

---

## IDENTIFY CONCERNS



As we have dealt with the changes COVID-19 has brought about, I noticed a lot more people have issues with anxiety and depression. I wanted to learn more about this topic and how to bring awareness to others.

---

## SET A GOAL



My goal is to participate in the Digital Stories for Change STAR Event through FCCLA. By competing in this event, I will be able to learn more about anxiety and depression, how it affects others and ways to help prevent it.

---

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



**WHO:** Stella Wood and Perry Middle School FCCLA

**WHAT:** Digital Stories for Change STAR Event Competition

**WHEN:** Throughout 2021-2022 school year

**WHERE:** Perry Middle School

**HOW:** Researching anxiety and depression; creating script and video and publishing video for peers and teachers to see and share with others

**RESOURCES:** I will need internet access for research and video recording and editing applications. I will also need the help of my chapter adviser and school media specialist.

---

## ACT



I began this project by discussing what would be the best way to approach it with my adviser. We agreed that I should first gather as much information as possible on anxiety and depression. Next, I created the content for my video and the script I would use to discuss my topic. I met with our school media specialist to plan the design and layout of the video. We then did a run-through as practice before filming the final copy. Afterwards, I made sure to thank all those who helped me through this process.

---

## FOLLOW UP



In completing this project, I learned quite a lot about anxiety and depression. I also learned more about video production and all the work that goes into that. If I could change one thing about my project, I would like to have added personal interviews. This is hard because it is a delicate topic. I think my project has helped others by identifying ways in which someone can ask for help.