

# WAFCS Student Unit

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## New Perspectives

To kick off the 2017 Student Unit Meeting, students from Washington State University (WSU) and Central Washington University (CWU) gathered at CWU. We learned about new ways to destress our personal and professional lives, techniques for producing the best quality teaching, and about how to create and maintain positive relationships with students and colleagues. A few techniques we learned to destress and declutter our lives are to eat smarter balanced meals, and finding our own personally catered strategies such as exercise and meditation. We also learned about ways to enhance our student teaching experience such as coming prepared to school every day, being of assistance to your mentor teacher, taking charge of your own learning during this experience, and getting involved in the various activities at the school. Hearing from all of these speakers was greatly appreciated and enhanced our learning about our future profession and most importantly continued to inspire us to pursue the wonderful career of teaching Family and Consumer Sciences. Thanks to CWU for hosting!

## Welcoming New Officers

To close our meeting, we installed new officers that will lead our student unit through the 2017-2018 school year. Officers will hold the duties of coordinating the student scholarship fundraisers at the Family and Consumer Sciences Annual Conference, communicating between the chapters at each Washington university with an FCS program, and planning the Spring Student Unit Meeting. Thank you to our past officers and help us welcome our new officers. WSU Officers are Cori Sears (President), Anna Watson (Treasurer), and Lauryn Heying (Director of Communication). CWU Officers are Lexi Veatch (Vice President), Cassidy Bartley (Secretary), and Brianne Lutz (Historian).