

## 2026 FCCLA LEGISLATIVE SHADOWING “TO-DO” LIST

Thank you for confirming your participation in the Legislative Shadowing program by the confirmation deadline. This opportunity is restricted to select students, and it is a privilege to spend the day with elected officials advocating for FCSHS, CTE, and FCCLA. Use this to-do list to help you prepare for the Ultimate Leadership (Shadowing) Experience!

### WHAT’S NEXT?

Legislative assignments will be published on the Missouri FCCLA website > Attend > Legislative Shadowing no later than March 31, 2026. You and your adviser will also receive email notification of your assignment. We do our best to match student participants with the Representative or Senator from their district, but cannot guarantee that pairing. Once you have received your legislative pairing, complete the following tasks.

TASK	COMPLETE BY	DONE
<p><b>Contact (via phone or email) your assigned elected official</b> to let them know you are excited about visiting Jefferson City and the Capitol and are looking forward to the shadowing experience in their office. <b>Make arrangements for arrival time on April 22.</b> Keep record of this communication. Be sure, if you’re emailing, your email is professional in tone and is grammatically and mechanically correct with no misspellings, etc.</p>	<p>Within one week of pairing notification</p>	
<p>Be sure you have the proper required <a href="#">dress code</a>. <b>All participants are required to wear an official FCCLA blazer.</b> If you need to order a blazer, be sure to do so in plenty of time, as they can take a month to arrive. Wear comfortable dress shoes, if possible – you may be doing quite a bit of walking. However, tennis shoes, sandals, etc. are not permitted.</p>	<p>—</p>	
<p>Familiarize yourself with the following:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Bill tracking and information (<a href="#">Senate</a> and <a href="#">House</a>) – search issues that relate to families and education and other topics you are interested in.</li> <li><input type="checkbox"/> <a href="#">House of Representatives</a> – Spend some time exploring the entire website, especially general House information and the legislative process.</li> <li><input type="checkbox"/> <a href="#">Senate</a> – Spend some time exploring the entire website, especially process information.</li> <li><input type="checkbox"/> <a href="#">Missouri Government</a> – Explore the various parts of the Missouri government.</li> <li><input type="checkbox"/> <a href="#">Department of Elementary and Secondary Education</a> (DESE) – Explore the DESE website to learn more about education in Missouri. Spend some time on the <a href="#">Family Consumer Sciences and Human Services</a> (FCSHS) page to learn more about what’s going on in FCSHS in Missouri.</li> <li><input type="checkbox"/> FCCLA (<a href="#">Missouri</a> and <a href="#">National</a>) – Brush up on your FCCLA knowledge! Review the informational documents on both websites and get familiar with what’s going on in FCCLA at all levels.</li> </ul>	<p>In enough time to complete the Preparing for Legislative Shadowing assignment.</p>	
<p>Learn about your assigned elected official.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Find your <a href="#">Senator</a>, <a href="#">Representative</a>, or other <a href="#">Elected Official</a>.</li> <li><input type="checkbox"/> Read their bio and about their professional experience.</li> <li><input type="checkbox"/> Learn about the committees they are on (legislators). Find out if they chair or co-chair any committees.</li> <li><input type="checkbox"/> Read about the bills that they are sponsoring and/or co-sponsoring this session (legislators).</li> </ul>	<p>In enough time to complete the Preparing for Legislative Shadowing assignment.</p>	

<input type="checkbox"/> Browse their past legislation (legislators). <input type="checkbox"/> Review the <a href="#">House</a> and <a href="#">Senate</a> calendars and hearing schedules. You may be able to sit in on committee hearings that are of interest to you and/or that your elected official is involved in as your schedule allows.		
Complete and submit the <b>Preparing for Legislative Shadowing</b> assignment and upload on the Missouri FCCLA website > Attend > Legislative Shadowing > <a href="#">Preparing for Legislative Shadowing Submission</a> .	6:00pm 4/10/26	
Brush up on etiquette for the day at the Capitol. Remember, first impressions are important!	Before arrival	
Plan and practice answers for the following questions you may be asked: <ul style="list-style-type: none"> <li>● What is FCCLA?</li> <li>● What is Family Consumer Sciences?</li> <li>● Why did you want to participate in the shadowing experience?</li> <li>● What are issues of concern to you and your fellow teenagers?</li> </ul>	Before arrival	
After the shadowing experience, <b>participants are required to complete two activities educating their chapter, school, and/or community about their experience and the Legislative Shadowing Project.</b> Activities or publications may include chapter meeting or classroom presentations, Board of Education meeting presentations, social media or website articles and posts, newspaper articles, radio or TV interviews, etc. Documentation of activities, including photos of presentations, newspaper clippings, screenshots of social media posts, etc. should be submitted on the Missouri FCCLA website > Attend > Legislative Shadowing > Publicizing Legislative Shadowing. If a chapter has more than one participant, all participants may submit their documentation together, if the activities are completed together.	6:00pm 5/29/26	