that fit within the guidelines and that we were happy to submit. Once finished with creating the video, we sorted out our paperwork, such as the project summary and project identification pages.

## FOLLOW UP



After researching and putting together a comprehensive video, both of us had learned more about how to deal with negative mental health and to keep up with a positive mindset. Both of us had experienced rough patches in mental health, dealing with negative thoughts and the effects Covid-19 on our social lives. So throughout this project we both learned coping strategies to help in our own struggles. Mental health is something that people are aware of, but not aware of enough to properly do something about it. This leads to depression and a failure of being able to create a positive mental environment once someone gets into a bad state. Throughout this project this was brought to the forefront of our minds for the duration of the project and allowed us to think more about the topic and use it in our everyday lives.