



*"Connecting students
to their future"*

FALL '11

inside

Working During
High School
Page 8

The Other
4-Year Degree
Page 8

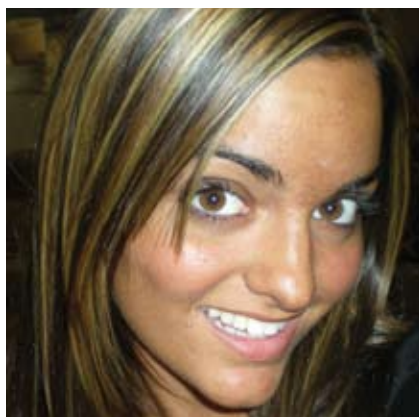
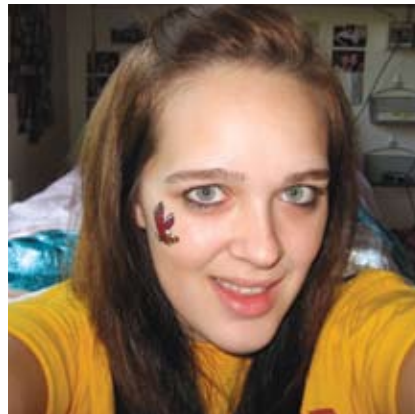
Diary of a
Senior Page 12

**¡PÁGINA 7
EN ESPAÑOL!**

www.studentpaths.com

STUDENTPATHS

New York Edition



THE REAL STORY

ON LIFE AFTER HIGH SCHOOL

Visit <http://www.studentpaths.com/studentimpactsurvey/>

Don't forget to complete the Student Paths online form for this issue!

- Request free information from colleges and military branches you are interested in
- Share feedback on Student Paths and your transition to life after high school
- Get information on becoming a Student Paths student contributor



IMHO

I will consider this year a success if...



Jordan Harper
Niles, Michigan

"...I have no regrets when I receive my diploma."



Jeeyun Kim
Newcastle, California

"...I can feel like I gave my best effort with every opportunity."



Remy Millman
Plymouth, Minnesota

"...I can continue doing my best academically and strengthen my friendships with my fellow seniors."



Natalia Naranjo
Missouri City, Texas

"...I'm truly happy and satisfied with myself."

Final exam – Match the celeb with the college they attended:

- | | |
|----------------------|-------------------------|
| 1. Sheryl Crow | a. Harvard University |
| 2. Amy Poehler | b. Howard University |
| 3. P. Diddy | c. Texas A&M Kingsville |
| 4. Anne Hathaway | d. Univ. of Missouri |
| 5. Kristin Cavallari | e. Loyola Marymount |
| 6. Eva Longoria | f. Boston College |
| 7. Conan O'Brien | g. NYU |

Answers: 1d, 2f, 3b, 4g, 5e, 6c, 7a

Score:

- 7 = You've got a job waiting for you at E!
- 4-6 = Not bad, now what was their major?
- 1-3 = Looks like you need a subscription to a few Hollywood mags
- 0 = You're spending too much time studying :)

BTW

The Main Library at **Indiana University** sinks over an inch every year because when it was built engineers failed to take into account the weight of all the books that would occupy the building.

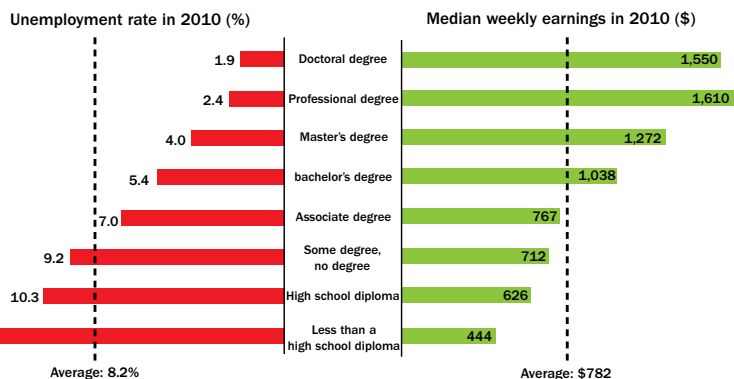


FYI

Education pays ...

Education pays in higher earnings and lower unemployment rates

Note: Data are 2010 annual averages for persons age 25 and over. Earnings are for full-time wage and salary workers.
Source: Bureau of Labor Statistics, Current Population Survey.



Share your story!

STUDENTPATHS
connecting students to their future



Student Paths is looking for students to share their experiences and perspectives on the transition to life after high school.

If you are interested, please email a brief summary or submit a 30 second video to info@studentpaths.com answering the following:



- Name
- Year in school
- High school
- City and state
- Why you want to be a student contributor for Student Paths

- Chris Wills – Founder
- Luciana Saunders – Graphic Designer
- Jim Sang – Director of Sales and Marketing
- Stacia Vogel - Marketing and Communications Mngr.
- Don Bland – Regional Manager
- Bill Engler – Regional Manager
- Steve Palmer – Regional Manager
- Gayle Saunders – Client Engagement and Support
- Gregg Saunders – Director of Finance and Administration
- Becky Kramer – Manager of Finance and Administration
- Caroline Collins – Office Coordinator
- Kayla Carter – Accounting Assistant

All works, photographs and writing submitted to Student Paths become the property of Student Paths with all copyrights assigned to the publisher. Student Paths reserves the right to edit material from freelance writers and publish edited material without prior approval. We retain the non-exclusive rights to publish all such works in any format. All material in Student Paths is copyrighted to protect us and exclude others from republishing printed materials. Student Paths is published three times per year by Student Paths, LLC.

Volume 14/Issue 1



708 South 3rd Street, Suite 520E, Minneapolis MN 55415
Phone: Toll Free: (888) 840-1239 • Main: (612)455-7010 •
www.studentpaths.com

What is God's plan for you?

You may know the answer. Or you may still be figuring it out. But you know that you want to serve God by helping others—through your education, your career, and your life.

LBC is here to help you define your journey with God.

By providing a premier academic experience with a biblical worldview, we prepare you to make a difference. All in a diverse social community of people with shared values and beliefs.



LANCASTER BIBLE COLLEGE

YOUR JOURNEY. OUR FOCUS.

Learn more about the complete LBC experience.

800.544.7335
admissions@lbc.edu
www.lbc.edu

Lancaster Bible College does not discriminate on the basis of race, color, national origin, gender, or disability.

Remember your manners

— by Kalsey Larson

Saying thanks to someone who cooked you dinner or held the door open might be second nature to many young adults, but a lot of job hunters forget about etiquette once they leave home. But manners matter — especially in the corporate world.



Be punctual



Showing up late to an interview or important function means the interview is over before it even started. Always leave yourself extra time in case you get lost or stuck in traffic.



Do your homework



“I went through a whole interview once and, when I was done, the young person asked all kinds of basic questions about our company. Not doing your background research is very unprofessional,” said Rick Anderson, director of gaming operations at Fortune Bay Casino.



Appearances matter



When you enter an interview, important event or meeting remember that first impressions count. People will notice if a shirt is un-tucked, wrinkled or stained with last night’s spaghetti dinner. They’ll notice hair and nails as well, so practice good hygiene. During the interview maintain eye contact, avoid slang words and speak clearly.



Be grateful



Following an interview, send a thank-you note, which shows professionalism and makes you stand out against other candidates. Thank the interviewer for his or her time, state something positive you learned about the company and highlight a personal attribute. Mail — not email — it within 24 hours of the interview.



Practice “net-iquette”



In this technologically advanced world, it’s crucial to practice proper “netiquette.” Remember to put a title in the subject line, always respond in a timely manner and do not forget that people notice grammar and spelling mistakes in e-mail, too.

“I had a really great interview with a young man and was excited to bring him in for a second interview,” Anderson said. “He responded to my e-mail, and there were a handful of obvious grammar errors. I can’t risk him sending an e-mail like that to a client or vendor, so I canceled the second interview with him.”



NATIONAL GUARD 
NATIONALGUARD.com

THERE’S NO TELLING WHAT YOU’LL DO BETWEEN CLASSES.



Maybe you’ll rescue someone during a flood. Or bring food and supplies after a tornado. As a member of the Guard, you can be there for your community, and still attend college full-time.

Check out the benefits, including the ones that can help you pay for college, at NATIONALGUARD.com.

Programs and benefits subject to change.

THERE IS NO EASY WAY IN.

IF THERE WERE, IT WOULDN'T BE THE MARINE CORPS.



OUR RANKS ARE FEW BECAUSE OUR STANDARDS ARE UNCOMPROMISING. YOU MUST GIVE EVERYTHING YOU'VE GOT AND WE'LL LET YOU KNOW WHEN YOU'VE GIVEN IT. IF YOU THINK YOU HAVE WHAT IT TAKES TO DEFEND OUR NATION AS ONE OF AMERICA'S FEW, PROVE IT. MARINES.COM



MARINES
THE FEW. THE PROUD.



Take flight with an aeronautical career — by Taylor Engler

For nearly everything you may be interested in, there is an aeronautical specialty

Next time your parents or teachers tell you to “reach for the stars,” you may want to take their advice literally. There are millions of jobs in the aeronautical industry that are far from limited to pilots and are as broad and varied as your personal aspirations. For every career sector you may be interested in – from communications to engineering and accounting to administration – there is an aeronautical specialty.

“The industry of aviation/aerospace represents the United States’ largest export - \$74 billion,” says Deborah Bandy, director of admissions at Embry Riddle Aeronautical University (ERAU). “So when we talk about joining this industry, we’re not just talking about learning to fly, we’re talking about all the businesses and entrepreneurial opportunities to support the industry.”

ERAU is one of a few schools in the country that specializes in aeronautics. Students who attend ERAU can major in a field that interests them, but specialize in aeronautics, making them especially appealing to employers. In fact, after graduation, students who attend ERAU make, on average, \$17,000 more than other graduates due to the high demand of people with knowledge in this field.

“Part of our mission at Embry Riddle is to tell students how much is out there that they weren’t aware of,” says Deborah. “They may even come here with a major in mind, but then learn about something entirely different and see that the opportunity is really huge.”

The demand for specialists in aeronautics is especially high right now because many currently in the industry are headed for retirement, making the number of potential open positions larger than those currently pursuing them.

Even more interesting about aeronautical careers today is the low number of women in these prestigious positions. Employers are looking to change that number, making aeronautical careers ripe for the picking for qualified female prospects.

“Only 13.1 percent of people working in aviation are women,” says Deborah. “The industry has long recognized the value of diversity in their workforce and is in dire need of it right now.”

One woman adding to that diversity is Mandy Morrison, the director of service and support at Constant Aviation, a maintenance, repair and operations (MRO) company that works on aircraft from small private planes to commercial jets. Mandy became interested in aviation after some encouragement from her father – a private pilot.


“My whole life my dad was flying,” says Mandy. “But he was also always taking things apart, putting them back together, and asking me questions like, ‘How does this work?’ or ‘What would happen if we did this?’ Being around someone mechanically inclined who encouraged me, helped me. My parents also made sure there was never a job I felt like I couldn’t do.”

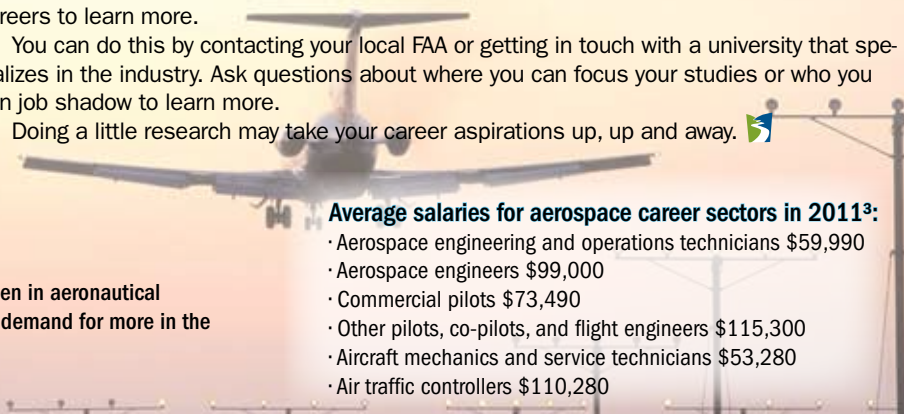
With her parents’ encouragement, Mandy attended the Pittsburgh Institute of Aeronautics and now has 11 years of experience in the industry. Her favorite thing about her work is that it is forever changing.

“Air is the safest way to travel, but we are still trying to find ways to make it even safer. That innovation is exciting,” Mandy says. “We need smart, talented people to join us.”

Both women stress that you don’t need an upbringing like Mandy’s to become involved in aeronautics. Their best recommendation is to talk to people in the industry about their careers to learn more.

You can do this by contacting your local FAA or getting in touch with a university that specializes in the industry. Ask questions about where you can focus your studies or who you can job shadow to learn more.

Doing a little research may take your career aspirations up, up and away. 



Average salaries for aerospace career sectors in 2011³:

- Aerospace engineering and operations technicians \$59,990
- Aerospace engineers \$99,000
- Commercial pilots \$73,490
- Other pilots, co-pilots, and flight engineers \$115,300
- Aircraft mechanics and service technicians \$53,280
- Air traffic controllers \$110,280

Facts and figures in flight

59% Percentage of aerospace employees over 45 in 2007 – making over half of the sector near retirement and leaving many jobs soon to be open¹

13% Percentage of women in aeronautical careers, creating a demand for more in the industry²

¹ Aerospace Industries Association • ² WAI.org • ³ Bureau of Labor Statistics

Fair Season

— by Melissa Regan

Getting the most out of the college fair coming to town this year will take some planning, but thinking ahead can be well worth it.

College fairs, held in cities across the country during the fall and spring, provide an excellent opportunity for college-bound students to ask questions, gain information, and browse potential new schools.

Whether a fair consists of a dozen local colleges manning booths in a high school gymnasium or a convention center full of schools from across the nation, serious students can use this unique opportunity to quickly and efficiently compare colleges, learn about different programs, and discover options previously unknown to them—if they arrive properly prepared, of course.

Plan ahead

An unnamed director of undergraduate admissions once said to treat a college fair like a buffet: though you may want to try everything, remember that there will be more than you can possibly take in. What’s more, if you attempt to sample all that this buffet has to offer, you will wind up with a very sore stomach—as well as a sore head and feet.

A well-attended college fair is as crowded as a carnival, and just as difficult to navigate. Many students find themselves lost in the confusion and waste time crisscrossing, backtracking, or revisiting the same booths. Caught in the flow of the human tide, these students may also find themselves gravitating towards the more popular stands, regardless of whether or not these colleges are of any academic interest to them.

Nobody wants to be the student who, at the end of the day, has an armful of brochures but a head full of unanswered questions. To that end, before attending a college fair, do what every good student does best: study.

If the college fair is a buffet, websites like the National Association for College Admission Counseling (NACAC)’s <http://www.nacacnet.org> is a good place to see what dishes will be offered. Before attending, you can use this site to look up what schools will have



booths. From those, select a few colleges that catch your interest. Use resources like College Search (<http://college-search.collegeboard.com/search/index.jsp>) to narrow your list of potential schools based on specific characteristics, such as majors.

Golden opportunity


After finding some schools you know will be at your fair, spend time browsing the school’s website to see if answers to any of your questions can be found there. If not, jot your questions down and ask representatives at the fair.

Remember, a college-bound student can never have too many questions. Mick Amundson-Geisel, a counselor at Chaska High School in Chaska, Minn., adds, “Having five standard questions to ask every person is a good way to compare what college a student might want to do deeper research on.”

Remember: this is a golden opportunity to talk directly with admissions counselors. Take advantage of it by asking questions unique to yourself and your interests.

Just as one needs a knife and fork when eating at a buffet, a college fair attendee needs the proper equipment to make the most of his or her time. As you will certainly be taking notes on schools, a pen and notebook are a necessity. If available, a map of the fair is also handy, as it should help cut down on time spent trying to find specific booths.

If your local fair does not offer pre-registration, bringing labels with your name and address pre-printed on them will save you time when filling out information cards. Lastly, a bag of some kind will not only assist in holding your pen, notebook, map, and labels, but will also make it easier to carry all of the pamphlets you will be given.

“The best four years of your life” are just around the corner. If you want to get the most out of your secondary education, make sure you know your options. 

THE REAL STORY

ON LIFE AFTER HIGH SCHOOL

Seize the opportunity
to meet new people

John Bernstein
University of Rochester
Hometown: Lexington, Mass.



If one will pardon the cliché, the first few weeks of college constitute a tremendous window of opportunity — an ever-so-brief time span that can very easily define what one does with the next two or four years of his or her life, and maybe more.

Gone are the needless cliques and the pointless reputations that influenced the ways others saw you, and perhaps the way you saw yourself. This is your moment to uncap a brand new marker and write the newest and finest chapter of your life to date.

Before you start to sweat this potentially stressful event, consider one fact: everyone else is in exactly the same position as you are.

They're all thinking the same thing. Was this the right school? Do I measure up to the people around me? Will I find a group of friends in this new place I now call my school?

Meet new and different people

While the answer to all three of these questions is almost always "yes," the third one requires immediate attention. College is meant to extend one's academic knowledge, but also one's ability to associate with and relate to others of different interests and backgrounds — perhaps ones you couldn't find or simply didn't spend much time with in high school.

Thus, instead of seeking out and spending the bulk of your time with people similar to the ones you did in high school, I cannot stress enough the value of getting to know as many people of as many different social and intellectual paths as you can.

I learned this lesson firsthand in my early days at Rochester. A member of my high school's cross country and track teams, I left high school with strong ties to the people I had racked up hundreds of miles with, but few with members of the stu-

dent newspaper, yearbook, student government or the many other organizations I was a part of.

I had a number of interests besides running, yet for some reason had never chosen to spend much time with the people who shared these interests outside my school's allotted extra-curricular activity hours. In short, I had closed myself off.

Accumulate friendly faces

I was on a mission during those first few weeks at school. I planned on running for my college's cross-country and track programs, but more immediate on my agenda was my aim to invest myself in the clubs and activities I had even the slightest interest in and even a few groups I had no previous knowledge of.

Whether this meant assuming a leadership role in groups early on — or simply talking modern-day studies of the brain with other prospective psychology majors like myself — the amount of time I spent with any one interest group was irrelevant.

I sought to accumulate friendly names and faces — people with whom I shared a calling and who I might like the chance to spend more time with in the long four years I would spend here — nothing more, nothing less.

By the end of my first week at school, I could walk across campus and routinely strike up a conversation with not just a runner or a writer, but an artist or philosophy enthusiast; things I had little knowledge of in high school, but had come to enjoy because I extended myself to the people who did. I was satisfied.

When you set foot on campus for the first time you will undoubtedly face a similar scenario to the one I described. You could choose to stick with the people and things you know well, remaining in a certain comfort zone by most likely befriending a small circle of people who share your prime interests.

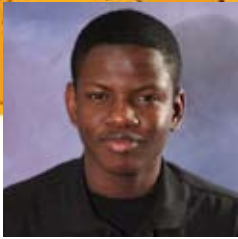
Or you could embrace college for all it's worth, by trying things you never thought you'd try and spending lunch with people you never paid a second glance to in the high school cafeteria.

This is not an optimistic, dreamy-eyed world that can never be. This is college and this is your chance.





La pluma esta en tus manos ¿Que escribirás?



Anderson Nelson • Kennesaw State Univ. • Dacula, Georgia

Hace cuatro años, entré a la escuela secundaria sintiéndome inmaduro e inexperto pero al final salí más sabio, más responsable, y con un nuevo sentido de dirección. Estos son los consejos de alguien que ha estado en tu lugar.

A los estudiantes de primer y segundo año: Durante mi primer y segundo año de secundaria, mi trabajo fue mediocre, hice solo lo necesario para aprobar mis clases y me negué a participar en actividades extracurriculares. Les pido que no hagan lo que hice yo durante esos años. Mientras menos trabajos al comienzo, mas tendrás que hacerlo al final si quieres lograr tener un respetable promedio.

Otra cosa que realmente vale la pena, es participar en actividades extracurriculares, tomar clases difíciles y tratar de ser buen estudiante.

Ahora me doy cuenta de que hace falta el trabajo duro y la dedicación para tener éxito no sólo en la escuela, sino en la vida.

A los estudiantes de tercer año: A pesar de los desafíos que te traerá este año, debes seguir trabajando duro, porque veras los resultados al final. También te aconsejo participar en actividades de liderazgo, que te brindaran la oportunidad de crecer como persona. Otra cosa que es muy útil son citas regulares con tu consejero. Esa es una Buena manera de asegurarte de que estas en buen camino para graduarte.

Lo que sé es que el mayor obstáculo a superar durante este tiempo son los exámenes de ingreso universitario. Hay numerosos libros y sitios Web que te ayudaran a estudiar si quieres lograr una excelente puntuación. También debes comenzar a pensar en las universidades a las que te gustaría asistir y comenzar a prepararte para llenar aplicaciones el próximo otoño.

A los estudiantes del último año: Fue el año en el que me sentí abrumado por mi futuro. Sin embargo, pude decidirme luego de visitar unas cuantas universidades. Debes tratar de elegir una universidad que mejor coincida con tus aspiraciones.

Cada uno tiene sus propias ideas y pensamientos acerca de lo que se debe hacer durante esos años, pero lo que yo sé es que el futuro está en tus manos, no importa lo que decidas hacer. En última instancia, sólo tú puedes tomar decisiones que afectaran tu vida. Como dice en los anuncios de Nike: "Escribe el futuro."



Aprovechar cada segundo

Elizabeth Hansford • Seeking a career • Clarksville, Ohio

A lo largo de la escuela secundaria, fui perezosa. Debido a esto, me puse a mi misma en una posición donde necesite trabajar extra para lograr ponerme al día. Te hablo por experiencia propia, así que escucha esto: tú no quieres perder tu tiempo libre fuera de la escuela haciendo lo que deberías haber hecho en la escuela.

Cuando estas en la escuela primaria tus maestros te preguntan que quieres ser cuando seas grande y cuáles son tus sueños. Bueno, hay universidades que te ayudaran a que tus sueños se conviertan en realidad, te prepararan para lo que sea que quieras ser.

Pero primero debes atravesar con éxito la escuela secundaria. Después de todo, las universidades sólo te conocerán a través de lo que les puedas mostrar en papel. Por lo tanto, debes usar tu tiempo haciendo cosas que te ayudaran a llenar tus formularios con cosas que harán que las universidades se sorprendan de una manera positiva.

Mi consejo a los que están actualmente en la escuela secundaria en cuanto a como dar una buena primera impresión en tu camino hacia la realización de tus sueños es el siguiente: "Has que cada año cuente, no, mejor dicho, haz que cada segundo cuente." Recuerda: todo lo que hagas en esta parte de tu vida es estrictamente para ti y para tu futuro.

La escuela secundaria puede prepararte bastante bien para cuando te toque enfrentarte al mundo, especialmente con enseñanzas fundamentales importantes como por ejemplo el llegar a tiempo, seguir las reglas e incluso cómo sobrevivir a un trabajo de ocho a cinco. Si tu récord en la escuela secundaria muestra que no puedes hacer alguna de esas cosas, sería como decirle al mundo que no serás un buen empleado o estudiante universitario o cualquier otra cosa en la que necesites tener conocimiento de las responsabilidades básicas.

Incluso si no tienes pensando ir a la universidad y planeas conseguir un trabajo, debes saber que un puesto de trabajo significa tener un diploma de escuela secundaria-si es quieres ganar el dinero que te mereces a cambio de tu trabajo. Y para obtener un diploma necesitas hacer lo mejor que puedas en escuela secundaria.

Ask the *Real Story* team:

What is one thing you wish you would've known in high school?



Alison Vandenburg
Georgetown University - School of Foreign Service

Wherever you go to college you will find things that interest you and people that you fit with, and searching for that "perfect school" will cause nothing but stress.

I wouldn't have just finished my work, I would have cared about it.



Benny Salinas
University of Texas-Pan American



Faith Jones
Working

Apply early for scholarships.

Don't be a slacker, which will cause you to waste your free time outside of school on more school just to catch up.



Elizabeth Hansford
Seeking a fulfilling career



Hannah Smothers
University of Texas at San Antonio

Every single person you meet in high school teaches you a little bit about the real world and a little bit about yourself.

It takes hard work and dedication to succeed not only in school, but also in life.



Anderson Nelson
Kennesaw State Univ.



Sharayah Le Leux
California Baptist Univ.

I would keep my priorities balanced.

I wish I had seen what test scores and grades truly were: simply numbers. These meaningless figures by no means reflected my intelligence, much less defined who I was as a person.



John Bernstein
University of Rochester



Jelani Hayes
University of Pennsylvania

Make the most out of your high school years. Graduating without regrets will be extremely rewarding.

Share your story!

STUDENTPATHS
connecting students to their future



Student Paths is looking for students to share their experiences and perspectives on the transition to life after high school.



If you are interested, please email a brief summary or submit a 30 second video to info@studentpaths.com answering the following:

- Name
- Year in school
- High school
- City and state
- Why you want to be a student contributor for Student Paths

Working During High School

— by Dennis Owen Frohlich

Life skills learned on-the-job can help you reach long-term goals

Having a job during high school provides many benefits—especially that extra money in your pocket—but balancing a part-time job with school work, activities and sports can be challenging. Managing your time and keeping your long-term goals in perspective is essential to a successful job.

Lynda McGee, a college counselor at Downtown Magnets High School in Los Angeles, said students learn a lot from jobs.

“You learn about responsibility and time management, and you learn there’s a world outside of yourself,” McGee said. “Meeting other people, gaining new skills and getting practical experience will help you throughout life.”

Busy schedules

Many students, though, have more going on than just a part-time job.

“Lots of students are very swamped in school,” said Dave Bennett, the career guidance specialist at Columbia River High School in Vancouver, Wash. “They’re involved with activities and sports and many don’t have time to work.”

Lilian Lavo, a senior at Downtown Magnets, is very busy. In addition to working at a fast-food restaurant, she plays basketball and softball and is involved with the student association.

“The good thing about it is that (my employers) care about school so they schedule around my activities,” Lavo said. She works around 25 hours a week, but during sports season cuts her hours appropriately.

Lilian wants to go to college in California and major in

engineering. She has been able to save money for school, but it hasn’t been easy.

“I do help my parents, like paying for my cell phone,” Lilian said. “When I have extra money, I put it in the bank.”

Saving for college

A part-time job is a great way to save money for college. Cell phone bills, car payments and other expenses, however, can quickly whittle your savings down. Identifying the things you need to buy and going without some of the fun things you want will help you save money.

A part-time job, though, won’t cover all your college expenses, McGee said. “Most students still need scholarships or financial aid to fully pay for college. And many of those financial opportunities are tied to grades.”

“Students learn very quickly to manage and organize their time,” Bennett said. “Some days can get very busy, but keeping track of assignments and projects in a planner or agenda is a great skill to develop.”

Family help

Working during high school isn’t just about saving money or learning life skills—many students work to help out their families.

Rudy Munoz, a senior at Downtown Magnets, works in his parents’ restaurant as a waiter. He puts in 20-30 hours a week plus is involved with cross country, soccer, and track and field.



“When my parents first started the business they didn’t have a lot of money,” Rudy said. “I often worked without pay until we got the business going.”

Because his family obligations are so time-consuming, Rudy learned to get his schoolwork done on time.

“I try to finish my homework during school whenever I can,” Rudy said. “If I can’t finish at school, I try to get it done when I get home before I go in for work.”

No matter what situation you are in, working during high school is very beneficial. It teaches you important life skills and helps you save for long-term goals like college.

Just remember: your job should not interfere with your schoolwork, as your education is most important right now. 🌟

The Other 4-year Degree

— by Laura Theobald

After a year of college, Connor Miller knew school just wasn’t for him.

“I didn’t want to build up debt,” Miller said. “And I didn’t like it. It wasn’t what I wanted to do.”

So instead, Miller left the University of Minnesota-Duluth and joined an apprenticeship program where he learns skills — both on job sites and in the classroom — to become a journeyman carpenter. He works full time installing drywall and once every two weeks attends apprenticeship classes, where he learns different aspects of construction work.

“We learn blueprint reading, CPR, OSHA (Occupational Safety and Health Administration) laws and general construction skills,” said Derek Clements, another carpenter apprentice. “I enjoy it.”

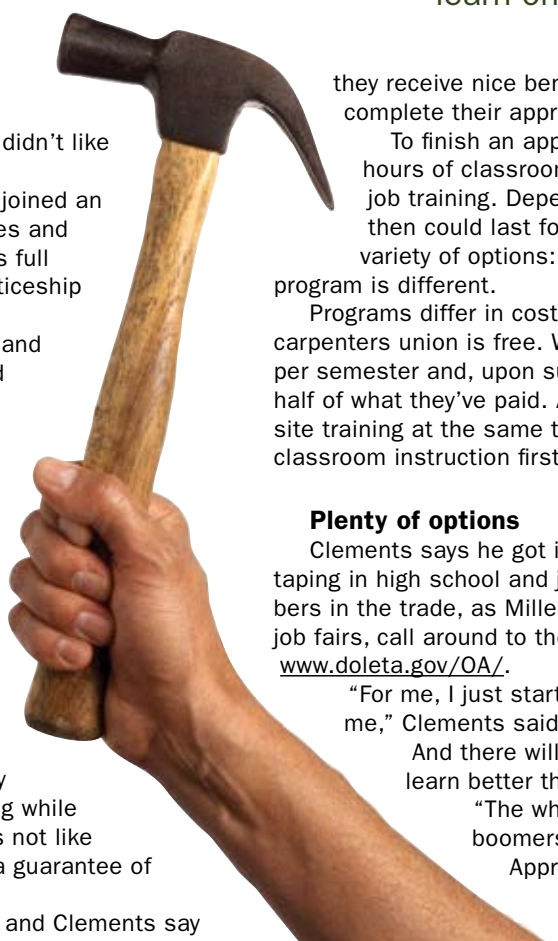
Apprenticeship programs combine on-the-job training with classroom training. Recent statistics from the U.S. Department of Labor estimate that annually more than 212,000 individuals join apprenticeship programs and 35,000 graduate each year.

About 80 percent of apprenticeship programs are geared for building trades such as carpentry, plumbing and pipefitting. But opportunities can be found in other fields as well, including automotive repair, machining and manufacturing.

Earn while you learn

“Building trades seemingly have been a very well-kept secret,” said Mark Wickstrom, a bricklaying apprenticeship coordinator in St. Paul, Minn. “Students realize there’s an opportunity to get an education and work at the same time, so they’re earning while they’re learning. It’s training directed toward a specific career. It’s not like going to college and getting a general education and not having a guarantee of a job afterward.”

A job is definitely the draw to apprenticeship programs. Miller and Clements say



they receive nice benefits and earn good wages, which will increase when they complete their apprentice training.

To finish an apprentice program, trainees complete a minimum of 144 hours of classroom training per year and roughly 10,000 hours of on-site job training. Depending on the trade or field, an apprenticeship program then could last four to five years. Classroom training is delivered through a variety of options: technical schools, unions or community colleges — each program is different.

Programs differ in cost, too. For Clements and Miller, their instruction with the carpenters union is free. Wickstrom says for the bricklaying program, tuition is \$350 per semester and, upon successful completion of training, students are reimbursed half of what they’ve paid. And while most apprentices do both classroom and job-site training at the same time, some, such as electricians, might vary by completing classroom instruction first.

Plenty of options

Clements says he got involved in the apprenticeship program because he started taping in high school and joined the union. Most apprentices also have family members in the trade, as Miller does. But there are plenty of ways to get involved. Visit job fairs, call around to the local unions or go online — a good place to start is: www.doleta.gov/OA/.

“For me, I just started calling a list of companies to get someone to sponsor me,” Clements said.

And there will be plenty of opportunities out there for individuals who learn better through hands-on experiences.

“The whole nation is preparing for the mass exodus of the baby boomers,” said Roslyn Wade, Minnesota’s Labor Standards and Apprenticeship Director. “There are opportunities opening in most of the trades.” 🌟

Choosing Your Path

Apprenticeship programs allow students to learn on the job and earn money while doing so

The Truth about Cutting

— by Flora Richards-Gustafson

“I just feel so out of control sometimes... There is so much pain, and I just need a release.” These are the words of Jason (name changed to protect identity), a 16-year-old sophomore from a rural town outside of Boise, Idaho. Hiding his arms in the sleeves of a large zippered hoodie, Jason is a cutter. “I’m not trying to kill myself or get attention. I hide my arms so no one sees (the cuts). I don’t think my parents know I do this, but one of my friends does. I’m embarrassed that I do this, but I don’t know how else to feel better.”

About cutting

The reasons a teen cuts or engages in other forms of self-injury are numerous, but the most common motivation is that the individual wants to regulate his or her emotions.

For example, a teen may cut because she wants to control uncomfortable feelings, or wants to “feel something” if in a constantly depressed state. Other reasons a teen may injure his body include self-punishment, to show emotional pain, and to have a distraction from difficult feelings or memories.

Myths about cutters

Monica (name changed to protect identity), a high school junior who lives outside of Portland, Ore., gets relatively good grades, taught herself to play the guitar and recently broke-up with her boyfriend. Monica’s scars are not on her wrists, which is not unusual for a cutter. She began cutting while she was in an abusive relationship with her ex-boyfriend.

“He only used me for my body, and would get mad at me when I didn’t do what he wanted me to do. I started to cut while we dated because I thought I was a bad person, which I know is not true now. But it felt true at the time...I couldn’t stop hurting myself after we broke-up. I am so afraid of getting hurt again, and I cut (myself) when I start to have bad memories and feel scared.”

Cutting is an issue that is hard for some teens to talk about, and it may be hard for friends and family to understand why a teen may self-injure. The lack of communication about cutting can lead to harmful myths about the issue:

- Cutters are suicidal. Although a person may engage in self-abuse, cutters are rarely suicidal. The reality is that teens often use cutting as a way to cope with prob-



lems or to gain a sense of control in life. Cutting, however, can lead to infections or accidental death.

- Cutters are crazy. A teen who cuts is usually dealing with issues related to trauma, not mental health, according to Wendy Lader, Ph.D., M.Ed., president of treatment program S.A.F.E. Alternatives.

- Cutters are just trying to get attention or manipulate others. People who do not understand cutters tend to see a cutter’s actions as a way to get attention or make others feel guilty, but cutters usually feel embarrassed about their self-abuse and try to hide their scars.

If you are a cutter, it is important to realize that it is okay to feel intense, negative emotions and that there is help and hope. You have the power to use healthy ways to deal with your pain and end this dangerous cycle, and deciding to stop hurting yourself is the first step towards helping yourself.

Follow up your decision to stop by talking to someone you trust, finding out why you cut and using healthy, productive ways to cope when life feels out of control.

5 ways you can help a friend who cuts

It is natural to want to help a friend who cuts, but it can be hard to know how. You may be afraid that if you try to help,

it could make the cutting worse; but this is not true.

Even if your friend gets upset with you for your concern, helping a friend is never a mistake. Christina Reynier with To Write Hurt on Her Arms, a nonprofit organization that helps teens struggling with self-injury, offers the following advice to teens who want to help a friend who cuts:

- Encourage your friend to get help
- Gently express your concern
- Tell someone
- Help your friend find alternatives to cutting
- Don’t get mad

As a medium-size University, Rowan offers **more academic and social opportunities** than small liberal arts colleges and **more personal attention** than large state universities.



More than 80 undergraduate majors are available throughout our six academic colleges: Business, Communication, Education, Engineering, Fine & Performing Arts, and Liberal Arts & Sciences. Stop by our campus and meet with students and faculty during one of our Campus Tours or Open Houses.

Rowan University

For more information, please visit rowan.edu



EMBRY-RIDDLE
Aeronautical University
DAYTONA BEACH, FLORIDA

- Aerospace Engineering program ranked #1 by *US News and World Report*
- Largest Aeronautical Science (professional pilot) program in the nation
- More than 30 majors to choose from
- Residential campus located in sunny Florida and just minutes from the beach
- Network of 100,000 alumni in every facet of the industry
- Recognized worldwide as the leader in aviation and aerospace education

embryriddle.edu

800-862-2416 ■ 386-226-6100

COLLEGE OF AVIATION ■ COLLEGE OF ENGINEERING ■ COLLEGE OF BUSINESS ■ COLLEGE OF ARTS & SCIENCES

Wacky scholarships



	John Lennon Scholarship	Asthma Scholarship	Beef Scholarship	Mortuary Science Scholarship	Poster Design Scholarship
What's this?	Established by Yoko Ono, this scholarship honors the memory of John Lennon, and recognizes young songwriters working in any genre. Students submit an original song with lyrics accompanied by instrumentation of their choice.	The Will to Win Asthma Scholarship program offered by Merck Repository encourages young people with asthma to lead active, healthy lives and pursue their dreams.	The National Cattlemen's Foundation awards scholarships to outstanding students who are pursuing careers in the beef industry (fields of study may include education, communications or other areas related to the industry).	The American Board of Funeral Service Education awards scholarships to students enrolled in funeral service or mortuary science programs to assist them in obtaining their professional education.	The Art Institutes and Americans for the Arts poster design competition is for high school seniors who create the best poster design that illustrates the theme of the contest (last year's was "life is better with art in it").
How much?	One \$10,000 scholarship and two \$5,000 scholarships	Ten \$5,000 scholarships are available	Ten \$1,500 scholarships	Multiple scholarships between \$500 and \$2,500	One full-tuition scholarship, half-tuition scholarship and quarter-tuition scholarship
Who can enter?	College students attending select schools involved with the National Association for Music Education (MENC). Students at schools not on that list may be able to enter the competition by contacting the MENC chapter advisor in the music department of their college.	High school seniors with asthma who will be attending college in the fall and have achieved a level of excellence in one of the following: performing arts, community service, athletics, visual arts or science.	High school seniors planning to attend a two or four-year institution and who are members (or whose family is a member) of the National Cattlemen's Beef Association	U.S. citizens who have completed at least one semester of study in a program in funeral service or mortuary science education accredited by the American Board of Funeral Service Education	High school seniors
When's it due?	Deadline last year was January 31	Deadline last year was May 31	Deadline last year was December 3	March 1 and September 1 each year	Deadline last year was February 4
Find out more!	http://bit.ly/pWiOcg	http://bit.ly/mOUz0I	http://bit.ly/qYxA37	http://bit.ly/nRZjrC	http://bit.ly/oM9Klf

Musicians Institute offers a variety of Bachelor Degree, Associate Degree and Certificate Programs in:

- KEYBOARD
- AUDIO ENGINEERING
- BASS
- INDEPENDENT ARTIST
- GUITAR
- MUSIC BUSINESS
- DRUMS
- GUITAR CRAFT
- VOCALS
- FILM

Financial aid available to those who qualify. Accredited by the National Association of Schools of Music (NASM)

MUSICIANS INSTITUTE
COLLEGE OF CONTEMPORARY MUSIC

WWW.MI.EDU
800.255.PLAY
TEXT MUSIC TO 64444

6752 HOLLYWOOD BLVD. HOLLYWOOD, CA 90028

Location in Hollywood, the center of the world-wide music industry

Faculty of experienced professionals

Exposure to world-class visiting artists and professionals

Hands-on education that teaches you to apply what you learn

Resources for career and artist development available to all students

Curriculum designed by renowned industry veterans that challenges even the best

Network with worldwide MI community

Access to auditions and industry jobs.

24/7 access to facilities

Contemporary music focus

Diversity of styles, influences, aspirations

Personal attention from outstanding teachers

Getting on the Right Track — by John Nemo

Even when you are struggling, there is always time to turn things around

Justin Kraft found himself overwhelmed during his senior year at Martin Luther High School in Greendale, Wis. Things were not going well.

"Grade-wise, it was bad," said Kraft, now a consulting project manager at Safe Bridge Solutions.

"I didn't care too much and didn't think it actually mattered at all."

It is easy to lose direction. When things don't go as planned academically, socially or in any aspect of your life, times can look bleak. But there is always time to turn things around.

Here is the catch. You have to do something about it.

Improve time management

Before his junior year, Kraft's GPA was under a 3.0. When he started looking into where to attend college, he realized he had a problem.

"I found that with my college applications they were really looking at GPA," Kraft said. "I was looking at getting into different schools and during the application process I saw they needed a higher GPA than I had, so I was able to bring it up."

Dave Bangert, former director of student services at Martin Luther, says he sees many students getting off the right track, like Kraft, because they don't know how to manage their time.

"When you're involved in a music program or a sport and you don't get home until 6 p.m., it's like, 'Where's my time to lie around and watch some TV?'" he said. "But that's the time you gave up playing that

sport or going to your music program. Some kids don't get used to that and still think they deserve that free time."

Kraft stepped up his grades by managing his time better.

"I had sports and work, so I had to organize my study halls and travel time a little better," he said.

By the time he graduated, Kraft had raised his GPA to 3.5. He says students can't afford to blow off their grades, even as a freshman in high school.

"Some people will say it's just a transitional year or whatever, but you don't want to say, 'Oh, it's freshman year, who cares?'"

A sense of direction

Edward Krohn needed a bit of direction to get on the right track. Battling a learning disability, the Benjamin Bosse High School student was struggling in his reading, math and comprehensive skills. He wasn't quite sure what he was good at, and he had just one thought on his mind.


"I was just worried about getting through high school," he said.

Then he met Rick Clouse, the school's career advisor. Working together they found that, while Edward struggled in some academic areas, he excelled mechanically.

"I knew there were a lot of doors to open, but he gave me a sneak peak into each door and helped me narrow some of those down. Then we would look more in-depth into that door and explore it with more detail."

Today Krohn is headed in the right direction after studying industrial maintenance at Ivy Tech.

"You have to ask yourself, do you want to work at McDonald's or do something more interesting?" Krohn said. "I had to find out what interested me and then go the extra ten miles to figure out what it was all about."

"Even if you are not lost, it still doesn't hurt to explore your options. You may want to be an astronaut and then see what you actually have to do. Then maybe you will want to be a biologist instead." 



math

science

english

sports

friends

art

history

family

music



Most other colleges. **Bryn Athyn College.**

Bryn Athyn College is a small, Christian liberal arts college offering an outstanding and truly personalized academic experience. Featuring class sizes that average 10 students, a 7:1 student to faculty ratio on a safe and beautiful 130-acre campus only 14 miles from downtown Philadelphia. Bryn Athyn College also offers internship, study abroad, and service learning opportunities in the first year of study. **Spiritual by Choice. Small by Design.** www.brynathyn.edu

BRYN ATHYN COLLEGE
FOUNDED IN 1877

800-767-9552 • Apply Online: www.brynathyn.edu



WENTWORTH
Institute of Technology

- Our **quality, hands-on, practical education** prepares students for careers in architecture, computer science, construction management, engineering, engineering technology, management, and design
- Our **full-time tuition** is one of the **lowest** for private colleges in the Boston area, and **includes a laptop for all students**, customized with software for their specific major
- The **average class size is 22**
- Two semesters of **cooperative education program** (co-op) allows students to gain extensive real-world experience and develop valuable business contacts
- The average starting salary for the 2010 Wentworth graduate was \$48,171 and 91% were employed or enrolled in graduate school within six months of graduation

You deserve to come to Wentworth!
Visit us online - www.wit.edu

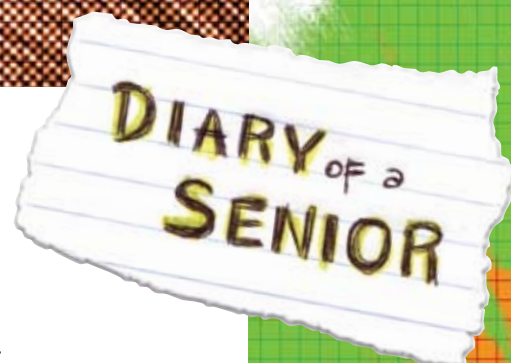
Wentworth Institute of Technology
550 Huntington Avenue, Boston, MA 02115
617-989-4000



No regrets

by Macaela Joy Bennett

Hometown: Morton, Illinois • High School: Morton High School



One of my biggest fears is that one day I will look back on my life and have regrets. While neither fear nor failure is an escapable aspect of life, my goal for my senior year is to not allow either one of them to affect me.

I want to live out my senior year without the fear of failing affecting my decisions. Especially in this economy, where jobs are scarce and colleges are increasingly expensive, it is easy for students to allow fear to hold them back from accomplishing their dreams, whether that is going to college or pursuing other routes.

Fear holds us back

Something that often results from fear is regret. I can't begin to count the number of times that fear has held me back from doing something that I later regretted not being a part of.

While in some situations, fear acts as a positive because it deters us from doing things we shouldn't do, many times in my life I have allowed fear to hold me back from accomplishing my dreams.

In high school, especially, I think that fear plays a large role in many students' lives. Whether the fear of a bad grade influences us to take the easier course, not making the team persuades us to not even try out, or getting made fun of discourages us from asking a lonely freshman to eat lunch with us, fear holds a lot of students back from potentially great things.

Giving it my best effort

I don't think that there is any way to ever completely escape having regrets, but I do believe that I can combat them and the best

way I know to do that this year is to work my hardest at everything I do.

Every autumn, I have regretted not getting more summer mileage for cross country, and I always end the season thinking how much better I could have been if I had just worked a little harder.

After suffering a heart-wrenching loss that ended my soccer season last spring, I promised myself that if I accomplished one thing my senior year, it would be to work my hardest at whatever I do, because my best effort doesn't allow for regrets. If something doesn't work out, there is nothing to regret because I gave it my best go, and I couldn't have worked any harder to achieve a different outcome.

I sincerely hope that when I look back at my life in a few years, I won't think "what would have happened if I had been nicer to that person, studied more for that test, or trained harder for that sport." I want to graduate high school knowing that I did everything in my power to reach my full potential as a student, athlete and friend.

Even if I work my hardest and I don't graduate in the top ten and my soccer team doesn't go to state, I know that I won't have any regrets because I don't believe that the second-place team is a failure if they gave it their best effort.

The same goes for colleges; they don't just look at the students who were number one in their classes because they recognize the value of students who will work their hardest at everything they do.

Success isn't measured in awards or trophies, but in the amount of effort you give to achieve it.

"I will consider my senior year a success if..."

"...I don't look back on it later and wonder what great things I missed out on because I was too busy wanting to be on the greener side of the fence at college to enjoy the view I had on my side."

Create YOUR FUTURE.

Andrea Penoyer is not your typical working mom. After all, not all moms have their lives filmed for a reality TV show. But even with raising a son and working for the Broward Sheriff's Office's anti-crime unit, all the while being part of TLC's *Police Women of Broward County*, she is able to pursue her second degree from BARRY UNIVERSITY. "Barry makes it possible with evening and weekend classes that are convenient for me."

www.barry.edu/StudentPaths

BARRY UNIVERSITY



ANDREA PENOYER
TLC's *Police Women of Broward County*
Bachelor of Public Administration, 2010
Current Master of Public Administration student

BARRY UNIVERSITY is the second-largest private, Catholic university in the Southeast • Main campus in Miami Shores, Florida, offering more than 100 bachelor's, master's, and doctoral programs in: Arts and Sciences • Business • Education • Health Sciences • Human Performance and Leisure Sciences • Law • Podiatric Medicine • Public Administration • Social Work • Day, evening, and weekend classes at sites throughout Florida

*Not all programs offered at all off-campus sites