

CAREER COUNSELOR CORNER



Spring 2022

Helping Our Students Get Ready to Launch

Vol. 3



HIGHLIGHTS IN THIS ISSUE

The Wellness Corner

Explore Careers in Business

Get Ready For Summer :
Career Focused Summer
Camp Opportunities

Upcoming Career Events

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

Thomas A. Edison



WELLNESS CORNER : IT'S 4TH QUARTER...LET'S FINISH STRONG!



The end of the school year is quickly approaching. If you are into sports, you would call this the fourth quarter. Some of us checked the boxes, met our goals and have planned new ones. Others have paused in order to reset. Wherever you are in the game, down, tied, or up...it is time to finish strong. To finish strong it's important to keep a few things in mind.

First, identify what you need to stop doing. Which actions have prevented you from reaching your goals? Are you spending too much time on social media or binge watching television? Are you going to bed too late? Are you eating too much fast food? Be specific as you limit a behavior that is delaying your progress. For example, instead of saying, "I am going to stop watching TV," set a goal to stop watching TV between 4:00 PM and 6:00 PM. For many people, it is easier to achieve their goals by making small, deliberate steps towards success.

Next, identify what you need to continue doing. Many times, we focus on what we have not done. We did not study, we did not lose the weight, and we did not stop ____ (fill in the blank). Is there something that you have been doing that you can continue? Despite the ups and downs, most students have continued to go to school (virtual or in-person). Parents have continued to work or seek employment. Counselors and teachers have continued to provide students with supportive services. If something has been working for you then keep doing those things. Celebrate your wins!

Finally, identify what you need to start doing in order to obtain your goals. Some of you may be reluctant to start anything new. To avoid feelings of anxiety, start slow and focus on consistency over quantity. A student may set a goal to pass a class. In order to meet that goal, more study time is needed. Start doing something new. Set an alarm as a reminder to read, review notes or watch tutorial videos. Start off with just 5-10 minutes a day. Starting slow and remaining consistent will get you one step closer to your goal.

In the article, "[6 Ways to Finish Strong \(When Your Momentum is Low\)](#)," Leon Ho advises on how to build momentum to finish strong. He suggests that you:

- 1) Establish a morning routine. Here are a few examples: think of 3 things you will do that day, smile at yourself in the mirror, or dance to your favorite song.
- 2) Create an evening schedule.
- 3) Keep a log of the times you have performed new tasks. See how your new tasks impact the outcome of your goals.
- 4) Avoid negative self-talk. Any time you doubt your ability to finish strong, respond with [positive affirmations](#).

It is time to bring home the win! You can finish this school year strong with the right tools and optimism for a bright future.

CELEBRATE THE MONTH OF APRIL

National Volunteer Week debuted in the United States in 1974 and has continued to grow every year since. Individuals, businesses, schools, and teams volunteer their time on this week & throughout April to make their communities better. Ask your school, church or community public services office to find out how to volunteer locally. You can also help out [Seniors in Wayne County](#), help [respond & recover from Covid-19](#), and volunteer with organizations like [Focus: HOPE](#) that continually give back to our communities to make the lives of those around us better.

April is also **National Welding Month**. Welding careers play an integral role in keeping people safe and advancing the quality of life across the globe, yet participation in the skilled trades continues to decrease. Join the [American Welding Society](#) in celebrating National Welding Month to bring awareness to this industry and [available career paths](#).



BUSINESS CAREERS

In the most recent Career Chat (see final page for upcoming Career Chats!), Career Counselors highlighted opportunities in Business and Entrepreneurship and encouraged students to explore the many pathways in these growing fields. Students learned that they could begin with entry level credentials and later move up after gaining experience and training, from their employer or a local community college.

WHAT CAN STUDENTS DO NOW TO GET PREPARED FOR A BUSINESS CAREER?

- Explore Business Careers with the resources below
- Talk to your School Counselor to consider Business or CTE class for next year
- Start at your local community college
- Watch career videos on [Career One Stop](#) to see a first-hand look at careers that are new to you
- Create a resume
- Talk with someone who works in a Business field

BUSINESS CAREERS RESOURCES:

[EXPLORE CAREER VIDEOS](#)

[BUSINESS CAREER CHAT RESOURCE PAGE](#)

[MICHIGAN CAREER OUTLOOK](#)

[POSSIBLE CAREER PATHS](#)

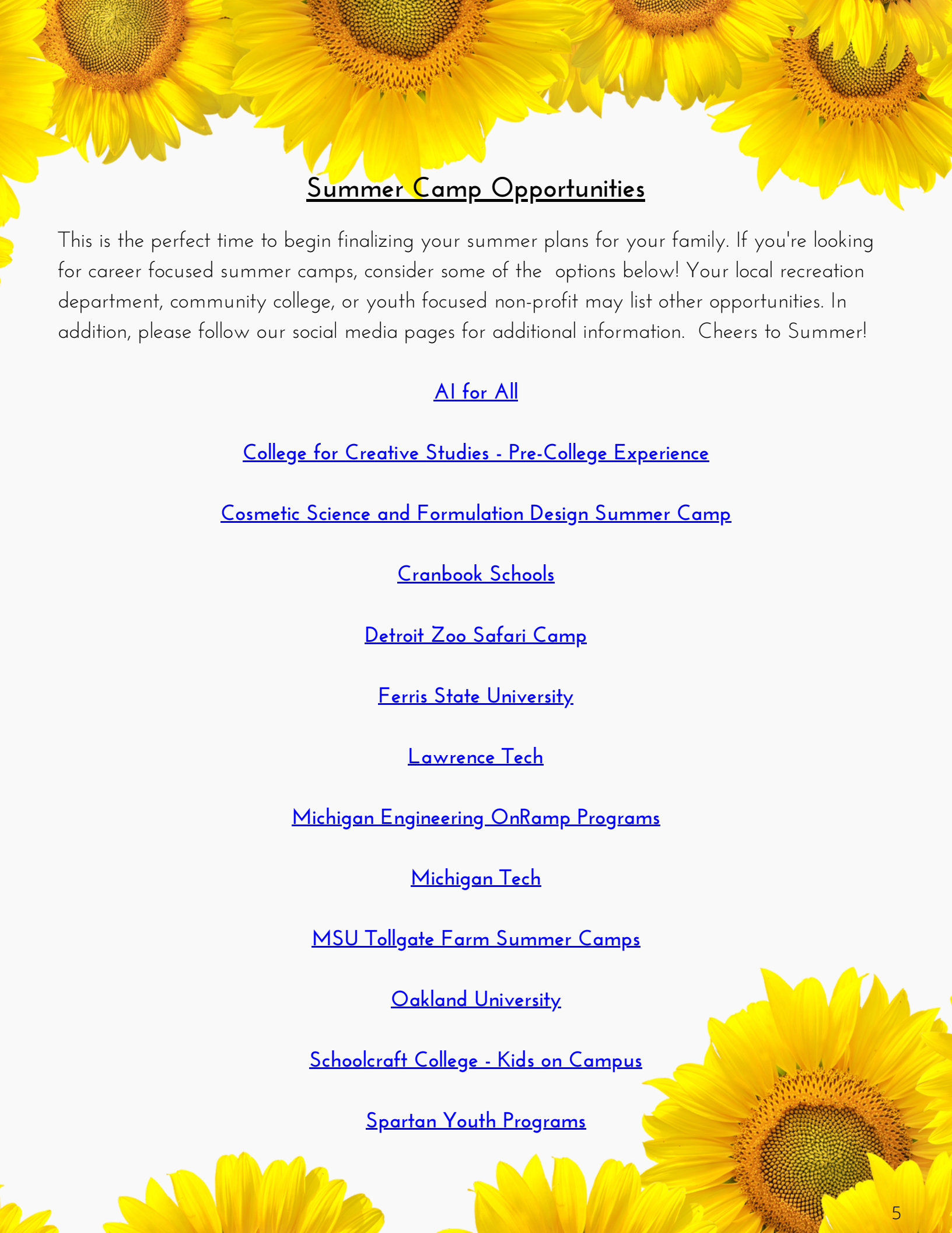


CAREER CONVERSATIONS AT HOME: TAKE OUR DAUGHTERS AND SONS TO WORK DAY

Thursday, April 28th is Bring Your Son or Daughter to Work Day! It's a great time to introduce students to the world of work and learn more about how adults spend their time away from home. To prepare for this day, you could consider the following:

- Connect with your employer ahead of time to be sure that children and guests are welcome. In addition, your employer may want to make this a company wide event and give others a chance to participate.
- Talk with your child about work etiquette, appropriate behavior and attire for the work place.
- Consider and explore how much time would be appropriate for your child. A half day may be best or a full day could offer the most variety and exposure.
- Review your schedule ahead of time. Plan for some variety during the day, if it's possible and appropriate, take your child on a tour, introduce them to some of your colleagues, and give them an opportunity to complete an age appropriate task(s).
- Build in time for reflection and an opportunity for them to ask questions about observations.
- Plan for lunch and snack breaks.
- Take pics, enjoy and have fun!





Summer Camp Opportunities

This is the perfect time to begin finalizing your summer plans for your family. If you're looking for career focused summer camps, consider some of the options below! Your local recreation department, community college, or youth focused non-profit may list other opportunities. In addition, please follow our social media pages for additional information. Cheers to Summer!

[AI for All](#)

[College for Creative Studies - Pre-College Experience](#)

[Cosmetic Science and Formulation Design Summer Camp](#)

[Cranbook Schools](#)

[Detroit Zoo Safari Camp](#)

[Ferris State University](#)

[Lawrence Tech](#)

[Michigan Engineering OnRamp Programs](#)

[Michigan Tech](#)

[MSU Tollgate Farm Summer Camps](#)

[Oakland University](#)

[Schoolcraft College - Kids on Campus](#)

[Spartan Youth Programs](#)

POSTSECONDARY SUCCESS TIPS: TRANSITIONING FROM HIGH SCHOOL TO POSTSECONDARY



Adjusting to life after high school can be tricky because graduates are transitioning to new roles and responsibilities in college, the workforce, or even a short-term certificate program. Here are 3 major ways that high school differs from postsecondary training and what students can do to prepare.

Schedule

The high school schedule, with its set times & ringing bells, are largely created for the student. As a student in postsecondary education or training, the responsibility of schedule, study time, work and other commitments is exclusively on their shoulders. Having that freedom comes with great responsibility, and lack of discipline can create time management issues quickly.

Success TIP: Create a consistent schedule as much as possible at the start of the semester or program. Build in time every week for non-class activities such as studying, projects, and homework. Utilize free time management [apps](#) to help increase accountability.

Supports

In high school, there are multiple proactive supports in place that help students succeed. Whether there are academic, emotional, or social concerns, students have assistance from their counselor, teachers, or school administrators. In postsecondary education, many of the same supports and services are present, however it's the responsibility of the student to activate those services and advocate for themselves.

Success TIP: Take the time to learn what resources are available at the school or training program. For example, if a student is receiving services such as accommodations for an IEP or 504 plan in high school, contact the postsecondary school's disability support office. If a student is having trouble with a paper or math concept, research the academic supports available on campus.

Reinforcement

Students in high school generally receive consistent feedback in the form of grades, progress reports and discussions with teachers. Because of this, they can calibrate their performance more frequently. During the postsecondary experience, reinforcement is sometimes infrequent and requires initiation from students.

Success TIP: Students should build a good relationship with all instructors and help them better understand their academic goals. It may be helpful to print out the course syllabus and add major assignments and assessments to their calendar. Creating a consistent study schedule and checking in with the instructor regularly can help the student stay on track and have a better understanding of their academic progress.

IT'S TIME TO COMPARE FINANCIAL AID AWARD LETTERS

Now that seniors have completed their [Federal Application for Financial Student Aid \(FAFSA\)](#), postsecondary schools are sending financial aid award letters. These letters spell out the details of a student's financial aid award package. A financial aid package is a collection of different types of financial aid, including Grants, Loans, Scholarships, and more. It is intended to contribute towards the COA (Cost of Attendance) and help make postsecondary education more affordable. Here are some resources to help out with the review process.

- [Guide to Financial Aid Award Letters](#)
- [How to Read Your Financial Aid Award Letter](#)
- Have an underclassman and wonder how much financial aid your student is eligible for? -

[Complete the Federal Student Aid Estimator](#)



MAKING THE MOST OF YOUR CAMPUS VISIT



As we look forward to Spring, many underclassmen may begin to consider a campus visit for their top choice schools or training programs. Here are some things to consider before you go!

1. **Determine what kind of tour you're looking for.** There are both in person and virtual tours available. In addition to general campus tours schools offer specific departments tours. For example, you could select a tour of the engineering program, nursing, or culinary arts department.
2. **Determine the requirements for the tour.** Check out the school's website for more information. Many times, appointments are required and you may be required to show proof of a Covid-19 vaccination.
3. **Think of what questions you may have ahead of time.** Seek out answers during your tour or talk with your guide.
4. **Leave time to explore the community around campus.** Schedule lunch or a quick visit in the surrounding area. It's always nice to get familiar with your new found community.



WAYNE RESA CAREER COUNSELORS PRESENT:

COMPUTER & INFORMATION TECHNOLOGY CAREER CHAT

Computers, cell phones and apps are apart of our daily life. Increasing demand means more opportunities for you. Come hear from educators and professionals about career pathways and life in this field.

WEDNESDAY, MARCH 16, 2022

@ 4PM

CLICK HERE TO JOIN
[TINYURL.COM/TD5EPR7R](https://tinyurl.com/TD5EPR7R)

<--FOLLOW US





Wayne RESA Career Counselors Present: A Virtual Cosmetology Career Chat

Explore cosmetology related careers
Connect with career professionals
Leave with tips and resources to get started

March 21st @ 5pm

Cosmetology



Beauty



Barber



Are you interested in any of these careers?
Join us as we discuss careers in the beauty industry

Register Using the Information Below



<https://tinyurl.com/coscc22>



CAREER COUNSELOR CONNECTIONS



A CONVERSATION FOR PARENTS AND CAREGIVERS

Preparing Your Student For Next Steps

Join Wayne RESA's Ready to Launch Career Counselors to learn more about Michigan Works' youth services, training, and direct employment opportunities for students. We will also explore other options that assist students with making both employment and career connections. To join us, please register using the QR Code or link below.



6TH APRIL - 6:00-6:30PM - ZOOM - [HTTPS://TINYURL.COM/CCC4622](https://tinyurl.com/ccc4622)

WAYNE RESA CAREER
COUNSELORS PRESENT:

DIRECT TO WORK & APPRENTICESHIP CHAT

Planning to go directly to
work after graduation?
Connect with employers
and training institutions
on Zoom.

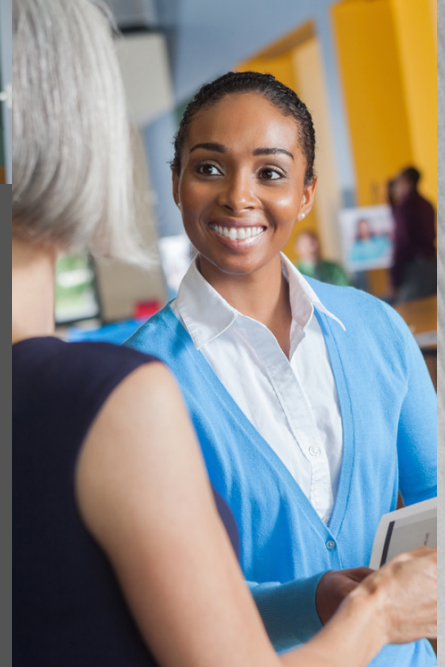
APRIL 20TH @ 4PM

[REGISTER HERE](#)

[TINYURL.COM/2P96TE2S](https://tinyurl.com/2P96TE2S)



MEET REPRESENTATIVES FROM
MAT 2 * PLASTIPAK * FOCUS HOPE *
NPOWER * MUST CAREERS * THORNTON &
GROOMS * OE324 * KENGARF * AND MORE



WAYNE RESA 2022 VIRTUAL EVENT



Construction Apprenticeships: A Virtual Information Hour

May 11th | 6 P.M.
[Click here to Register](#)



Do you want to work with your hands?

Want to start making \$13 an hour right out of high school?

Like the idea of gaining skills and starting to build your construction career?

More than 7.5 million jobs projected by 2026!

Join us as the LiUNA Training of Michigan (LTM) presents a virtual construction apprenticeship hour for students and their parents. LiUNA is the Laborers' International Union of North America.

If you are interested in the Construction Industry, this event will provide information on starting your career. Juniors & Seniors will learn about an upcoming in-person, hands-on training session in June.

- Parents and students can ask questions and learn about an apprenticeship in the construction trades.
- Juniors & Seniors can register for an in-person event in June at the LTM training center in Wayne, MI.
- A first step in learning about careers in the construction industry.



Hosted by Wayne RESA Career Counselors



CAREER EVENTS & OPPORTUNITIES

Career Chats w/ Ready to Launch Career Counselors

- 3/16 - [Computer Science & IT](#)
- 3/21 - [Cosmetology](#)
- 4/20 - [Direct to Work & Apprenticeship](#)

Career Counselor Connections: Parent Information Series

- 4/6 - [Preparing for Next Steps](#)

[Detroit Area Pre-College Engineering Program](#)

LTM - LiUNA Training of Michigan

Virtual Construction Apprenticeship Session

- 5/11 - [Register here to learn more about the Construction Craft Laborers' Apprenticeship](#)

Smith Group Exploring Post - In Person Workshop Schedule

For more information & to register, [click here](#)

- 3/23 - Architectural and Interior Design
- 4/5 - Civil & Structural Engineering
- 4/13 - Architectural Technology
- 5/10 - Electrical Engineering & Lighting Design
- 5/18 - Mechanical & Plumbing Engineering

Society of Women Engineers (SWE) High School Virtual Events

- 4/6 - **Engineering Connections** (6-7:30pm EST)
 - Registration: <https://forms.gle/3XBGusNKdojwgUTV6>
- 5/1 - **Be that Bioengineer!** (4-6pm EST)
 - Registration: <https://forms.gle/ommrQkP4rxF5gHiS7>



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Note: Inclusion of a program in our database does not indicate an endorsement by Wayne RESA. The database is for informational purposes only.