



THEME: BUILDING COMMUNITY EXPLORING CAREERS

OBJECTIVE:

- Help students update a **Citizenship Goal** (first part of their Annual Goals).
- Review the work students have done to date to prepare for postsecondary opportunities.
- Sign up for Career Day Sessions

ESSENTIAL QUESTIONS:

- How can I get involved and how can I contribute?
- How am I doing and how can I do better?
- What are my interests and what should I do?

DUE THIS SESSION:

- “Mark History” printout from PASS System

Tasks	Expanded Activity Information	Handouts
<input type="checkbox"/> Activity #1 Portfolio <input checked="" type="checkbox"/> 2 minutes	As students update their Goal Sheets, check off that students have: <ul style="list-style-type: none"> - PASS system printout for the MARK History. - Academic Inventory Sheet—Complete and in portfolio 	
<input type="checkbox"/> Activity #2 Volunteering discussion ADVISOR Supplement: Volunteering -on back of lesson 8 minutes	<p>Discuss how students have become involved in and out of school. The following can be reviewed quickly noting students can refer to the 2a Volunteering Packet for more information. Key Questions:</p> <ul style="list-style-type: none"> • How have they gotten involved in and out of school? • What are their plans for their remaining two years? • What advice would they give younger students? <p>Note: The EHS Clubs list shows all clubs offered here at EHS. Many of these clubs are also involved with community service. Volunteering in Wenatchee Valley list is not comprehensive but is a good start. If they have other places of interest they can call the business.</p> <p>Discuss Service Worksheet, Volunteer Opportunities, & EHS Clubs handout. <u>Explain that although we do not have a requirement of getting service hours it is important they document the hours if they do them.</u> This worksheet is a great tool to do so. They can put this in their portfolio when completed.</p>	2a- Volunteer Packet: Clubs & Activities List; Community Opportunities; Guide to Volunteering 2b- Volunteer Service form
<input type="checkbox"/> Activity #3 Citizenship 3 minutes	Distribute the Citizenship Goal Handout . Ask each student to write a goal statement that covers involvement, service, and leadership at school and in the larger community.	2c: Citizenship Goals
<input type="checkbox"/> Activity #4 Career Research 10 minutes	Handout 2d Career Research forms (3) <ul style="list-style-type: none"> -Explain this is the focus for SLC’s for the Junior Year. -Discuss November 3rd Career Day *They will have the chance to visit many Washington State Colleges and representatives from many career fields. *They will have the chance to research their career interest during this day and discover the requirements needed to get there. *They will finish filling out these forms then & complete a career goal. 	2d: Career Research Forms
<input type="checkbox"/> Activity #6 Academic Goal worksheet 5 minutes	Distribute the Academic Goal Worksheet and have students update it. <ul style="list-style-type: none"> - Last year you updated goals on your High School and Beyond Plan. You can refer to these for help with this year’s goals. - How are classes going? Are you keeping up with classes and homework? - How are your grades? Are you accomplishing your goals academically? - Ask each student to complete the goal statement. 	2e: Academic Goals
<input type="checkbox"/> Activity #5 2 Minutes	Career Day: While students are working on goal sheets have them sign up for career day sessions	Career Day Sign-up Sheet

<input type="checkbox"/> Wrap up	DUE NEXT SESSION: <ul style="list-style-type: none"> • Completed Goal Worksheets • Citizenship form(s) • Bring Grade Period 1 PASS Printout 	
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Advisor Supplement: Volunteering

“Giving Back To Your Community”

Advisor-

How important is Volunteerism?

“Cultivating character and civic commitment in students is one of the important charges of American education. Volunteering promotes caring, honesty, respect and responsibility, all of which can be learned when students become part of something bigger than themselves.” Public Relations dept., Lions Club International

I. Preliminary discussion questions

Has anyone in this advisory ever volunteered for a charity, political, school or community organization, helped out with Ridge to River, spent time at a nursing home, the hospital or in some way given of his or her time without being paid for it?

Do you know people who volunteer? What do they do? Why do you think they volunteer their time and talent?

Do you think you have time to volunteer?

(Advisor- I don’t have time is the major excuse for not volunteering...you may want to stress that volunteering can be done in small blocks of time rather than days or weeks at a time)

What are some of the benefits of being a volunteer?

(Advisor- students should understand that along with the normal answers to this question, there is nothing wrong with having fun, meeting new people, developing contacts with business people who might be looking for summer employees, and of course building your personal resume.)

II. The World Needs You. Volunteer! (video) Available in the Media Center

If time permits, you may want your advisory group to view this video and use the discussion questions available in the accompanying discussion guide for further exploration of volunteering in our local community.

If time does not permit further viewing or discussion, please pass out the “Guide to Volunteering” and list of places to consider for volunteer efforts.

Go Ahead... Volunteer!





Before you ask the question “*Where can I volunteer?*” you are more likely to ask, “*Why should I volunteer?*”

Benefits of Volunteering –

- **It’s fun!** – Volunteering together as a group or with one or two friends, offers the enjoyment of spending time with friends and acquaintances, as well as doing something worthwhile.
- **It opens career possibilities** – projects often require interaction with adults, business leaders, professionals and others who are often contacts for summer jobs, work experiences and information about careers.
- **It looks good on a college or job application** – admissions officers and employers often look to see if you’ve given back to your community in some way.
- **It teaches teamwork** – most projects require working together with others to accomplish a goal.
- **It expands horizons** – you become more aware of your community and the world around you.
- **It teaches decision-making** – decisions about service projects help students make personal choices, now and in the future.
- **It promotes feelings of self-worth and accomplishment** – volunteerism promotes feelings of self-worth and self-confidence.

Assessing a Need –

Look over the attached sheet “List of Volunteer Opportunities – Wenatchee Area.” Consider the list in terms of the kind of volunteer experience you would like

- Community Service – clubs and organizations
- Substance abuse and prevention – TATU, SADD, DARE and others
- Environment – clean up and fix up your community – “Make a Difference Day”
- Education – tutor, mentor, after-school care, peer-tutoring and others
- Health – Red Cross, American Cancer Society, Diabetes Foundation, and Central Washington Hospital
- Senior Citizens – Senior Center, nursing homes, shut-in’s who need help with daily tasks.

Look over the attached Eastmont listing of Clubs and Activities. With such a variety of activities in the school, there’s something that will be of interest...and at least one that would benefit from you being a part of it.

Make It Happen –

- Contact the agency or person you would like to volunteer for to take a tour, for further discussion, to make arrangements for the project you’ll take on or to fill out required paperwork.
- Develop a written plan for each project you do to keep track of what you will be accomplishing. Get parent signatures, if required, and keep notes of your activities.
- Log your hours – keep track of how many hours you spend. Logging hours helps to satisfy requirements for the culminating project and for admission or scholarship applications. It also gives you a sense of how much you have actually accomplished! Remember to get your volunteer supervisor’s signature to verify the hours you spend.
- Evaluation of your efforts – Sometimes it is helpful to have an evaluation of how well you accomplished your volunteer experience.

Student Journal and Summary Reflection

Keeping a journal of your activities and doing a summary statement about your experience can help you determine if this activity was worthwhile to you and those you set out to help. Sometimes summary statements are required as part of a culminating project.

Now, Go Ahead, Volunteer!!... And realize the benefits for you and your community.



Volunteer Opportunities in the Wenatchee Valley

- American Cancer Society 663-2188
- Apple Blossom Festival 662-3616
- Campfire, Inc 663-1600
- Cancer Care of North Central Washington 663-6964
- Center for Alcohol and Drug Treatment 662-6973
- Central Washington Hospital 662-1511
- City of East Wenatchee Public Library 886-7404
- City of Wenatchee Parks and Recreation 664-3393
- City of Wenatchee Public Works 664-3360
- Douglas County Parks and Recreation 884-8015
- Eastmont School Maintenance... 884-9814 or 884-6970
- Goodwill Industries 663-7636
- Habitat For Humanity 663-1889
- Head Start/ECEAP 663-5179
- Hospitality House/Haven of Hope 421-0526
- Humane Society 662-9577
 - Club Pet Boarding Facility: Provides H.S. funds
- Make A Difference Day
 - Every October. See website:
 - www.wenatcheemkdd.com where project list is posted and project ideas are given.
- NCW Regional Library 662-5021
 - Reshelf books and videos, work at check-out desk
- Nursing Homes or Homes for the Elderly
 - Blossom Valley Assisted Living 667-0990
 - Cherry Lane Country Home for Seniors . 884-5718
 - Christopher House Residential Care 662-1688
 - Colonial Vista 663-1171
 - Personal Care Unit 663-3337
 - Columbia Heights Retirement 662-8646
 - Columbia View Terrace 886-2582
 - Hearthstone Cottage 884-3938
 - Highgate Senior Living 665-6695
 - Highline Convalescent Center 884-6602
 - Parkside 663-1620
- Nursing Homes or Homes for the Elderly, continued*
 - RiverWest Retirement Community 662-2797
 - Wenatchee Assisted Living 884-9555
- Our House 665-8884
 - A facility which houses cancer patients and their families while seeking treatment.
- Rape Crisis and Domestic Violence 663-7446
- Retired Senior Volunteer Program 662-3461
- Ridge to River and Junior Ridge to River 662-8799
 - Website: www.r2r.org
- Salvation Army 662-5103
- Samara’s Foundation for the
 - Blind & Visually Impaired 886-1055
 - Reading to people with low vision or blindness
- Serve Wenatchee 663-4673
 - This is a resource for many volunteer opportunities.
- Solomon’s Porch 662-1712
- Spurs and Spokes
 - Therapeutic Horseback Riding Program . 667-6540
 - Help disabled riders mount up for a safe ride – Available only in Summer
- Volunteer Chore Services 662-6761 Ext. 4399
 - Provide services to low-income senior citizens and disabled adults so they can stay in their homes
- Wenatchee Fire Department 662-4734
- Wenatchee Food Bank 663-4980
- Wenatchee Ice Arena 664-3396
- Wenatchee Youth Circus 662-2849
- Wenatchee Valley Cultural Center (Museum) 664-3340
- Women’s Resource Center 662-0121
- YMCA 662-2109
- YWCA 662-3531
- Young Life House 662-1480

Did you know that volunteer opportunities are posted in the Wenatchee Daily World, Wednesdays, in Section C. Reporter: Denise Holley



Clubs & Activities List for 2008-09

For more information regarding meeting times and locations, contact the advisor or the Activities Office. You must have an ASB card to join and most clubs charge a \$15 membership fee. Scholarships may be available based on need. Contact the Activities Office or the club advisor.

Art Club Advisor: Terry Valdez

All Eastmont High School students are welcome to participate in EHS Art Club. You only need to have an interest in ART not be a super talent. Activities include one weekly after school meeting with art activities. Students also will create murals, signs, posters and community art projects. The Art Club year concludes with an annual field trip to Seattle to celebrate our high school Art community.

Creative Writing Book Advisor: Kim Spradlin

Every spring this book is put together with a collection of EHS student writing and artwork. The books are then sold to the student body for approximately \$2.00 each. Students may submit **original poetry, song lyrics, short stories, drawings, and paintings**. You may turn submissions in to your English teacher, Art teacher, or to Ms. Spradlin directly. All submissions must have the student's name on them.

Debate Club Advisor: Mark Bloom

Do you like to argue? Would you like your viewpoint to be articulated and heard? Eastmont Debate Club is an organization formed to provide students the opportunity to sharpen their verbal, listening, and thinking skills. Activities and competitions support this goal as students are encouraged to individually investigate areas of interest outside the normal routine of classroom work.

Diversity Club Advisor: Patty Betzing

Listen for announcements about this newly formed club and be part of building a new organization.

Drama Club Advisor: Mark Wavra

The Drama Club produces two plays every year. We rehearse each play for eight weeks, Monday through Friday from 3-5, and Saturdays from 8-noon. Actors in the club are encouraged work behind the scenes as well.

Environmental Club Advisor: John Schmauder

Listen for announcements about this newly formed club and be part of building a new organization.

FBLA Club Advisors: Mark Bloom, Garci Duncan, Jim Schmutzler

Future Business Leaders of America (FBLA) is a leadership club that builds off a student's interests. This club offers the opportunity to participate in many activities related to the business world. Students also compete in many different business subject competitions at the regional and state levels where they also have the opportunity to network with other students and business people around the state.

FCCLA Club Advisors: Kathy Addleman, Elaine Young

Family, Career and Community Leaders of America (FCLA) lets students learn and develop practical, real-world skills and talents-keys to success whether they are entering the work force directly after high school or going on to college. The mission of FCCLA is to promote personal growth and leadership through family and consumer sciences education.

FFA Club Advisor: Jacque Corlett, Jeff Dejarnett, Jason Hammerberg, Lloyd Thompson

The FFA is a student organization of Vocational Agriculture students. Members develop leadership skill through various activities that include showing animals at the fair, participation in Career Development Events, community service, and recreational activities including trap shooting. We attend a State Convention and a National Convention each year.

Foreign Language Club Advisor: Nadya Trujillo

The Foreign Language Club is a social club that focuses on intercultural relationships. We do a variety of activities throughout the year, seeking out the Exchange Students and helping them to adjust and have fun by becoming involved in our school and community.

Honors Society Advisor: Kathy Addleman

This is an organization-not really a club. Students need to earn a GPA of 3.5 or better so that they may be considered for Honor Society-they are asked to join if their teacher recommendations are favorable.

Key Club Advisor: Sonja Kniep

This club is affiliated with Kiwanis Club of East Wenatchee. It is a service club that volunteers for many non-profit groups. We work with Central Washington Museum, Women's Resource Center, many of the elementary schools PTA's, community events, and others. It looks great on applications too! Come check us out!

Mascot Club Advisor: Robin Rushing

The mascot club attends football, basketball, wrestling events, and parades to support and cheer our EHS teams. Weekly meetings occur to discuss the calendar of events and other business.

Math Club Advisor: Patty Betzing

Eastmont Math Club is an organization formed to provide activities for students that relate to Mathematics. Students are encouraged to individually investigate areas of interest as well as become involved in activities outside the normal routine of classroom work. Math funds will be used assist the students in their competitions throughout the year.

MEChA Club Advisor: Enrique Sanches MEChA stands for MOVIMIENTO ESTUDIANTIL CHICANO DE AZTLAN, which means Chicano Student Movement of the People of Aztlan. MEChA at High School Level:

At the high school level we only make ourselves useful to the community and recruit students to honor and educate themselves. Also we attend colleges and universities as part of the plan of higher education. By doing this hopefully the students can feel that higher education is possible and better understand the culture of the educational system in the states.

Natural Helpers Advisors: Jeanne Davisson, Tom McCrae, Diane Holman

Natural Helpers is a group of young people chosen by their peers as "ones to talk to" and therefore receive training to become a better listener and guide to professional help.

Outdoor Leadership Club Advisor: Tom McCrae

Outdoor Leadership Club is open to anyone. The club takes students rock-climbing, mountain biking, hiking and on other outdoor adventures.

Power of Youth Advisor: Armentia Tenner

Get involved, show your commitment in making healthy life choices. This prevention groups tackles some of the tough choices and decisions teens are faced with. Students develop classroom activities, school wide prevention activities and community radio Public Service Announcements. Looks great on a college application and job resume and counts towards community service projects.

Science Club Advisor: Ron Mason

Eastmont Science Club is an organization formed to provide activities for students that relate to the field of Science. Students are encouraged to individually investigate areas of interest as well as being involved in activities outside the normal routine of classroom work. Science funds will be used to assist the students in their investigations of special interest.

Scratching Post Advisor: Emily Siroky

The Wildcat Scratching Post is the EHS student paper produced by a group of dedicated students that meets on Mondays from 7:00 pm to 9:00 pm, Wednesdays after school, and any extra time that is necessary to publish our school newspaper. Through newspaper production, students learn interviewing, photography, copywriting and headlines, managing advertising and business accounts, teamwork, marketing, distribution and the importance of meeting deadlines.

Senate Advisor: Tom McCrae

Senate is also known as ASB. They are responsible for the planning of many activities in the school including Homecoming, Spring Fling, all the formal dances and many graduation activities. You must be an elected officer to join.

Teens Against Tobacco Use Advisor: Armentia Tenner

The TATU group is very active in tobacco prevention. Students develop classroom presentations for 5th and 6th grades, and tobacco free activities for the middle schools through high school. Looks great on a college application and job resume, and counts towards community service projects

VICA Club/SkillsUSA Advisors: Rich Eggleston, Dave Howard

SkillsUSA is a national nonprofit student organization serving students enrolled in career and technical training programs. Students that participate are given an opportunity to practice employment and leadership skills through conferences, local, state and national skills contest. To access more information on SkillsUSA go to www.skillsusa.org.

VOLUNTEER SERVICE FORM

EASTMONT SENIOR HIGH SCHOOL • CAT QUEST



2b JR. & SOPH.
HANDOUT

Name: _____ Advisor: _____

Please complete this worksheet for each volunteer service activity you complete.

Guidelines:

- *Must be conducted through a credible non-profit service organization (i.e. School-sponsored club or group, YMCA, Red Cross, food bank, church, etc.)*
- *Must receive a signature from someone in charge of the service activity*
- *Cannot receive compensation or a grade for the service*
- *Cannot be mandatory service, required by school, county, or state*
- *Cannot be service for a relative, employer, or friend*

Student Name: _____ Grade: _____ Date: _____

Organization/Name: _____ Telephone: _____

Address: _____

Supervisor Name and Title: _____

Supervisor Signature: _____ Hours Volunteered: _____

PREPARATION and ACTION: *What did you do? Why? Who did you serve? Where? When?*

REFLECTION and DEMONSTRATION: *What did you learn?*



Name: _____ Advisor: _____

WHAT DOES IT MEAN TO BE A CONTRIBUTING CITIZEN?

To be a citizen means to be a **member** of a community. You may be a citizen of a country, of a local community, even of a workplace or school.

But being a citizen also means you have a **responsibility** to that larger community.

As a student, being a contributing citizen at school means you've got a responsibility to be involved in the life of the school, by joining a club, playing a sport, getting involved in student government or serving as a volunteer.

As a member of a larger community, the community where you live, your responsibilities are increasing as you get older. For now, being a contributing citizen means finding ways – such as by volunteering – to participate in the life of your community.

How do you participate in the community at school? _____

How do you participate in the life of your larger community? _____

CITIZENSHIP GOAL

Think about these questions as you update your Citizenship Goal. Remember that your goal should be "SMART," that is, it should be specific, measurable, achievable, rewarding, and time-oriented.

CITIZENSHIP GOAL: This year, I will participate at school and in the community by



Directions:

1. Fill in the form below based on information you will find at the Career Day and/or through research on your own.
2. Make this neat as it will be used in your upcoming Student Lead Conference. If needed, you can print clean copies from the Cat Quest web page.

Use neat penmanship.

- Possible Career Choice:
- What are the minimum education requirements for this career choice?
- What locations offer the education requirements?
- What is the estimated cost for this education?
- How will this education be paid for?
- What is the **a)** starting, **b)** maximum and **c)** average salary for this career?
- Does this career come with any benefits, i.e. insurance, retirement, etc?
- Is this a growing career field with high demand or a shrinking career field with competition got positions?
- Why did you choose this career field?
- After learning about the career, is it still in your top 3 choices? Why/Why not?



Name: _____ Advisor: _____

WHAT DO YOU WANT TO ACHIEVE THIS YEAR?

How did you do during freshman year? What do you want to achieve this year?

Sophomore year is important: next spring you'll be taking the WASL. You'll also be preparing for your junior and senior classes based on the work you do this year... and, as you've learned, the work you do in high school will play a big part in determining your future success.

Based on your work so far, consider your academic goals for this year. Do you want to...

- Get a certain GPA (say, 3.0)?
- Pass all your classes?
- Do all your homework?
- Meet standard on all sections of the WASL?
- Get into advanced or AP classes next year?
- Learn another language?

What do you want to do? Please write at least one goal below for your academic achievements this year.

Remember that your goal should be "SMART," that is:

- **Specific** rather than general (*Such as: "I want to get a 3.0 GPA this year"*).
- **Measurable** by what you will do during the year (*by grades or test scores, for instance*).
- **Achievable** or realistic for high school.
- **Rewarding** so that you will feel you've accomplished something.
- **Time-oriented** and able to be finished by the end of the school year.

ACADEMIC GOAL FOR MY SOPHOMORE YEAR: