



THEME: **BUILDING COMMUNITY/IMPROVING ACADEMICALLY/EXPLORING CAREERS/ SETTING GOALS**

OBJECTIVE: Have students sign up for Career Day presentations.

- Introduce volunteer service & school involvement opportunities.
- Help students create academic, career, and citizenship goals.

ESSENTIAL QUESTIONS:

- How can I contribute to my school and my community?
- What are my academic goals?
- What are my career goals?
- What are my citizenship goals?

CLASSROOM ACTIVITIES:

DUE THIS SESSION:

- “Secondary Mark History” printout from PASS System
- Career Cluster Interest Survey

Tasks	Expanded Activity Information	Handouts
<input type="checkbox"/> Portfolio check #1: 5 minutes	– Distribute Career Day sign-up forms to students. Career Day will be November 3, 2009. As you fill out your Career Day sign-up forms, keep in mind the results of your Career Cluster Interest Survey. – Check off: Secondary Mark History Printout from PASS System and Career Cluster Interest survey while students complete their sign-up forms. – *Mark History = Learner Section – *Career Cluster Interest Survey = Planner Section	<ul style="list-style-type: none"> • Career Day Sign-up forms
<input type="checkbox"/> Activity #1 Volunteering discussion ADVISOR Supplement: Volunteering -on back of lesson 10 minutes	-Use 2a Handout to discuss how students can become involved at EHS. -Discuss volunteering (see Advisor Supplement Volunteering “Giving Back To Your Community”). -Ask students to share volunteer experiences. Why is it important to give back to your community? Discuss service/volunteer opportunities. -The service/volunteer opportunities are not a requirement...only informational <u>*This handout goes into the citizen section</u>	2a- Volunteering Packet: -Guide to Volunteering; -Community Opportunities; -EHS Clubs & Activities List;
<input type="checkbox"/> Activity #2 Service Worksheet 5 minutes	Distribute 2b Handout . Encourage students to keep their service worksheets in their portfolios in the Citizenship section and complete as they volunteer. <u>*This handout goes into the citizen section</u>	2b: Volunteer Service Worksheet
<input type="checkbox"/> Activity #3 Goal worksheets 5-10 minutes	Have students update/create Academic, Career, and Citizenship Goals. Distribute the Citizenship, Career, and Academic Goals Handouts. Note the Career Pathways introduction on back of 2d . Ask each student to complete the goal statements. <i>These will be collected at the next advisory session along with GP 1 PASS printout.</i> *Handout 2c = Citizen Section *Handout 2d = Planner Section *Handout 2e = Learner Section	Goals worksheets: 2c: Citizenship 2d: Career 2e: Academic
<input type="checkbox"/> Homework	DUE NEXT SESSION: <ul style="list-style-type: none"> • Completed Citizenship, Career & Academic Goal Worksheets • Bring Grade Period 1 PASS Printout 	

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

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 an 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 an 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. We attend a State Convention and a National Convention each year.

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!

MEChA Club Advisor: Enrique Sanchez

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 McRae, Diane Holman, Mike Waters

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 McRae

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 WORKSHEET

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



Name: _____ Advisor: _____

WHAT PATHWAY ARE YOU FOLLOWING?

Last year, as a freshman, you were asked to select a Career Pathway and to develop your four-year course plan around the educational needs of that pathway. (*See Career Pathway Introduction Handout.*)

What have you learned about careers since then? Are you on the right pathway? Do you want to change? Or do you want to keep going in the direction you set last year?

First, please indicate the pathway you selected:

- Agriculture, Science, and Natural Resources
- Art, Media, Communications, and Design
- Business, Management, and Finance
- Education, Social, and Health Services
- Engineering, Science, and Technology

Based on that pathway, what would you like to do this year to learn more about career and educational opportunities? Do you want to...

- Learn more about careers in the pathway you selected?
- Register for advanced or specialized courses in your pathway area?
- Research postsecondary opportunities?
- Find a job or internship in your pathway area?

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

CAREER GOAL:

CAREER PATHWAYS INTRODUCTION

What do you want to do? One way to answer that question is to select a **Career Pathway**. Career pathways are groups of jobs that are based on similar interests, skills, and abilities.*

CAREER PATHWAY	CAREER FOCUS	MORE INFORMATION	SAMPLE JOBS
Agriculture, Science, and Natural Resources	Working with and managing resources in the natural world.	Agriculture and Natural Resources work is often done in open outdoor spaces. Many people work 50 hours or more each week. Educational requirements vary.	Farmer/Rancher Fisherman Forest Ranger Geologist Surveyor Timber Harvester Veterinarian
Art, Media, Communications, and Design	Using ideas and information to communicate with people.	Communications professions are very competitive. Creativity, reading, writing, and critical thinking are important skills. Educational requirements vary.	Actor Director Graphic Designer Journalist Librarian Playwright Spokesperson
Business, Management, and Finance	Working with data, numbers, and people in the business world.	Management professionals usually work in offices with computers, budgets, and accounts. These jobs often require a two- or four-year college degree.	Accountant Business Owner Office Manager Salesperson Secretary Stock Broker Store Manager
Education, Social, and Health Services	Working to help people and solve social problems.	Human services workers need excellent communication skills to work with different types of people. Educational requirements vary.	Cosmetologist Doctor Firefighter Police Officer Social Worker Teacher Travel Agent
Engineering, Science, and Technology	Working with objects, data, and ideas to create, move, change, operate, or build things.	Science and technology workers design buildings, improve technology, and conduct scientific research. Workers may also operate heavy equipment. Educational requirements vary.	Air Traffic Controller Architect Computer Scientist Electrician Engineer HVAC Technician Mechanic

*From Washington Higher Education Coordinating Board, "Getting Ready for College & Careers," Washington GEAR UP Project



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: