

Jacksboro Middle School Tiger Tales

7th Career Newsletter

October 2010

Counselor: Mrs. Stretcher



Seven Habits Of Highly Effective Teens

Paraphrased from the book, "The 7 Habits of Highly Effective Teens" by Sean Covey (Published by Simon & Schuster, New York, NY: 1998) pp. 8, 9, 49, 76-77, 82, 106, 119, 122, 123, 135, 141, 142, 211, 214-215, 233.

Habits are things we do repeatedly. But most of the time we are hardly aware that we have them. Depending on what they are, our habits will either make us or break us. We become what we repeatedly do. Luckily, you are stronger than your habits. Therefore, you can change them. It's not always easy, but it's always possible. Just living some of the habits some of the time can help you experience changes in your life you never thought possible.



*Get control of your life.

Each day you and I have about 100 chances to choose whether to be proactive or reactive. Reactive people make choices based on impulse. Proactive people make choices based on values.



They think before they act. They

recognize they can't control everything that happens to them, but they can control what they do about it. Proactive people are not easily offended, take responsibility for their choices, think before they act, bounce back when something bad happens, always find a way to make it happen, and focus on things they can do something about, and don't worry about things they can't.



*Improve your relationships with your friends.

Friends can have a powerful influence on your attitude, reputation, and direction! The need to be accepted and be part of a group is powerful. But too often we choose our friends based on whoever will accept us.



Have confidence in yourself and everyone else around you. Be kind, courteous, and respectful to all people. Never take the simple things in life for granted. Learn to appreciate other people's differences and see their difference as a great advantage.



*Make smarter decisions.

It's all about learning to prioritize and manage your time so that your first things come first, not last. But there's more to this habit than just time management. Putting first things first also deals with learning to overcome your fears and being strong during hard moments.



Acting in the face of fear will never be easy, but afterward you'll always be glad you did it. Hard moments are conflicts between doing the right thing and doing the easier thing. They are the key tests, the defining moments of life—and how we handle them can literally shape ours forever. Some of the hardest moments



come when facing peer pressure. Saying no when all your friends are saying yes takes raw courage. Sometimes peer pressure can be so strong that the only way to resist it is to remove yourself entirely from the environment you're in.



***Get along with your parents.**

Keeping small commitments and promises is vital to building trust. You must do what you say you're going to do. When your parents can trust you, everything goes so much better. Be willing to listen, really listen, because you might be surprised what you may find out. It's especially hard to admit that you made a mistake to your parents, but you will gain their respect. Don't let your pride or a lack of courage stand in the way of saying you're sorry.

***Define your values and what matters most to you.**



***Get more done in less time.**

***Be happy!**

Laughter has been shown to promote good health and speed healing. Learn to laugh at yourself when strange or silly things happen to you, because they will. Start your own "humor collection", a collection of books, cartoons, videos, ideas, etc. that make you happy. Laughter loosens up the mental gears and helps us think more creatively; helps us cope with the difficulties of life; reduces stress levels; relaxes us as it lowers our heart rate and blood pressure; connects us with others and counteracts feelings of alienation, a major factor in depression and suicide; and releases endorphins, the brain's natural painkillers.



Graphics

Art Explosion – 200,000 Images, by Nova Dev. Corp., 1999.

Click Art, by Broderbund, 1998.

The Print Shop Deluxe Version 22, by Broderbund, 2005.

Radiologist
Lawyer
Chef
Engineer
Dentist
CAREER HIGHLIGHTS

It is never too early to start thinking about the kind of job that you want to prepare to have in the future. Each month, I will highlight two careers and will provide information about the qualifications for that particular career. Information on the careers listed comes from the following websites:

www.careercruising.com,
www.careervoyages.gov,
www.careerlaunch.net, www.myplan.com,
and www.bls.gov/OCO/.

Architect

Job Description

People need places in which to live, work, play, learn, worship, meet, govern, shop and eat. These places may be private or public; indoors or out; rooms, buildings, or complexes, and architects design them. Architects are licensed professionals trained in the art and science of building design who develop the concepts for structures and turn those concepts into images and plans. These building must be functional, safe, and economical and must suit the needs of the people who use them. Architects develop construction plans that show the building's appearance and details for its construction. Accompanying these plans are drawings of the structural system; air-conditioning, heating, and ventilating systems; electrical systems; communications systems; plumbing; and, possibly, site and landscape plans. In developing designs, architects follow building codes, zoning laws, fire regulations, and other ordinances, such as those requiring easy access by people who are disabled. Computer-aided design and drafting technology has replaced traditional paper and pencil as the most



common method for creating design and construction drawings.

Work Environment

Usually architects work in a comfortable environment, and spend most of their time in offices consulting with clients, developing reports and drawings, and working with other architects and engineers. However, they often visit construction sites to review the progress of projects. Although most architects work approximately 40 hours per week, they often have to work nights and weekends to meet deadlines.

Knowledge

Math and Science - They need to use math skills and scientific methods to solve problems. Knowledge of the rules and uses of numbers. Areas of knowledge include arithmetic, algebra, geometry, and statistics.

Building and Construction - Knowledge of constructing buildings and other structures

Design - Knowledge of making and using plans, blueprints, drawings, and models.

English - Knowledge of the meaning, spelling, and use of the English language.

Law and Government - Knowledge of laws, rules, court procedures, and the political process.

Work Styles

Architects prepare reports that include materials, equipment, estimated costs, and construction time. They discuss with clients the needs and budgets for buildings. They work with engineers, drafters, and others to prepare final detailed construction drawings and models. They draw or use computers to prepare layout plans for clients' approval. They help select sites for buildings and determine space requirements. Preparation of contract documents for building contractors and visiting building sites to check that contractors are following designs is required.

They almost always work indoors, but occasionally visit construction sites outdoors. They must be accurate in what they do. Errors could seriously endanger the safety of people

using their buildings, or cause building delays. They must meet strict weekly deadlines.

They need to enjoy working with people since the job requires them to spend most of their time working with others and they interact with clients, engineers, drafters, and other staff. They are greatly responsible for the results of other workers and are sometimes placed in conflict situations. They need to work as part of a team and communicate daily by email, phone, and in person with clients and coworkers.

Education

In most States, the professional degree in architecture must be from one of the 114 schools of architecture that have degree programs accredited by the National Architectural Accrediting Board. However, State architectural registration boards set their own standards, so graduation from a non-accredited program may meet the educational requirement for licensing in a few States.

Three types of professional degrees in architecture are available: a 5-year bachelor's degree, which is most common; a 2-year master's degree for students with an undergraduate degree in architecture or a related area; and a 3- or 4-year master's degree for students with a degree in another discipline. A typical program includes courses in architectural history and theory, building design with an emphasis on CADD, structures, technology, construction methods, professional practice, math, physical sciences, and liberal arts. Central to most architectural programs is the design studio, where students apply the skills and concepts learned in the classroom, creating drawings and three-dimensional models of their designs.

All state architectural registration boards require architecture graduates to complete a training period---usually at least 3 years---before they may sit for the licensing exam. Most new graduates complete their training period by working as interns at architectural firms.

Most states also require some form of continuing education to maintain a license, and many others are expected to adopt mandatory continuing education. Requirements vary by State but usually involve the completion of a certain number of credits annually or biennially through

workshops, formal university classes, conferences, self-study courses, or other sources.

High School

In high school, take classes that prepare you for college. You should also consider taking some advanced courses in high school. This includes Advanced Placement (AP) courses if they are available in your school. Advanced courses can also strengthen your college application.

Helpful electives to take in high school that prepare you for this occupation include: blueprint reading, computer applications, computer-assisted design (CAD), drafting, drawing and painting, and keyboarding.

Many architects are self-employed. If you want to run your own business some day, you should consider taking courses in accounting, entrepreneurship, and introduction to business.

Wages

Most architects will earn between \$49,780 to \$83,450. The highest ten percent can earn more than \$104,970. Earnings of partners in established architectural firms may fluctuate because of changing business conditions. Some architects may have difficulty establishing their own practices and may go through a period when their expenses are greater than their income, requiring substantial financial resources. Many firms pay tuition and fees toward continuing education requirements for their employees.

Related Jobs

Construction managers, landscape architects, civil engineers, urban and regional planners, interior designers, commercial and industrial designers, and graphic designers.

Social Worker

Job Description

Social work is a profession for those with a strong desire to help improve people's lives. Social workers assist people by helping them cope with issues in their everyday lives, deal with their relationships, and solve personal and family problems. Some social workers help



clients who face a disability or a life-threatening disease or a social problem, such as inadequate housing, unemployment, or substance abuse. Social workers also assist families that have serious domestic conflicts, sometimes involving child or spousal abuse. Child, family, and school social workers provide social services and assistance to improve the social and psychological functioning of children and their families and to maximize the well-being of families and the academic functioning of children. They may assist single parents, arrange adoptions, or help find foster homes for neglected, abandoned, or abused children. Some specialize in services for senior citizens. Medical and public health social workers provide psychosocial support to people, families, or vulnerable populations so they can cope with chronic, acute, or terminal illnesses, such as Alzheimer's disease, cancer, or AIDS. Mental health and substance abuse social workers assess and treat individuals with mental illness or substance abuse problems, including abuse of alcohol, tobacco, or other drugs. Such services include individual and group therapy, outreach, crisis intervention, social rehabilitation, and teaching skills needed for everyday living.

Work Environment

Social workers usually spend most of their time in an office or residential facility, but they also may travel locally to visit clients, meet with service providers, or attend meetings. Some may meet with clients in one of several offices within a local area. Social work, while satisfying, can be challenging. Understaffing and large caseloads add to the pressure in some agencies. To tend to patient care or client needs, many hospitals and long-term care facilities employ social workers on teams with a broad mix of occupations, including clinical specialists, registered nurses, and health aides. Full-time social workers usually work a standard 40-hour week, but some occasionally work evenings and weekends to meet with clients, attend community meetings, and handle emergencies. Some work part time, particularly in voluntary nonprofit agencies.

Education

A bachelor's degree in social work (BSW) is the most common minimum requirement to qualify for a job as a social worker; however, majors in psychology, sociology, and related fields may

qualify for some entry-level jobs, especially in small community agencies. An advanced degree has become the standard for many positions. A master's degree in social work (MSW) is typically required for positions in health settings and is required for clinical work as well.

Supervisory, administrative, and staff training positions usually require an advanced degree. College and university teaching positions and most research appointments normally require a doctorate in social work. Accredited programs require a minimum of 400 hours of supervised field experience.

Master's programs last 2 years and include a minimum of 900 hours of supervised field instruction or internship. Entry into a master's program does not require a bachelor's degree in social work, but courses in psychology, biology, sociology, economics, political science, and social work are recommended. In addition, a second language can be very helpful. Most master's programs offer advanced standing for those with a bachelor's degree from an accredited social work program.

All States have licensing, certification, or registration requirements regarding social work practice and the use of professional titles. Most States require 2 years (3,000 hours) of supervised clinical experience for licensure of clinical social workers.

Wages

Most child, family, and school social workers will earn between \$ 37,480 and \$ 49,060. The top ten percent earn more than \$ 62,530. Most medical and public health social workers earn between \$34,110 and \$53,740 with the top ten percent earning more than \$64,070. Mental health and substance abuse social workers will earn between \$27,940 and \$45,720 with the top ten percent earning around \$57,630.

Related Jobs

Clergy, counselors, probation officers, correctional treatment specialists, psychologists, and social and human services assistants.



COLLEGE INFORMATION

Each newsletter highlights and gives details about a college/university and a junior college in Texas that you might want to take a look at more closely and see if this would be an institution that might be of interest to you. A web address for each school is given to help you do some more extensive research if you are interested. College costs are approximate prices for a full-time student (15 – 16 hours), living on campus, for a full year (Fall and Spring semesters) as reported to the College Board *College Handbook 2010* and www.tgslc.org, www.collegefortexans.com.

University of Texas

www.utexas.edu

A **public** 4-year university located in Austin (70 miles from San Antonio, 163 miles from Houston) that was founded in 1883 and awards bachelor's, master's, and doctoral degrees.

Class Size: 36% of classes have 20 or fewer students, 34% have 20 – 39 students, 6% have 40 – 49 students, 15% have 50 – 99 students, and 8% have 100 or more students.

Special Facilities: humanities and scientific research centers, observatory, marine science institute, fusion reactor, presidential library and museum, performing arts center, museum of natural history, museum of art. **Basis for Selection:** applicants from top 10% of class from accredited Texas high school automatically admitted with completed application. Audition required, interview recommended for music program; interview recommended for art, liberal arts honors program. ACT scores (24 – 30) and SAT scores (critical reading 540 – 660; math 570 –

690; writing 540 – 670) need to be taken and submitted. **High School Preparation:** college-preparatory program recommended including 4 credits of English, 3 – 4 credits of math, 3 credits of social studies, 2 – 4 credits of a laboratory sciences, 2 – 3 credits of a foreign language, and 1 ½ credits of an academic elective. Foreign language must be the same language; 1 credit of a fine arts is strongly recommended. **Need-Based Financial Aid:** 4,800 full-time freshmen applied for aid; 4,000 were judged to have need; 4,000 of these received aid. Average need met was 82%. Average scholarship/grant was \$ 6,500. 58% of total undergraduates aid awarded as scholarships/grants. **Non-Need-Based Financial Aid:** awarded to 10,000 full-time undergraduates, including 1,250 freshmen. Scholarships awarded for academics, art, athletics, leadership, music/drama, ROTC, state residency. **Admission Procedures:** closing date is December 15 (receipt date). Application may be submitted online. Admission notification on a rolling basis beginning on or about October 15. **Special Study Options:** accelerated study, combined bachelor's/graduate degree, cooperative education, distance learning, double major, dual enrollment of high school students, ESL, honors, independent study, internships, liberal arts/career combination, student-designed major, study abroad, teacher certification program, Washington semester. **Credit/ Placement by Exam:** AP, CLEP, institutional tests. **Support Services:** learning center, reduced course load, remedial instruction, study skills assistance, tutoring, writing center. **Most Popular Majors:** biology (8%), business/marketing (13%), communications/journalism (13%), engineering/engineering technologies (11%), social sciences (13%). **Additional Majors:** architecture, biochemistry, botany, ecology, zoology, accounting, finance, marketing, advertising, public relations, aerospace engineering, English literature, food/nutrition, athletic training, nursing, sports administration, astronomy, geology, social work, anthropology, political science, art history/conservation, design, interior design, and others. **Computers On Campus:** 500 computer workstations are in the dormitories, library, computer center, and the student center. The dormitories are wired for high-speed internet access and linked to the campus network. Online course registration, online library, helpline, repair service, student web hosting, and wireless network are available. **Housing:** coed dorms, single-sex dorms, apartments available. Honors

residence, living-learning centers available for first-time freshmen. **Activities:** bands, campus ministries, choral groups, dance, drama, film society, international student organizations, literary magazine, music ensembles, musical theater, opera, radio station, student government, student newspaper, symphony orchestra, TV station, wide variety of religious, political, ethnic, and social service organizations.

Athletics: NCAA. **The school colors are burnt orange and white and the team mascot is the Longhorns.** They participate in baseball, basketball, cross-country, diving, football, golf, rowing, soccer, softball, swimming, tennis, track and field, volleyball. **Intramurals:** badminton, basketball, bowling, football, golf, handball, racquetball, soccer, softball, squash, swimming, table tennis, tennis, track and field, volleyball, weight lifting. **Student Services:** adult student services, alcohol/substance abuse counseling, career counseling, services for economically disadvantaged, student employment services, financial aid counseling, health services, legal services, minority student services, on-campus daycare, personal counseling, placement for graduates, veterans' counselor, women's services. **Freshmen Class Profile:** 29,501 apply for admission; 12,843 are admitted; 6,718 enroll. **Enrollment:** 50,170 (51% Female, 49% Male; Out-of-State 5%; International 4%; African American 5%; Asian American 18%, Hispanic American 18%).

Tuition/Fees	\$ 8,842
Room/Board	\$ 9,980
Books/Supplies	\$ 900
Personal Expenses	\$ 2,472

TOTAL \$ 22,194

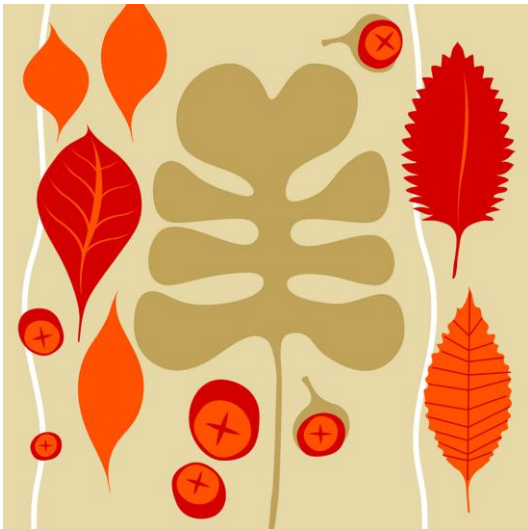


Jacksboro ISD does not discriminate on the basis of age, race, religion, color, national origin, sex, or disability in providing education services, activities, and programs, including vocational programs, in accordance with Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Educational Amendments of 1972; Section 504 of the Rehabilitation Act of 1973, as amended.

Cisco Junior College
www.cisco.cc.tx.us

A public 2-year junior college that is located in Cisco (100 miles from Ft. Worth) that was founded in 1940. **Basis For Selection:** open admission policy. **Admission Procedures:** no deadline. Admission notification is on a rolling basis. **Special Study Options:** dual enrollment of high school students. **Credit/Placement By Exam:** CLEP. 22 hours of credit maximum toward associate degree. **Support Services:** GED test center, remedial instruction, tutoring. **Majors:** animal science, agriculture business, accounting, drafting, medical records technology, prelaw, chemistry, social work, economics, sociology, art, drama, and others. **Housing:** single-sex dorms are available. **Activities:** bands, choral groups, drama, music ensembles, student government, student newspaper. **Athletics:** NJCAA. **The school colors are blue and red and the team mascot is the Wranglers.** They participate in baseball, basketball, football, golf, rodeo, soccer, and volleyball. **Intramurals:** basketball, track and field. **Student Services:** health services, personal counseling. **Enrollment: 3,340** (Female 61%, Male 39%; Out-of-State 8%; International 1%; African American 9%, Hispanic American 17%).

Tuition/Fees	\$ 2,920
Room/Board	\$ 3,676
Books/Supplies	\$ 1,015
Personal Expenses	\$ 3,115
TOTAL	\$ 10,726



MIDDLE SCHOOLERS: GET READY!

Middle Schoolers: Get Ready!,
www.knowhow2go.org, August 2008.

There's an old Chinese saying that goes, "The journey of a thousand miles begins with a single step." But no matter how unsure you feel taking that first step, every single one after that will be a little easier.

Figure Out What You Want To Do

- Start thinking about your future and career possibilities.
- Explore different occupations that match your interests.
- Keep your options open.
- Use time outside of school wisely.
- Get help when it's needed.

Do Your Best In Class

- Take control and learn to be a good student.
- Get off to a good start! Study hard, turn in all assignments, and do your best to earn good grades.
- Review your academic strengths and weaknesses. Talk with friends and family about careers and possible college choices.
- Get to know your teachers.
- Take the right courses.
- Read, read, READ!



Start Saving

- Start learning about different financial aid programs from your counselor or teachers.
- Save money now to pay for school, and keep saving, a little at a time makes a difference.
- Talk to your parents about educational programs.
- Research on the web.

Talk To Your Counselor About:

- Going to a college or university.
- College-track courses to start taking in middle school.
- The importance colleges and universities place on grades, and at what year will your school grades start to matter in the admissions process.
- College preparatory, AP, and other honors-level courses you should be taking in high school
- Academic enrichment programs (including summer and weekend programs) available through your school or local colleges.
- Pursuing extracurricular activities (such as sports, performing arts, volunteer work, or other activities that interest you).

Other Top Tips

- Apply for a Social Security number if you do not already have one
- Take advantage of every opportunity to participate in enrichment activities
- Visit a local college campus.



SCHOOL CALENDAR

October 1	End of 1st Six Weeks
October 15	HOMECOMING!
	Early Release (11:30)
November 5	End of 2nd Six Weeks
Nov. 22 – 26	Thanksgiving Holidays!
	No School!
December 17	End of 3rd Six Weeks
	End of 1st Semester
Dec. 20 –	Christmas Holidays!
Dec. 31	No School!
January 6	Early Dismissal (11:30)
January 7	Teacher Workday
	No School!
February 18	End of 4th Six Weeks
February 25	Early Dismissal (11:30)
March 1	TAKS 7th Writing
Mar. 14 – 18	Spring Break!
	No School!
April 8	End of 5th Six Weeks
April 22	School Holiday!
	No School!
April 26	TAKS 7th Math
April 27	TAKS 7th Reading
May 6	Bad Weather Day!
May 13	Bad Weather Day!
May 20	Early Dismissal (11:30)
May 26	Middle School
	Promotion (9:00)
May 27	Last Day of School!



If you have any comments or suggestions about this newsletter please contact Mrs. Stretcher at 567-7273 during school hours or email at stretchertl@jacksboroisd.net.