



# CAREER



# EDUCATION NEWSLETTER

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## Positive Attitude for the New Year

By Kelly Butler

Last month I was fortunate enough to go to the OSCA conference in Toronto. This conference was directed at school counselors and Career Education in schools. My initial thoughts as I was driving into Toronto were that of hope and excitement and fear as I reached a 6-lane highway. This was my first ever conference and I wanted it to be a great experience. When I arrived it was all very hectic, signing in and learning where I was going, when I had to be there and how to get there. Through all this commotion I met a man who I stood speaking to for a while and left thinking how inspiring he had been in our conversation. It turns out that this person was one of the keynote speakers. His name was Jay Allen. Jay had overcome and written about numerous battles and frustrations in his life.

He spoke about sports and extreme adventures he had experienced in his quest to find out more about himself. Eventually he realized that these exterior challenges and pursuits were not helping him to build his inner foundation for life. He then went on to speak about the mind, body and emotions all connecting together as one to affect a person's wellbeing, success and quality of life. But most of all, his message was to be whatever it is that YOU want to be, and don't let anything stand in your way, no matter how big the challenge.

## Keeping Positive

"Have a positive attitude." How many times have you heard that one? But the question is how are you supposed to maintain a positive attitude when your body and mind feel so lousy? Throughout life you will be sick, you will face challenges and adversity and things will not always go as you expect them to. People often say a positive attitude, or outlook on life can lead to positive behavior. An upbeat, energetic person draws people to them like a magnet. A person who is negative and miserable has the opposite effect. It goes without saying. So how do you keep yourself positive? Here are some suggestions.

1. Think of yourself as successful.
2. Have positive expectations for everything you do.
3. Remind yourself of your own past achievements and successes.
4. Don't dwell on failures, learn from them and avoid repeating them.
5. Surround yourself with positive people and ideas.
6. Keep trying and never give up no matter how hard the challenge, you will succeed in the end. The bigger the

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challenge the greater the feeling of success.

7. Brainstorm: choose a solution to the problem focus on it and solve it.
8. Be flexible with others.
9. Avoid telling yourself negative things when things don't go your way. Instead look for the lesson learnt and don't let it happen again. View your mistakes as learning experiences not failures
10. Remember tough times don't last.
11. Allow yourself to privately vent.
12. Be grateful for what you have.

## To the Students

As an individual you have many attitudes, all of which you've developed throughout your time here on Earth. Some of these attitudes relate to your experiences with other people – and some of them have to do with your expectations of yourself. Your experiences in school and in your life in general, will all be shaped by the attitude you take.

According to Elwood N. Chapman, author of *Your Attitude Is Showing*, if you go around looking for what's wrong with things, constantly complaining and wondering why things aren't better, you may find that opportunities pass you by. If you do the opposite – look for the good in every situation and keep a positive attitude, you will quickly move up the ladder of success. "The key to success for me is having a positive attitude, surrounding myself with a network of inspiring people and working hard to achieve my goals," says 27 year old Sandy Salivaras.

Diagnosed with a hearing disability at age three, Salivaras describes an isolated and lonely childhood, even though she says she could communicate orally with her family, friends and classmates. But finding the right place to be herself and gaining social acceptance by her peers were her biggest struggles. "When I was younger, I didn't know who to talk to about my hearing loss or where to find resources to support me, and at times I felt negative about things in my life. I've overcome that by expressing my needs up front in a comfortable way to the people I interact with. Now I feel that people can learn a lot from my experiences in a positive way."

Chapman says the moment you can no longer be positive about your life; your chances for success diminish. So how can you make sure you maintain a positive attitude when things get tough?

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[www.motiv8.com](http://www.motiv8.com)

## Words Of Wisdom

*Author Unknown*

If you think you are beaten, you are  
If you think you dare not, you don't  
If you'd like to win, but you think you can't  
It's almost a cinch you won't.

If you think you'll lose, you're lost;  
For out in the world we find  
Success begins with a fellow's will;  
It's all in the state of mind.

If you think you are outclassed, you are;  
You've got to think high to rise.  
You've just got to be sure of yourself  
Before you can win the prize.

Life's battles don't always go to  
The stronger or faster man,  
But sooner or later the man who wins  
Is the one who thinks he can.

## Web site for Career Education

In the not so distant future there will be a New Resource for all Principals, Teachers, Students, Parents and businesses. An independent 'Career Education' web site will be designed and developed. This project is the WQSB new support service for all schools involved in 'Guidance Oriented Schools' better known as Career Education. The web site aims to provide advice, guidance and access to personal development opportunities for all. It will help schools to make connections with local business partners and new initiatives. It will help principals and teachers to develop the 'Guidance Oriented Schools' program within the school and the community, as well as offering resources including lesson plans, contacts and much more for both students and teachers.

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# KATIMAVIK

KATIMAVIK is a Canadian initiative that gives students between the ages of 17 – 21 a chance to discover Canada, and learn new skills through volunteering. Selected students will get to travel around three regions of Canada with ten other students from different provinces and cultural backgrounds for seven months. During this time they will live with a project leader in a house provided by Katimavik. Students will acquire valuable experience working as a volunteer on local community projects. In addition they will benefit from training in the following areas: leadership, second official language, environment, cultural diversity and a healthy lifestyle. If you would like to know more please contact Kelly Butler (see bottom of page). To apply go to [www.katimavik.org](http://www.katimavik.org) or call 1888 525-1503 toll free.

## LAST CHANCE TO ENTER THE COMPETITION.

This is a competition for students (no teachers, principals or board members). All you need to do is design a logo and name for the new 'Careers Education' newsletter. Ideas have to be original, fun, exciting, and eye catching. All students from grade 5-11 are invited to enter into the competition and the best 3 picked will receive a gift voucher for HMV. From those three winners they will be put into a draw to select which one will be the official logo for all 'Careers Education' newsletters and information that goes out to the schools. All entries are to be sent to:

**Kelly Butler**

**Careers Education Competition**

**The Western Quebec Career Centre**

**100 Frank Robinson,**

**Aylmer, Quebec, J9H 4A6**

**Email: [kbutler@wqsb.qc.ca](mailto:kbutler@wqsb.qc.ca)**

**Tel: 819 684 1770**

This new web site will also be an invaluable tool for students in helping them to make a smooth transition to adulthood and working life.

### **When will the web site be available?**

At the moment there is no set date for the web site to be up and running. Hopefully, there will be a home page up in the early months of the New Year 2003.

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*This web site will be developed by Kelly Butler if you have any suggestions please contact her on [kbutler@wqsb.qc.ca](mailto:kbutler@wqsb.qc.ca)*

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## Talent Showcase

Your school has many individuals with talents that don't always get shown in their regular school day or during your activity programs. A talent showcase is a great way to let many groups or individuals demonstrate their talents to their friends and the school community. A showcase attracts a greater amount of participation compared to a contest because all types of talent are allowed to participate and they are not competing against each other. This type of activity can be done during the school day, or you may wish to include the parents in an evening event. Either way, you can use this as an opportunity to make some students feel connected to their life at school and have their peers see them in a brand new way.

### **Helpful hints:**

- Auditions are very important, as you want to make sure that the participant or group can at least demonstrate their talent in front of you. If they can handle auditioning in front of you, your advisor, and/or other people, they can most likely handle performing in front of a bigger crowd. A lot of people feel that it's harder to perform in front of a smaller more "important" group.
- Let the participants know that auditions are for final acts and not "work in progress." What they present at the audition is what they will be doing on the night. You do not want to be surprised by an act or routine that you have never auditioned.
- Hold a number of auditions at different times so that everyone has an equal opportunity to audition.

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# Top 3 Career Web Sites

## 1. Can learn Interactive 9/10

[www.canlearn.ca](http://www.canlearn.ca) This web site offers students everything they need to know about planning and paying for their education. Students can search for a University, College or CEGEP of their choice in any province, as well as search for a particular program that place offers. They can ask questions to a counselor and received advice and information online.

## 2. Career/Life Planning Chart 10/10

<http://www.adm.uwaterloo.ca/infocecs/CRC/manual/steps.html> this is an excellent site for students. It would be a great resource for either the students to go on at their leisure or if they had to do research in a computer lesson.

## 3. Career Awareness site 10/10

<http://www.hrdc-drhc.gc.ca/career-carriere> this site is a government site. As a teacher you can go on line and order different resources. Also students can go online to find out more about themselves and take personality quizzes.

- All acts must submit a full description of what they will require if the are accepted after the audition. This includes their copy of cued music, lighting and tech cues.
- A dress rehearsal will allow your tech group to place the acts on stage and time setup between acts. This will allow you to juggle your line-up and make for a smoother progression between acts.
- The MC is not the show, but it is important to have a positive skilled person at the microphone that won't get flustered when an act is not ready to go.
- Make sure the participants understand that this is a school event. Their material must be acceptable for your school environment. Some schools ask that groups pay a deposit that is returned after the showcase has been completed. (this is a good idea on band nights.)

A talent showcase is a great way for the student and teachers to view some other student's in a different aspect. They are also able to learn more about a person's character and abilities.

## CASAA 2002

# Campus Starter Asks, "What Do You Want To Be?"

Many people find there isn't only one right occupation for them, but several occupations they could do or have done and enjoy. You may not appreciate it now, but at different times in your life, different occupations will satisfy you in different ways.

Your career will consist of your entire working life, which usually involves a range of occupations, some in different fields. You will probably change jobs several times over your lifetime. Not very many people stay working at one job with one company for their whole life anymore. Both people and occupations change over time. As you develop more job skills, your priorities and work expectations

will change. Technology will inevitably change some of your skills as well.

While the amount of money you make is important, consider that many occupations with high salaries involve years of study, effort, sacrifice and risk; not to mention long work hours. It is wise then to base your first career decision on a good understanding of yourself and a thorough knowledge of the occupations open to you, rather than money. Take time to think about yourself, your future and what you want to do. You are the best person to choose work that suits your own unique skills, knowledge, personality and interests.

Here are some factors you should consider:

- Are you independent - do you like to work on your own?
- Are you good at organizing?
- Do you like to make your own decisions?
- Do you prefer to have someone supervise your work and/or give

you direction?

- Are there any subjects or skills you find easier to learn than others?
- Do you have any special talents?
- Do you enjoy team sports or working on projects as part of a group?
- What activities do you enjoy at school or in your spare time?
- Have you ever been a team captain or club president?
- Do you like leading people and making decisions on behalf of a group?

You may already have your mind set on a specific occupation. Match yourself to a number of jobs within that career field and choose those that are likely to suit you. There are usually a wide range of job options that require the same or similar skills and education, so if a specific occupation appeals to you, there should be some other occupations in the same industry that you will also find appealing.

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By now you should realize that there are many ways to decide on a career. What do you do well? What do you enjoy doing? Your answers to these questions will help you identify your strengths. To get started, take the [Career Key Personality Test on CampusStarter.com](#) and then use the [Career Search](#) to discover what jobs you're best suited for.

Once you've narrowed down the results to find your best matches, you can request more information from these schools right from the Campus Starter web site with just the click of a "request info" button.

You're going to be investing a lot of time and money in the school you choose, so choose wisely. Do your research and gather as much

information as possible about each school. Decide what's important to you and what's not; what you can live with and what you can't. This is probably one of the most important decisions you'll make so be informed, but have fun!

**Written By Campus Starter**

## LESSON PLAN – Hired Or Fired

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Theme – Employability Skills

### Introduction

List the six steps of Problem Solving:

1. Highlight the problem,
2. Brainstorm all the possible solutions to the problem,
3. Consider the consequences,
4. Choose a solution to the problem,
5. Act upon it,
6. Evaluate.

Have all the students comment on the importance of each step. Discuss the importance of the steps being followed in order. Possibly relate it to their own lives and problems that they have had.

### Focus

Tell the student they will be put into small groups of around 4. These groups will be solving problems that are work related. They should all follow the 6 steps of problem solving above and then decide whether the individual making the decision should be hired or fired from the job.

### Activity

Divide the students into small groups and pass out one situation card to each group. Give the groups ten minutes to work through the 6 problem solving steps. When each group has reached consensus (consensus = everyone agrees they compromise if someone doesn't and come to an agreement). Give them the Employee Decision Card that corresponds to their situation. The group then decides if the employee should be rehired or fired. Discuss each group's problem solving situation and their final decision.

### Conclusion

Ask the students:

1. What have you learned from this lesson?
2. How does this lesson prepare you for the world of work?
3. How would it feel to make these decisions as an employer?

## HIRED OR FIRED SITUATION CARDS

1. Jesse has a regular babysitting job for 2 children under the age of 6. The Montgomery's count on her to watch their children from 7-10p.m. Every Thursday while they attend adult education classes. Jesse's best friend calls late Thursday afternoon and says she just got 2 tickets for a music concert. What should she do?

2. Mark has been doing errands for the past 4 years for the Smiths, an older couple in their neighborhood. With each year his jobs have increased in responsibility and pay. His jobs have gone from raking the yard and taking out the trash to cleaning the cellar and paying the bills. One afternoon, Mark discovers that Mr. Smith has overpaid him \$100. What should he do?

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## Hired or Fired Employee Decision Cards

3. Harold has agreed to feed and walk the Pinsons' dog while they are on vacation. Although he has fed him each day, he left him out to roam the street one night. The canine patrol picked up the dog overnight. Harold happens to be at the Pinsons' house when the policeman delivers the notice that they must pay a fine to get the dog back. What should he do?

4. Kesha was hired by the Barkowski family to mow their lawn while they were away for three weeks. She waited until 2 days before they were due to come home, and by then the grass was so long that the lawn mower broke when she mowed it. What should she do?

5. Marlene got a job at an ice cream stand for the summer. Her friends would come to visit her while she was working and ask for free ice cream. What should she do?

6. Rico was hired as a dishwasher at a local restaurant. He would come home from work exhausted, complaining about the hot, steamy, working conditions, the waitresses would leave food on the plates and no one seemed to help when he asked them. He had backache from bending over the sink and dishwasher and he really doesn't feel like going in today. What should he do?

1. Jesse asks her older sister to fill in for her and checks it out with the Montgomery's. They say it's fine.

2. Mark takes the cash and never tells the Smiths

3. Harold tells the Pinsons about the situation. He admits to them that he wouldn't be able to pay the fine. He asks if he could do other jobs to earn the money to pay back the fine.

4. Kesha didn't get the mower fixed before the Barkowski family came home. But she said that it had broken when she had tried to mow the lawn the first time. Do you think she should have said this? What do you think will happen?

5. Marlene told her friends that if she gave all of them free ice cream then the profits would come out of her paycheck and she would probably get the sack.

6. Rico stayed at home. The employer called and Rico told him that he didn't want to work there anymore. Do you think he made the right decision?