

# What's Next?

A Guide for North Carolina Teens  
Wondering 'What's After High School?'

## CHOICES

*for*

- ◆ Adventure
- ◆ Job Training
- ◆ Skill Training
- ◆ Money for College
- ◆ A Chance to Serve Your Country

2005-2006



American Friends  
Service Committee

*Quaker values in action*

Orita Program  
and  
**NC CHOICES**

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## **C.H.O.I.C.E.S.**

Piedmont Region of North Carolina

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All information contained in this publication is subject to changes by the individual institutions offering the programs. If you need further information, or have suggestions that should be included in this publication, or if you want to support our efforts in helping career seekers, please contact us at the above addresses.

10/05

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# What's Next?

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# What's Next?

**W**hat choices do you have to find adventure, job training, and skills, money for college, or a chance to serve your country after high school? This “news guide” lists a variety of opportunities for training, internships, apprenticeships, and education that can lead to **rewarding, exciting, and well-paid jobs and careers.**

“What’s Next” has information about finding money for college or other higher education and training. There also are ideas about how to survive the transition from high school to the real world during those first few years after high school—especially if you’re not planning on college, right now.

There are articles on how to think about what you’ll want to do, how to get more information on careers, and some very cool ways you can serve your country and make money for college at the same time. You don’t have to have a high school diploma or GED for many of these opportunities, and joining any of these programs does not mean a long-term commitment

The opportunities in “What’s Next” **do not** require years of education, training, or commitment. Many of them are **short-term programs** that you can be part of while you support yourself and gain work skills and life experience.

While you are working and learning, you’ll become more aware of what you value, what’s important to you in a job, and what you really want from life. You’ll also be able to save money for college or higher education.

You may feel pressure from your family, from various recruiters, or from friends or teachers to make a decision now—but **you do not have to make a decision too quickly** that you might end up regretting.

This information is meant to help you get started. Once you begin exploring all the possibilities, you will find even more options that we haven’t listed here

## Remember!

***It’s not necessary to know or decide RIGHT NOW what you want to do with your whole life!!***



# What's Next?

1

## Surviving the Next Few Years

**Y**ou're out or almost out of high school. You're not sure what's next, but you know you're in for some changes. A temporary job, more school, taking a year or two to explore. Some of you might even be thinking about the military.

Whatever you're thinking about doing, each choice means a choice NOT to do something else. So it's a really good idea to get a big picture of the options you have.

In this section there are some pieces on what it feels like to make a change, what you might consider doing in a year off, and how you can start thinking "out of the box."

For starters, make the Internet your friend. They don't call it the "worldwide web" for nothing—it is literally your access to millions of ideas and options. We've got some tips on how to find one near you.

If some of your plans include finding your own place to live, we've included a Basic Training Guide for finding shelter, meals, and transportation.

It's the start of your life. . .  
Go for it!

- ◆ Making Transitions
- ◆ Taking a Year Off
- ◆ Thinking "Out of the Box"
- ◆ Where's an Internet I can use?
- ◆ Basics Training: Shelter, Meals, Transportation

1



# Surviving the Next Few Years: Making Transitions

When you're making changes—from high school to something else—not knowing is sometimes the hardest part.

## **But Remember!**

***It's OK to NOT KNOW what you're doing at your age.***

- This is the time to get information and explore your options
- The truth will come to you in stages. Trust it will all make sense eventually
- Don't try to sort it all out now, or put it in a box too fast.
- LIVE IN THE QUESTIONS

## **Take Small Steps in Exploring**

- Make smaller changes, instead of a huge leap you may not be ready for

## **What's Exciting to You?**

- What makes you want to take action? What are you passionate about?
- What makes you feel alert, energized mentally, emotionally, and physically?
- What are you doing when you “forget what time it is?”
- What engages you so much that you're willing to put up with anything to do it?
- When you're talking with the most excitement, what are you talking about?
- What ideas, images, people keep showing up in your life?

## **Experiment**

- Test the reality by taking action (take the class, apply for the job, . . .)
- Take the risk to go down the road and learn from DEAD ENDS. They'll be there. Don't worry about that. Follow any road that intrigues you.

## **Find People Who Support Your Real, Deep Choices. People Who:**

- believe in you
- provide healthy support
- provide constructive criticism
- NOT people who are negative or don't provide support for your deep choices

## **In a Time of Change, Make Yourself and Your Health a Priority.**

Bad habits can make you less alert, cloud your thinking, and limit your ability to fully engage in your life.

- Pay attention to what you eat. Eat less sugar and carbs (refined white flour products). Drink lots of water.
- Get enough sleep. Not getting enough sleep can make you depressed
- Do something active, physical to get some exercise. Even a short walk helps.
- Limit time with people and things that distract you from the things you really want to do.

# Surviving the Next Few Years: Taking a Year Off

**Y**ou just may not be quite ready to decide what's next. Many teens, who see no immediate interesting prospects after High School, feel **scared and pressured**. You may have decided not to go on to college, or can't for one reason or another. Or, you just don't feel like being in school, again.

**So what are you to do?** You don't have much money, your parents are pressuring you to make a decision, and those recruiters and camouflaged hummers at the fairs and in the school parking lots are looking increasingly cool.

For many kids, it works to take a year off after high school to work, travel, do something really "weird," make some money for college, or just breathe deep before launching into the next thing.

Many kinds of programs have sprung up for teens just out of high school to help you make the best use of this "time off." Some of these **"gap year"** programs are pricey and out of reach, especially if you're struggling already with getting enough cash to go to college. But there are many other options that are quite attainable.

Look at the offerings below, and page through the rest of this guide to get ideas about how to spend a little time learning something different and having a little adventure.

## Remember!

***You have choices, you can take some time, and you don't have to feel pressured to leap into something you're not sure about.***

### The Circus??

*Joe, approaching the end of his high school years in Durham, decided to join the circus—that's right—the circus! He had learned how to juggle in school. What started as a "weird" thing to do for a while after high school, became a six-year stint working in a family circus and traveling all over the country. Joe learned skills he never knew about, and had time to think about his values, interests, and goals during this time. He decided he wanted to be an artist, and had saved enough money, so he applied to a design school where he is currently studying.*

Working during your “year off,” even if it’s in something less colourful than a circus, can give you an opportunity to raise some cash, as well as give you time to think about what you really want to do with your life. And the skills you learn and experiences you have can be useful later on. If you’re thinking that a gap year might be next for you, check out some the gap-year websites to get more ideas.

## Gap-Year Information Sources

- **Teens4Hire.org** is a website founded in 2002 and dedicated to linking teens with prospective employers. Students may take a career assessment test, read about labor laws and work permits, and search for jobs. [www.Teens4Hire.org](http://www.Teens4Hire.org)
- **AmeriCorps** (see article here on AmeriCorps\*Habitat, AmeriCorps\*NCCC, or check out [www.AmeriCorps.org](http://www.AmeriCorps.org))
- **Job Corps** (see article on Job Corps) <http://jobcorps.doleta.gov>
- The **Dynamy Internship Year Program** offers internships and independent living in Dynamy apartments along with an Outward Bound program, one-on-one advising, and optional college credit seminars for 17 to 22 year-olds. Dynamy, Inc. is a not-for-profit experiential educational organization and the oldest and only residential internship program in the country. Its mission, as stated on their website, is to offer young people, ages 17-22, a "gap year" opportunity like no other. Dynamy programs integrate independent city apartment living with mentored internships, personal and college/career advising, urban and wilderness leadership opportunities, and the company of an incredible group of peers. Locations: Boston and Santa Barbara, CA \$\$\$ [more than many colleges! \$15,000 per year, plus \$6,000 room and board.] [www.dynamy.org](http://www.dynamy.org)
- Consider combining a commute to the **Legacy Center Teen Leadership Program** in Morrisville, NC, with a job. This program “provides insights and tools for teenagers to enhance their self-esteem, improve their ability to communicate clearly, and to think critically about their problems in the context of the larger picture of life.” The program teaches “emotional intelligence” during an intensive training weekend, a follow-up program with a series of coaching sessions with trained mentors, and a two-day completion retreat. [www.thelegacycenter.com](http://www.thelegacycenter.com)

- **Public Allies** selects individuals aged 18-30 for a 10-month program of leadership training, team service, and paid, professional internships in community non-profit organizations. Allies receive a monthly stipend of about \$1,500, health insurance, child care, interest-free student loan deferment, and a post-service education award of \$4,725. [www.publicallies.org](http://www.publicallies.org) or call **919-687-0005**
- The **Council on Standards for International Educational Travel** is a non-profit organization that serves as a monitoring body of and clearinghouse for information about international youth exchange programs through its publications (the Counseling Resource Library has its 2004-2005 Advisory List of International Educational Travel and Exchange Programs), its website, and activities. [www.csiet.org](http://www.csiet.org)
- **Carolina Friends School in Durham** lists an extensive array of gap-year opportunities, as well as specialized camps or partial year programs on its advising website: [www.Tcfsnc.org/units/US/counseling/main.htm](http://www.Tcfsnc.org/units/US/counseling/main.htm)

### **Books to check out:**

- **The Gap-Year Guidebook, 2005/2006**, by Susannah Hecht (published by John Catt Educational).
- **Before You Go: The Ultimate Guide to Planning Your Gap Year**, by Tom Griffiths, foreword by Michael Palin (published by Aspect Guides).

### **Websites to visit:**

- [www.whereyouheaded.com](http://www.whereyouheaded.com)
- [www.Gap-year.org](http://www.Gap-year.org). This is a British site, but it has a lot of good ideas about the gap year, including about staying safe and healthy.
- <http://www.yearoutgroup.org/> is another British group with information on gap years for students, advisors, and parents.
- [www.gapyear.com](http://www.gapyear.com). A commercial site with ideas, guides, and a "Gap Year Clearing" section.
- [www.youthtravel.com](http://www.youthtravel.com). A new website with more information on how to travel safely.
- Also, ask a librarian!



# Surviving the Next Few Years: Thinking “Out of the Box”

**D**og sledding? Elephants? Wolves? Shoeing Horses? Guitar Building? Take a look at some Internet ads that might whet your appetite for adventure!

## **DOG SLED TRAINER**

<http://www.outdoored.com/jobs/oe/default.asp>  
Central North US - IL, IN, MI, MN, OH, WI Full-time  
Job Activity(ies): Dog Sledding  
No Previous Mushing Experience Necessary

**N**ature's Kennel Sled Dog Racing is a professional sled dog racing kennel that also provides extreme dog mushing and winter camping adventure vacations. Nature's Kennel is home to 60 sled dogs, located in the remote wilderness of Michigan's

Upper Peninsula.

**Job Description:** What you will be doing: A LOT! EVERYTHING! You name it, you might do it. You will be filling the shoes of Andrew Letzring who has helped us for the last two years (and he has big feet). Your main task will be getting the yearlings and adult teams ready to race and everything that goes along with racing. You will have longer days than everyone else (except Ed and Tasha) and at times it will feel like you are the only one doing anything.

**Qualifications:** How often do we need you? 24/7! Specific tasks that you will do: Train dogs, scoop poop, feed dogs, fix gear, pack gear, cut firewood, maintain snowmobile trails, clear trails, build kennel equipment, entertain guests, cut meat, travel, and whatever else is needed. Special Notes: This opportunity requires somebody who can stay active seven days a week, all day long (sometimes all night as well) and maintain a positive attitude. Only the disciplined need respond because Ed has little patience for inefficient people and poor work ethics. You must be able to cross the Canadian border without incident. What is not allowed: Whining. Smoking. Consuming alcohol is OK when Ed says you are not needed.

**Salary Benefits:** You will receive \$150/month for food and a place to sleep. You will also get an opportunity to run our yearling team in the 2006 Iditarod or run our yearling team in the U.P. 200 and Can AM Crown. All race expenses will be covered.

**Availability:** Must be available from start date through May 1st, 2006 (a \$300 tip is given if you stay until the end)

**To Apply:** Please send a resume or letter of inquiry to: **Ed Stielstra,**  
**PO Box 5, McMillan, MI 49853 • Phone: 906-748-0513 • Email:**  
**info@nareskennel.com • Web Site: www.natureskennel.com.**

You may also email or call with questions.

## INTERNSHIP AT THE ELEPHANT SANCTUARY IN HOHENWALD, TN

<http://www.elephants.com/volunteer.htm>  
Six-Week Internships Learning the  
Mechanics and Philosophy of Elephant Care

The Elephant Sanctuary is currently accepting applications for six-week internships. The intern positions are not paid positions. Housing is provided and interns are responsible for their own food and transportation. Each intern is required to make a \$275

refundable deposit and a \$25 non-refundable cleaning deposit. The \$275 refundable deposit will be returned when the intern completes her/his entire internship commitment.

Interns are chosen for their field of study, experience, and future goals. Internships are awarded to students studying veterinary science, zoology, wildlife management, and related fields, as well as to those drawn to the Sanctuary for spiritual reasons. Each prospective intern must visit the Sanctuary for a workday and interview before being accepted into the intern program. Although recognizing the distance many interns must travel to fulfill this requirement, Sanctuary staff have found this prerequisite essential.

Interns work five days per week, and are required to work weekends. The day begins with keeper duties at 8:00 a.m. in the elephant barn, where interns learn the mechanics and the Sanctuary's philosophy of elephant care. Interns assist the head keeper in all aspects of daily care, cleaning, and feeding. Afternoon schedules vary—most days the interns help with facility projects: painting corrals, digging post holes, construction projects, and elephant projects. **Please note: Intern duties are labor intensive. You must be in good physical condition.**

At the Sanctuary, observation is the key to learning. Silence is encouraged while in the presence of elephants, and this quiet space allows the interns to develop their observation skills. **Interns are allowed no direct physical contact or verbal interactions with the elephants**, and they are never left unsupervised with the elephants.

The Sanctuary says, "If we accomplish only one thing with our interns, we hope to instill a respect for elephants and for all life. We encourage our interns to quiet their voice and learn through their eyes, ears, heart, soul, and mind. If you are interested in applying, please send your resumé, availability, and three letters of recommendation to: **The Elephant Sanctuary in Hohenwald Internship Program, P. O. Box 393 Hohenwald, TN 38462 or send Email to: Jo-**

**anna@elephants.com**

## WOLF PACK INTERNSHIPS

<http://www.wolf.org/wolves/aboutus/intern.asp>  
Three-Month Wolf Education Internships  
at the International Wolf Center

The mission of the International Wolf Center is to advance the survival of wolf populations by teach-

ing about wolves, their relationship to wild lands and the human role in their future. The home of the International Wolf Center is in Ely, Minnesota, and is visited by 50,000 to

60,000 visitors each year. In addition to viewing the resident wolf pack and exploring its award winning "Wolves and Humans Exhibit," visitors also have the opportunity to explore wolf pack habitat through many outdoor naturalist programs.

The Center offers several three-month wolf education internships throughout the year. The three-month periods include March through May, June through August, September through November, and December through February. A degree in environmental education or related field, or prior teaching experience is preferred for the position.

The goal of this program is to give interns a strong background in wolf information and experience in conveying this information to the public. Interns conduct a variety of indoor and outdoor wolf and wolf-related education programs. Programs may have as few as 2 or as many as 200 participants and vary in length from 30 minutes to 3 hours.

Summer interns work largely with the general public. Fall, winter, and spring interns have the opportunity to work with visiting school and scout groups, bus tour groups, family weekend and adult programs. Interns also contribute to the programming of the Center through special projects and support work. Projects are selected based on the talents and interests of the intern, as well as the current needs of the Center. Other areas of training include program development, scheduling of visiting groups, exhibit cleaning and curation, and possibly time spent in the retail, office and information departments.

Intern commitment will be 40 hours per week, including time on weekends and holidays. Interns are required to have a valid driver's license. Selection criteria include education, experience, references, and written statements. Off-site housing for interns and a \$500 per month stipend is provided. Interns are responsible for providing their own transportation between the International Wolf Center and the off-site intern housing. Summer and winter interns share living quarters with other interns. To apply, complete an application: <http://www.wolf.org/wolves/aboutus/intern.asp>.

## HORSE SHOEING

Training Programs  
Around the Globe

[www.horseshoes.com/schools/fullist/cmpfrsll.htm](http://www.horseshoes.com/schools/fullist/cmpfrsll.htm)

If you love horses and the outdoors, learning to shoe horses can be a well paying profession, or can supplement a less lucrative one! There's no better way to start than with a proper education. The schools

listed below offer various levels of study, **ranging from short two-week courses, to intensive year-long programs.** Most cost something, but farriers can make up to \$150 per hour for their services.

If you're interested in becoming a skilled farrier, start with this website:

[www.horseshoes.com/schools/fullist/cmpfrsll.htm](http://www.horseshoes.com/schools/fullist/cmpfrsll.htm) for links to horseshoeing schools all over the globe. Here's a selection from the Southeast:

- **Auburn Horseshoeing Program (Alabama)**  
395 St. John Church Road, Notasulga, AL 36866 PH: 334-332-0545  
Email: auburnhorseshoeing@yahoo.com; herbschneider@earthlink.net
- **Casey & Son Horseshoeing School (Georgia)**  
14013 East Highway 136, LaFayette, GA 30728 PH: 706-397-8909  
web site: [www.caseyhorseshoeing.com](http://www.caseyhorseshoeing.com); E-mail: RCaseySch@aol.com
- **Danny Ward's Horseshoeing School (Virginia)**  
51 Ward Road, Martinsville, VA 24114; Phone: 540-638-7908
- **Lookout Mountain School of Horseshoeing (Alabama)**  
400 Lewis Road , Gadsden, AL 35901; Phone: 205-546-2036; E-mail: tmcnew@microxl.com; web site: [www.horseshoeingschool.net](http://www.horseshoeingschool.net)
- **Maryland Horseshoeing School (Maryland)**  
11200 Wolfsville Road, Smithsburg, MD 21783; Phone: 301-416-0800;  
E-mail: mdhorseshoeing@xecu.net; web site: [www.lrn2shoe.com](http://www.lrn2shoe.com)
- **Meredith Manor International Equestrian Centre (West Virginia)**  
Route 1, Box 66, Waverly, WV 26184; Phone: 800-679-2603; website: [www.meredithmanor.com/farrier](http://www.meredithmanor.com/farrier)
- **NC School of Horseshoeing and Equine Lameness (North Carolina)**  
P.O. Box 921, Pilot Mountain, NC 27041; Phone: 336-994-9497

## GUITAR BUILDING

A Different Way to Make Music

North Carolina offers more than one option to those interested in studying **Luthiery**—guitar making. **The LA Guitar Factory** has a

luthiery program. ([www.laguitarfactory.com](http://www.laguitarfactory.com)) They offer three classes covering the basics of guitar design and maintenance as well as familiarity with woodworking relating to the craft of guitar building Each class is \$150-\$400 each. The LA Guitar Factory is in Charlotte at 8125 -B Old Concord Road, Charlotte, NC 28213. Contact Ari Lehtela at 704-599-4410 for more information.

In Asheville, **Brad Nickerson** also runs a program for guitar building. Email him at: [nickersonguitars@hotmail.com](mailto:nickersonguitars@hotmail.com) for more information.

Where do you work once you know how to build guitars? Start contacting shops that sell guitars throughout Durham and Raleigh area, check out guitar blog sites, and start making contacts.

## **BOAT BUILDING**

**Set Sail on a New Course in Life  
The Carpenter's Boat Shop,  
440 Old County Road, Pemaquid, ME 04558  
Telephone: 207-677-2614  
Email: [boatshop@midcoast.com](mailto:boatshop@midcoast.com)**

Learn to build boats, develop carpentry skills, become an accomplished sailor, and perform community service—all as an apprentice at the Carpenter's Boat Shop in Pemaquid, Maine. Your companions at the Boat Shop will be 16 to 20 interesting people with whom you share

meals, work, and service opportunities to help neighbors. The life you will find at the Boat Shop is based on creative simplicity: a life of work, prayer, study, worship, recreation, hospitality, and service.

There is no cost for the Boat Shop experience; nor do you earn money in the apprenticeship, though you are free after normal work hours to pursue independent money-making opportunities. The real payoff for the apprenticeship is the experience, both in work and the communal life. During the year you will learn:

- **Boatbuilding:** how to loft, frame and construct traditional Maine sailing and rowing craft
- **Safety:** how to properly use, care for, and maintain carpentry tools, machinery, and equipment
- **Carpentry:** how to build basic pieces of furniture including a tool box, shaker oval boxes, and a small writing desk
- **Seamanship:** how to safely row and sail the various craft the Boat Shop constructs
- **Resourcefulness:** how to make do with limited materials

The Carpenter's Boat Shop is located in Pemaquid, Maine, and operates from two farmhouses on 21 acres of land near the Pemaquid River. Apprenticeships are for a period of nine months, from September until mid-June. Apprentices must be 18 years or older. If you are interested in becoming an apprentice, you must make a preliminary three-day visit to the boat shop. This initial visit will enable you to see and experience Boat Shop life. After your visit, you may apply for an apprenticeship. The Boat Shop mails notices of acceptance in early April.

The life of the Boat Shop is supported by the sale of boats built by apprentices and by the generous gifts of individuals.



# Surviving the Next Few Years: Where's an Internet I Can Use?

**A**lmost all, but not all, libraries in NC have computers with Internet access. Most have some rules about time you can stay "on." Some, but not all, may require a library card, so it's a good idea to phone before you make a trip, or read the guidelines below.

Two other places besides libraries in the Triangle area are:

- **Carrboro Cybrary** at the Carrboro Century Center
- The **National Student Partnership Office** in Durham

**PSSST. . .**

***If you're not sure how to get started, ask the Librarian—she/he can help you learn tips about using the internet. Just ask—the Internet is your key to the future!***

## Internet Access Locations

Location	Hours	No. of Computers/Access
<b>NATIONAL STUDENT PARTNERSHIP</b> 331 West Main Street Durham 919-956-2824	Call for hours OR email: durham@nspnet.org Staffed by AmeriCorps Volunteer who can help you with job/training resources	4

## Orange County Libraries

<b>CARRBORO CYBRARY</b> Carrboro Century Center 100 North Greensboro Street 919-918-7387	M-F 9am-5pm Sat 10am-2pm  Email: subrown@co.orange.nc.us	5 No library card 30 min/day plus 30 min extension if no one is waiting
<b>CEDAR GROVE BRANCH</b> 5800 NC Hwy. 86 N. Hillsborough (inside the Northern Human Services Center) 919-732-9211	M-Th 10am -5pm Fri 10am -1pm Sat 10am -2pm	Call to get updated number of computers
<b>CHAPEL HILL PUBLIC LIBRARY</b> 100 Library Drive, Chapel Hill 919-968-2780	M-Th 10am – 9pm Fri 10am–6pm Sat 9am –6pm; Sun 1pm–8pm	22 (60-minute use - multiple sessions per day) 2 (express 15-minute use) Library Card or a "Internet Use Only" card. 16 years and older. Bring proof of identity; parents sign for under 16s

## Durham County Libraries

Computers are available on a “first-come, first-served” basis. If you’re under 18, you must have written parental permission to use the Internet. Internet sessions are limited to 30 minutes and can be extended if no one is waiting. Don’t take a group of friends with you – only two people can use any single computer at a time. Print-outs are 10¢ a copy. ([www.durhamcountylibrary.org](http://www.durhamcountylibrary.org))

### Durham County Libraries

Location	Hours	No. of Computers/Access
<b>MAIN LIBRARY</b> 300 North Roxboro Street, Durham 919-560-0100	Mon-Thu 9-9, Fri 9-6 ▪ Sat 9:30-6 Sun 2-6 (August-May)	18 open access
<b>BRAGTOWN BRANCH</b> 3200 Dearborn Drive, Durham 919-560-0210	Mon-Wed 2-7 ▪ Thu 2-6 ▪ Sat 10-2	3 no card required, sign-up only
<b>NORTH DURHAM BRANCH</b> 5120 N. Roxboro Road, Durham 919-560-0250	Mon-Wed 9-9 ▪ Thu-Fri 9-6 ▪ Sat 9:30-6	4 card or guest pass
<b>PARKWOOD BRANCH</b> 5122 Revere Road, Durham 919-560-0260	Mon-Wed 9:30-9 ▪ Thu-Sat 9:30-6	5 card or guest pass
<b>SOUTHWEST BRANCH</b> 3605 Shannon Road, Durham 919-560-0290	Mon-Wed 9-9 ▪ Thu-Sat 9:30-6	5 card or guest pass

## Wake County Libraries

Wake County computer users must have a library card and can get one if you’re at least 13 years old; if you don’t live in Wake Co. you can get a guest pass. You’ll need a photo ID with your current address, an item that verifies your current address (bill, lease, checkbook, etc.), or (if you’re under 13) a parent/guardian photo ID with current address. ([www.wakegov.com/county/libraries/locations/default.htm](http://www.wakegov.com/county/libraries/locations/default.htm))

## Wake County Libraries

Location	Hours	No. of Computers Access
<b>ATHENS DRIVE LIBRARY</b> 1420 Athens Drive, Raleigh 919-233-4000	Mon-Thu: 8am-8pm • Fri 8am-3:30pm • Sun 1-5pm	8
<b>CAMERON VILLAGE LIBRARY</b> 410-200 Oberlin Road, Raleigh • 919-856-6710	Mon-Fri 9am-9pm • Sat 10am-5pm • Sun 1-5pm	40
<b>CARY PUBLIC LIBRARY</b> 310 South Academy Street, Cary • 919-460-3350	Mon-Thu 9am-9pm • Fri 9am-5pm • Sat 10am-5pm Sun Closed	9
<b>EAST REGIONAL LIBRARY</b> 946 Steeple Square Court, Knightdale • 919-217-5300	Mon-Fri 9am-9pm • Sat 10am-5pm • Sun 1-5pm	20
<b>ELECTRONIC INFO CENTER</b> 334 Fayetteville Street Mall, Raleigh • 919-856-6690	M-F: 8:30am - 5:30pm Sat & Sun: Closed	yes
<b>EVA H. PERRY LIBRARY</b> 2100 Shepherd's Vineyard, Apex • 919-387-2100	Mon-Fri 9am-9pm • Sat 10am-5pm • Sun 1-5pm	12 1-hour 8 15-min
<b>FUQUAY-VARINA LIBRARY</b> 133 South Fuquay Avenue, Fuquay-Varina • 919-557-2788	Mon-Thu 10am-8pm • Fri 10am-6pm • Sat 10am-2 pm	7
<b>GREEN ROAD LIBRARY</b> 4101 Green Road, Raleigh • 919-790-3200	Mon-Thu 9am-9pm • Fri 9am-5pm • Sat 10am-5pm	20
<b>NORTH REGIONAL LIBRARY</b> 200 Horizon Drive, Raleigh • 919-870-4000	Mon-Fri 9am-9pm • Sat 10am-5pm • Sun: 1-5pm	41
<b>RICHARD B. HARRISON LIBRARY</b> 1313 New Bern Avenue, Raleigh • 919-856-5720	Mon-Thu 9am-9pm • Fri 9am-5 pm • Sat 10am-5pm	18
<b>South Raleigh Branch Library</b> 1601-14 Crosslink Road, Raleigh, NC • 919-856-6598	Mon-Thu 10am-8pm • Fri 10am-6pm • Sat 10am-2 pm	8
<b>SOUTHEAST REGIONAL LIBRARY</b> 908 Seventh Avenue, Garner • 919-662-2250	Mon-Fri 9am-9pm • Sat 10am-5pm • Sun 1-5pm	16 adult 6 children
<b>WAKE FOREST BRANCH LIBRARY</b> 400 E. Holding Avenue, Wake Forest • 919-554-8498	Mon-Thu 10am-8pm • Fri 10am-6pm • Sat 10am-2 pm	8
<b>WENDELL BRANCH LIBRARY</b> 207 South Hollybrook Road, Wendell • 919-365-2600	Mon-Thu 10am-8pm • Fri 10am-6pm • Sat 10am-2 pm	7
<b>WEST POPULAR LENDING LIBRARY</b> 5800 Duraleigh Road, Raleigh • 919-881-1344	Mon-Thu 9am-9pm • Fri 9am-5pm • Sat 10am-5pm	11
<b>ZEBULON BRANCH LIBRARY</b> 1000 Dogwood Drive, Zebulon • 919-404-3610	Mon-Thu: 10am-8pm • Fri 10am-6pm • Sat 10am-2 pm	7



# Surviving the Next Few Years: Basics Training: Shelter, Meals, Transportation

One of the first and most important things you'll need to do when you set out on your own is find a place to live. Short-term? Long-term? Roommates? Solo? Location? Transportation? There are a lot of things to think about—some practical, some personal.

## Some Tips:

- Rooms are cheaper than apartments; apartments are cheaper than houses.
- The more roommates you have, the cheaper everything will be.
- Most landlords will require a deposit at the beginning of your lease, and it's usually at least one month's rent.
- Most leases last for one year. Some places have shorter or month-to-month leases, but if you sign the lease, it's going to cost a lot of money if you want to leave before it's up. You may also need a co-signer if you're under 21.
- Keep in mind the cost of utilities. Typical utilities include electricity, gas or oil heat, water, and phone/Internet. These could add several hundred dollars to your expenses each month.

## Location Location Location . . .

\$ Affects Housing Costs

\$ May Be the Most Important Thing About Your Place

So, ask yourself some questions:

- Is it close to the places you need to go every day (work, school, etc.)?
- If you're paying low rent but spending hours a day getting around, it may not be worth the savings.
- If you have a car, how far will you have to drive to work?  
Gas is really pricey.
- If you are using public transport, how far will you have to walk to the bus stop?
- A bike is cheap and good exercise, but difficult for long distances, and in rain.
- How safe is it?

## How to Find a Place to Rent

- Read the Classified ads in newspapers
- Look for 'For Rent' signs from the street
- Use local lists such as [www.craigslist.org](http://www.craigslist.org).
- Check out bulletin boards at local businesses

- Your electric bill will be higher if lights, air conditioning, or appliances are left on.
- Heating and air conditioning, which may be electric, will cost more if the place is poorly insulated, or if it's not surrounded by other apartments.
- Some landlords and apartment complexes include some utilities in the rent. Ask about this since it reduces your expenses.

## Rental Housing Resources

**Greensboro Housing Coalition:** A referral, informational and educational organization dedicated to helping people find and keep affordable housing.

<http://www.greensborohousingcoalition.com/>

122 N. Elm St., Suite 607, Greensboro, NC 27401; Phone: 336-691-9521

**Charlotte (Mecklenburg, Union and Gaston Counties):** List of housing resources and options, including available affordable rental properties.

<http://www.socialserve.com/tenant>

**Durham Affordable Housing Coalition:** A rental guide for Durham County, provided by the Durham Affordable Housing Coalition, helps you begin your search.

<http://dahc.org/rentalguide.html>

**Wake County Housing Resource:** Provides information about housing options in the Raleigh and Wake County. Phone: 919-857-9472;

<http://www.wakegov.com/county/housing/resources/>

**Homeless Prevention Coalition of Greensboro:** Has great information on resources and housing in Greensboro. P.O. Box 4933, Greensboro, NC 27404

<http://www.hpcgc.org/Help/> Email: [info@hpcgc.org](mailto:info@hpcgc.org)

## Temporary Shelter

### Youth Hostels

In many larger cities in the U.S., there are youth hostels that are safe and clean and provide temporary shelter. If you are adventurous enough to travel, there are hostels in most states across in the U.S. Check out this website to find out which states have hostels and what facilities they have: <http://www.hihostels.com>. Housing ranges from \$10 per night in Pembroke, NC, to \$29 in New York City. The **Pembroke, NC, Hostel** is in the **Baptist Student Center, 300 N. Odum St., UNC Pembroke, Pembroke, NC 28372.** Phone: 910-5218777; Email: [pembrokehostel@carolina.net](mailto:pembrokehostel@carolina.net).

Other temporary shelter information sources:

- **Guilford County:**  
<http://www.hpcgc.org/help/emergencyhousingguilford.pdf>
- **Wake County:**  
<http://www.wakegov.com/county/housing/resources/shelters.htm>

- **Orange County:**  
**Inter-Faith Council for Social Services. Phone: 919-929-6380.**  
<http://www.ifcweb.org/services.html>

## Emergency or Safe Shelters in North Carolina

A **Safe Place** is a community program that sets up public locations as a network of places where youth in crisis can get immediate help. The YMCA has a hotline number and Safe Places you can go if you find yourself needing temporary shelter. Call 800-621-4000 to find out where one is near you. Safe Place sites may be in fire stations, YMCAs, Boys and Girls Clubs, libraries, fast food restaurants, convenience stores, other businesses, and even buses (mobile Safe Places). Look for the Safe Place sign. Or go to one of the Safe Houses in North Carolina. (see box below). If you are in a city with no Safe Place Program, find

- Friends or relatives who can give you dependable advice
- A teacher or guidance counselor at school
- A minister, rabbi or priest
- Your parents, or a local youth shelter
- A community crisis hotline

### Safe Houses in North Carolina

#### GREENSBORO, NC

*Youth Focus*

<http://www.youthfocus.org>

Phone: 336-333-6853 (Greensboro)

Phone: 336-841-6083 (High Point)

715 N. Eugene St., Greensboro, NC

#### GASTONIA, NC

Julie Jahn - With Friends, Inc

601 Mercy Drive (28012)

P.O. Box 2182

Gastonia, NC 28053-2182

Phone: 704-866-7774

Email: [jjahn@withfriendseyouthshelter.org](mailto:jjahn@withfriendseyouthshelter.org)

#### CHARLOTTE, NC

Lakeisha Boggan, Coordinator

The Relatives, Oklahoma City

1100 East Boulevard

Charlotte, NC 28203

Phone: 704-377-0602, ext. 1303

FAX: 704-335-0207

Email: [lboggan@alexanderyouthnetwork.org](mailto:lboggan@alexanderyouthnetwork.org)

#### RALEIGH, NC

Karen Bonnewell

Haven House Services, Inc.

706 Hillsborough Street, Suite 102

Raleigh, NC 27603

Phone: 919-833-3312

FAX: 919-833-3512

Email: [kbonnewell@havenhouseenc.org](mailto:kbonnewell@havenhouseenc.org)

#### SANFORD, NC

Bill Carter - Hillcrest Youth Shelter/Lee County

112 Hillcrest Drive

Sanford, NC 27330

Phone: 919-718-4650, ext. 5543

FAX: 919-718-4635

Email: [bill.carter@leecounty.com](mailto:bill.carter@leecounty.com)

#### WINSTON-SALEM, NC

Valeria Greene - Host Homes

621 W. 2nd Street, P. O. Box 20185

Winston-Salem, NC 27108

Phone: 336-725-4678

FAX: 336-727-9333

Email: [vygreene@hosthomes.com](mailto:vygreene@hosthomes.com)



## Beyond Shelter

### Need a Shower?

If you're not looking for a shelter—but just a place to shower, and get coffee and breakfast: **Beloved Community Day Center**, 437 Arlington Street, Greensboro, NC. Hours at the Community Day Center are 7:00-11:00 a.m.

## Need a Meal?

Go to <http://www.hpcgc.org/help/freemealsgreensboro.pdf> for a listing of free meals regularly served in Greensboro. Breakfast, lunch, and dinner places are listed there.

## Need a Way to Get to Work or School?

**Ride Boards**, “**Smart Commute**,” and other ride-sharing programs have hit the Piedmont along with the soaring price of gas. Every day there are hundreds or thousands of people driving the route you take between your house and your job or school. If you don’t have a car, you may be able to contribute money for gas to someone who does. If you have a car, you can share the price of gas, or carpool—in other words, you can take turns driving.

### How Do You Find People Willing to “Share Your Commute?”

- At your job, **put up a sign**—with your route, times of day you need to drive, an offer to share gas, and contact information (your phone number)
- Send the same information to co-workers in an **email** at your job
- **Ask** the administration **at your job or school** if they have ways to help people ride-share. More and more businesses are finding ways to help employees cut costs on gas.
- Go to **Share The Ride NC**: <http://www.sharetheridenc.com/faq.html>  
How does it work? Share the Ride NC is a statewide commuter information network that connects you with other transportation options. When you register with Share The Ride NC your commuting information is entered into a database that searches for other commuters with similar commutes and work hours. Individual riders, vanpools, and carpools are listed. This website includes frequently asked questions, so find the Internet and surf to this website.
- Go to: <http://www.erideshare.com/carpool.php?dstate=NC>. This is a listing of all places in NC to share rides. If you don’t find one near you, post one yourself. If you’re in Greensboro, there is a carpool on-line listing that you can use: <http://www.erideshare.com/carpool.php?city=Greensboro>

# What's Next?

## Thinking About Jobs and Careers

**D**o you ever fantasize about what you'll be doing to support yourself when you're older? Or does it just give you a headache to think that far ahead?

Are you worried that your next decision has to be the "right one" for the rest of your life?

What makes you tick?  
What do you really like to do?

Here are some ideas to take the mystery out of thinking about your future!

- ◆ Choosing a Career: Questions You Might Have
- ◆ How Much Do You Know About Yourself?
- ◆ Ideas for Finding a Job or Planning a Career
- ◆ How Will You Use Your Skills?
- ◆ The Economy: What Does It Have to Do With You?
- ◆ 25 Fastest Growing Jobs in North Carolina



# Choosing a Career: Questions You Might Have

**D**o you know now what career you want? If your answer is “No,” you’re not alone. At your age, you’re the “norm,” not the exception. In fact, most adults haven’t ended up in careers they planned on, or even knew about, when they were 17.

So take some time to think about what’s next. You don’t need to feel pressured just because you don’t have a plan. The times in our lives when we don’t know what’s next can be important times—times to explore, to daydream, to try out different roles, and to find out our values, interests, and goals.

*Not* knowing what’s next, however, can make us—and the adults around us—*anxious*. Chill. It’s okay to feel a little anxious. Usually our biggest mistakes come when we decide too fast or decide under pressure.

There are a lot of myths out there about choosing a career. There also are a lot of resources to help you make an informed decision. Here are a few questions you might have about choosing a career, and—hopefully—some answers to guide your thinking:

**Q** Some people make choosing a career look easy. Is it?

**A** Actually, choosing a career is a process that usually evolves over time and is complicated. So you should give it the time it deserves. Take the time to learn about yourself and the occupations you’re considering. You may go through many steps, many jobs, and many times without the “exactly right” job before you feel you’ve “found” a career you want to stick with.

**Q** But shouldn’t I know by now?

**A** No, not necessarily. Sometimes the kids who feel they know now where they’re going, find out in the next few years that they want to do something very different. A new term is “quarter-century crisis.” It refers to the crisis many young adults in their mid-twenties find themselves in when they didn’t take the time to explore or really think about what they wanted to do, but leapt into a career too soon. The important thing now is to keep open to new ideas, search out new information, and keep “trying on” different ideas or jobs to see what brings out the best in you and fits best with your deeper values.

**Q** Isn't it true that if I choose a career, I'll probably be stuck in it?

**A** Not true at all. You can always change jobs. Most people change careers several times over the course of their lives. Just make sure that what you do or "sign up" for truly will give you some skills that you can use later on. For example, steering a Navy ship for 6 years does not transfer easily into civilian skills that will get you a job.

**Q** But won't my skills go to waste if I change careers?

**A** Your skills are yours to keep. Older workers are often amazed at how their experience in the seemingly unrelated jobs they had when they were young comes in handy in their current work. You get valuable life experience in any job; and skills like learning to work or get along with others on the job are important skills that can be used in any job.

**Q** Why waste time going to school to learn more?  
**There's very little I can learn about an occupation without actually working in it.**

**A** It's true that on-the-job training is invaluable; but there are many ways to learn about whether an occupation may be right for you, and sometimes that means taking some courses to see if there's anything about it that appeals to you. You never know what you'll pick up that you didn't expect! Of course, you can also read about the occupation, on-line or at the library, or talk to people about what they like and don't like about their jobs.

**Q** If my best friend is happy in a particular type of job, won't I be happy in that kind of job, too?

**A** What works for one person won't necessarily work for another, even if it's someone with whom you have a lot in common. If someone you know has a career that interests you, look into it, talk with them about it, and talk to other people in this career, also. But, if it doesn't feel right, even if it's a good fit for your best friend, it may not be right for you.

**Q Why don't I just ask a career counselor to tell me what occupation to pick?**

**A** A career counselor can definitely provide you with guidance and resources and even advocacy during your career search, but she or he can't tell you what career is best for you. Counselors can help direct you to some assessment tools, however, that may help you identify your own strengths, interests, and skills, so you can evaluate better what might work for you.

**Q Should I try to choose a career from a "Best Careers" list?**

**A** Every few years, there are articles and books published that list what "the experts" predict will be "hot jobs." Take a look at those lists to see if any of the careers appeal to you, but don't let the list rule your choice. Sometimes the "hot jobs" don't pan out—things change. What's hot this year won't be hot a few years from now. Remember, the most important part of choosing a career is your own interests, values, goals, and skills.

**Q I have some really cool interests and hobbies, but I know I can't make a living from them. Or can I?**

**A** If you've got a hobby, chances are you know a lot about it, and you've gained some skill with it. It also means *you like to do it*. That means you'd be a great person to hire in a field related to that hobby. You might also benefit from some entrepreneur classes on how to start your own business in this field. If you have the motivation to have a hobby and be an "expert," you may have the motivation and energy to start your own business, and actually make a living at it!

**Q It seems to me that if I make a lot of money in whatever I choose, I'll be happy?**

**A** Having money doesn't hurt, but while salary is important, it isn't the only factor you should look at when choosing a career. Many studies have shown that job satisfaction is not always related to the amount of money you make. For many people enjoying what they do at work is much more important.



# How Much Do You Know About Yourself?

**W**ould you like a job helping others? Serving the community? Want a flexible work schedule? Like outdoor work? Want as much leisure time as possible? Are interpersonal relations what you thrive on? Or do you like autonomy and working alone? Or is prestige, security, or a high salary most important to you?

There are several free tools on-line and others at most job counselors' offices that can help you learn about yourself and what kind of job you might enjoy. These "tools" are called "self-assessment tools," and are an important step in your journey of self-discovery and thinking about what you want to do.

Basically, self assessment tools help you understand your values, interests, personality, or skills. Some tests **help you figure out your likes and dislikes**. The idea behind these tools is that people who share similar interests will also enjoy the same type of work. Examples of interests are reading, running, playing basketball, and music.

Other tests **help you understand your personality**. A personality inventory looks at your individual traits, what drives you, what strong needs you have, and your attitudes. The most frequently used personality inventory is the Myers-Briggs Type Indicator (MBTI).

Also, there are tools that **assess your learning style**. Several are listed at <http://www.ulc.arizona.edu/assessments.htm>.

For a great selection of fun tools, go to [www.queendom.com](http://www.queendom.com). Another source of free assessment tools is the NCCareers website: [www.nccareers.org/](http://www.nccareers.org/)

## Useful Guides to Self-Discovery

Here are some great books you might want to check out—try the library or go to [www.amazon.com](http://www.amazon.com):

- *The Career Guide for Creative and Unconventional People*, by Carol Eikleberry
- *Discover What You're Best at: The National Career Aptitude System and Career Directory*, by Linda Gale
- *The Best Work of Your Life*, by Patricia V. Alea, Patty Mullins
- *Career Intelligence: The 12 New Rules for Work and Life Success*, by Barbara Moses
- *What Color Is Your Parachute? 2000*, by Richard Nelson Bolles, Dick Bolles
- *I Could Do Anything If I Only Knew What It Was: How to Discover What You Really Want and How to Get It*, by Barbara Sher, Barbara Smith



# Taking the Mystery Out of “What’s Next?” Ideas for Finding a Job Or Planning a Career

“**W**hat’s Next?” seems like a simple enough question, but answering it can be a complex process. You need to think about your interests, your skills, your education and training options, and your resources. And then you need to match those with job options and training opportunities.

The perfect job for you may be one you haven’t yet heard of; the career path you think is too hard or costly may actually be within reach; the job you thought you wanted may not be a good fit after all. Exploring options is an important first step down any path. If you need help, there are many resources for learning about jobs and careers.

## In-Person Help

It’s best to **talk with people who are “in the know”** – school counselors, people at job fairs, ministers, parents, or friends of parents. You can go on-line, as well, to career websites, but there’s no substitute for talking with professional job counselors.

- The **Durham Center for Employment Training** is a nonprofit organization that trains people for jobs in the community. It is located at the Golden Belt Center, 807 E. Main Street, Bldg 4, Durham (**Phone: 919-686-4050**).
- If you just don’t know what to do, need help finishing school, and need some basic skills, contact **Youth Employed and Succeeding (YES)** (**Phone: 919-402-9400, ext. 420**). If you’re between 14 and 21, are in a “low income” category, need help because you’re pregnant or are currently parenting, or if you’re homeless, are a foster child, or an offender, they’re happy to help you.
- Staff at your local **JobLink Career Centers** can assist you with your job search. There is a listing of the locations of JobLink career centers on the web at **www.ncjoblink.com**.
- If you need computer training but don’t have the cash to take a course, try the **GCF Global Learning Center** on 321 W. Hargett Street in Raleigh. Classes are taught in both English and Spanish. Call **919-828-7490** or visit **www.gcflearnfree.org**.
- At the **National Student Partnership** office in Durham, 331 West Main Street, Durham (**Phone: 919-956-2824**) there is an AmeriCorps volunteer who can

talk to you about where to get career counseling and vocational assessments, take job search workshops, and get help on writing your résumé and preparing for an interview. While you're there, ask him or her about AmeriCorps.

## On-Line Help

Many websites have information useful for exploring job opportunities and training programs. Some provide general information and guidance; others list specific job openings. Browse!

- **Employment Securities Commission:** [www.ncesc.com](http://www.ncesc.com)
- **Career and Tech School Finder:** [www.khake.com](http://www.khake.com). You can also find any community college in any state on this site: [http://www.aacc.nche.edu/Content/NavigationMenu/AboutCommunityColleges/CommunityCollegeFinder1/Community\\_College\\_Finder.htm](http://www.aacc.nche.edu/Content/NavigationMenu/AboutCommunityColleges/CommunityCollegeFinder1/Community_College_Finder.htm)
- **NC Careers:** The [www.nccareers.org](http://www.nccareers.org) website is a good place to start.
- **North Carolina State Occupational Information Coordinating Committee:** [www.soicc.state.nc.us/soicc/](http://www.soicc.state.nc.us/soicc/)
- **America's Career InfoNet:** To find out about wages and employment trends, occupational requirements, state-by-state labor market conditions, employer contacts nationwide, financial aid information, and the most extensive career resource library online, visit America's Career InfoNet website: [www.acinet.org/acinet](http://www.acinet.org/acinet)

## Websites with Local Job Openings

- [www.trianglejobs.com](http://www.trianglejobs.com)
- [www.employmentguide.com](http://www.employmentguide.com)
- [www.heraldsun.com](http://www.heraldsun.com)
- [www.thestreetsatsouthpoint.com](http://www.thestreetsatsouthpoint.com)
- [www.northgatemall.com](http://www.northgatemall.com)
- [www.co.durham.nc.us](http://www.co.durham.nc.us)
- [www.ci.durham.nc.us](http://www.ci.durham.nc.us)
- [www.indyweek.com](http://www.indyweek.com)
- [www.trianglehelpwanted.com](http://www.trianglehelpwanted.com)

## Library Help

Look at *Careers After High School: 251 Jobs for High School Graduates*, by Tim Haight. New York, Collier Books [1970], or check this website:

[www.worldcatlibraries.org](http://www.worldcatlibraries.org)

# Think About It . . .

## Once You Have the Skills

### Where Will You Use Them?

**H**aving or getting skills isn't the end of your search. Where will you use them? To what end? For example, computer skills are helpful in many jobs—necessary in some. But if you're skilled with computers, don't grab just **any** computer job.

The **content** of the work should fit with your values and goals as well. That's where work satisfaction comes from—contributing to something you believe is worthwhile. Computer work for a firm that is doing work you don't approve of—like causing pollution or cheating helpless people—would leave you dissatisfied, however skillfully you performed the job.



# The Economy: What Does It Have to Do With You?

**N**orth Carolina used to be a manufacturing state: tobacco, textiles and apparel, and furniture manufacturing. But in the past 15 years 85 percent of the jobs in these areas have been lost. Most of the new Tarheel jobs now are in **service** industries—businesses that don't manufacture items, but sell them, such as businesses that develop new medicines or vaccines (biotechnology companies), or move people (tourism) or money (banking) around. Some of the new service jobs pay as well or better than the old manufacturing jobs, but others do not.

Understanding the new “global economy” can explain where the jobs have gone, and what kind of jobs you're likely to find. Most of the new jobs are being created outside of the U.S. due to trade agreements like NAFTA. The transnational corporations, along with Congress, have set things up so that the corporations make a lot of money hiring cheap labor overseas to produce goods.

Because cheap labor is producing so many goods in China and across Asia, and our country is bringing in more of these goods than it's producing and selling overseas, there are a lot of jobs at Wal-Mart and at the other “big box” stores that sell the imported goods.

What's left for many Americans are jobs in “service,” which usually does **not** mean “service to country,” but instead means service-like retail jobs. That's why it's not hard to find low-paying retail jobs, especially in North Carolina. But careers in retail can be dead end, depending on what other training you get and your ability to rise in the ranks quickly enough to offset the initial low wages.

## **Note: Many Service Jobs Can Mean a Financial “Dead-End”**

In her book, *Nickel and Dimed: On (Not) Getting By in America*, Barbara Ehrenreich described how she worked at Wal-Mart and in other low-paying jobs. After paying for transportation and rent, Ehrenreich's income barely covered her expenses only when she worked seven days a week at two jobs (one of which included free meals) during the off-season in a vacation town.

To land a different type of “new North Carolina job” that pays on the higher end usually means getting specialized training and skills. So, pay attention to your career path early on in order to land jobs that can support you and your family. A good idea, in this economic climate, is to “job shadow” (go with an adult friend to their job, ask them questions, watch what they do, etc.) or intern or apprentice. Start to learn what people do in different jobs.

Once you see your **choices**, you'll have a better idea of what you'll want to do. There *are* **choices**; you have to look around to see them!



# 25 Fastest-Growing Jobs in North Carolina

Job	Percentage Increase Expected
1 Medical Assistants	61%
2 Dental Hygienists	54%
3 Dental Assistants	53%
4 Fitness Trainers & Aerobic Instructors	48%
5 Medical Records & Health Information Technicians	48%
6 Social & Human Service Assistants	48%
7 Physical Therapist Assistants	47%
8 Physician Assistants	47%
9 Respiratory Therapists	47%
10 Occupational Therapist Assistants	46%

The numbers of openings in these jobs are expected to grow the fastest during the next 7-8 years.

**Remember:** "hot" jobs may or may not be a good choice for you. And today's "hot" job may not be plentiful four years from now. So learn about yourself first and explore the jobs that fit you!

11 Respiratory Therapy Technicians	46%
12 Cardiovascular Technologists & Technicians	45%
13 Home Health Aides	45%
14 Network Systems & Data Communications Analysts	45%
15 Self-enrichment Education Teachers	45%
16 Biomedical Engineers	44%
17 Physical Therapist Aides	44%
18 Occupational Therapist Aides	43%
19 Environmental Engineering Technicians	42%
20 Database Administrators	40%
21 Microbiologists	40%
22 Occupational Therapists	40%
23 Psychiatric Technicians	40%
24 Personal Financial Advisors	39%
25 Physical Therapists	38%

SOURCE: Employment Security Commission of North Carolina



# What's Next?

3

## Serving Your Country

**D**o you see yourself being a hero for your country? If so, there are many ways to be one. One way is to become a member of AmeriCorps. This is a civilian organization that provides many opportunities to serve while you are learning skills and earning money for college.

In the wake of Hurricanes Katrina, Wilma, and others, AmeriCorps is joining with local, state, and federal relief and recovery efforts to provide emergency assistance and long-term relief to people affected by the hurricane in affected areas. Go to: [www.nationalservice.gov/about/newsroom/katrina.asp](http://www.nationalservice.gov/about/newsroom/katrina.asp) for more information.

If you want to have the experience of living with a cadre of young people who are also looking to do something for their country, AmeriCorps\*NCCC (National Civilian Conservation Corp) may be the best choice for you. You live dormitory style and are deployed to many areas

of the country to work on projects that help communities.

For the more independent minded, AmeriCorps\* Habitat sends team members to live in various communities to build housing. Ameri\*Corps helps find members housing while

they build. It's best to find a live member to talk with about any of the AmeriCorps options, so we've provided a phone number for your use.

Careers that promote peace and justice are numerous. . . . We've listed some for you to think about.

And of course, being a hero is possible throughout your career if you choose to work in any of 80 different types of health care jobs that play a role in preventing and treating illness.

- ◆ AmeriCorps\*Habitat
- ◆ AmeriCorps\*National Civilian Conservation Corps (NCCC)
- ◆ Peace & Social Justice Jobs
- ◆ Health Care Jobs



# AmeriCorps\* Habitat:

## Learning Skills

## Serving Your Country

## Earning Money for College

**Y**ou may have already heard of Habitat for Humanity, but may not have known that Habitat, usually a volunteer organization, **hires 18-24 year old AmeriCorps workers** to help build housing for Habitat families. Habitat for Humanity builds and renovates sturdy homes for low-income families who provide a good part of the “sweat equity” themselves. Habitat is a Christian-based organization, but is open to anyone, regardless of their faith ([www.habitat.org](http://www.habitat.org))

Sound like something you'd be interested in? Here are some answers to frequently asked questions:

- Habitat/AmeriCorps is a **10 to 11 month residential program for 18-24 year olds** that helps provide **civilian service** to communities nationwide.
- You need **no prior construction experience**.
- Habitat is open to both **men and women**.
- A **high school degree is not required** but you're encouraged to complete your GED.
- You'll receive **training in CPR, First Aid, and workplace safety**.

### Contact Information

Mailing address: Habitat AmeriCorps, 121 Habitat Street, Americus, GA 31709

Telephone: 1(800) 422-4828, Ext. 2293

Fax: 1 (229) 924-2096

E-mail: [americorps@hfhi.org](mailto:americorps@hfhi.org)

Website: [http://www.habitat.org/cncs/ameri\\_default.aspx](http://www.habitat.org/cncs/ameri_default.aspx)

- You'll be given a chance to **develop skills** as a community leader and construction supervisor.
- Habitat **pays for your travel** to the training site and the program site.
- Habitat **helps you make living arrangements**, usually with other Habitat/AmeriCorps workers.
- You'll receive a **living allowance of \$10,600**.
- You'll be eligible for a **\$4,725 educational allowance** at end of service.
- **Health insurance** is included.
- Childcare may also be available, depending on the site, etc.

If you want to strike out on your own, but would rather have the **support of a known organization**, AmeriCorps\*Habitat may be for you.

# AmeriCorps\*NCCC: Serving Your Country Away From Home

If service is one of your goals, the AmeriCorps National Civilian Conservation Corps (NCCC) may be just the right choice. It allows you to serve your country, live away from home, and do so as a *civilian*. The NCCC arm of AmeriCorps is somewhat like our domestic Peace Corps. Its mission is to strengthen communities and develop leaders through national and community service.

Since 1994, over 10,000 18-24 year-olds have served over 15 million hours—providing disaster relief, building homes for low-income families, preserving the environment, tutoring children, and helping communities meet challenges. AmeriCorps\*NCCC team members work with faith-based and other community-based organizations, such as national nonprofit organizations, schools, local municipalities, national and state parks, and Native American tribes.

## What Does it Mean to Be an AmeriCorps\*NCCC Team Member?

AmeriCorps\*NCCC is a full-time 10-month residential program. This team-based approach is modeled after the Civilian Conservation Corps of the 1930s and the U.S. military. Members serve in teams of 10-12 and are assigned to projects throughout the region served by their campus. They are trained in CPR, first-aid, and mass care before deploying for their first service project. In addition, some members can attain certification in chainsaw operation and wildland firefighting.

Members receive lodging, meals, uniforms, health benefits, student-loan deferment, and a living allowance of about \$4,000. Upon successful completion of their term, members receive an education award of \$4,725 to help pay for college or graduate school, or to pay back qualified student loans. AmeriCorps\*NCCC members serve communities in every state, but live and train at five regional campuses: Charleston, SC; Denver, CO; Sacramento, CA; Perry Point, MD, and Washington, DC. Applicants cannot choose the location, rather campuses are assigned randomly. Get ready for adventure!

## Eligibility Requirements

- **Age:** 18-24
- **Gender:** Male or female
- **Citizenship or residence:** Must be a U.S. citizen or legal resident
- **Educational achievement:** HS diploma not required. Members develop an individual learning plan at the beginning of the year outlining their personal learning goals while in the program. NCCC staff will then help each member to develop a plan to achieve those personal learning goals, including getting a GED.
- **Income ceiling:** None
- **Health exam:** Must complete a medical history for acceptance
- **Drug test:** Yes—AmeriCorps\*NCCC is a drug-free environment. Members are tested during the first week of reporting to the campus and randomly throughout the program year. Members who test positive for illegal drugs are dismissed from the program.
- **Criminal background: Can a person with a criminal background serve in the NCCC?** It depends on the offense. Those convicted of certain felonious criminal acts (e.g., acts of violence) would probably not be eligible for the program.

## Other Requirements

Team Members are required to complete 1,700 hours of service, including 80 hours of independent service activities. Members work and live with a team of individuals from and within communities of diverse cultural, ethnic, economic, geographic, and educational backgrounds. So communication and team-playing are keys to success.

Team members must be able and willing to perform physical labor, sometimes in stressful environments and adverse weather conditions. And they must be willing to serve long hours beyond the eight-hour workday, deploy to any location in the region served by the campus, and deal with sudden and unexpected changes.

## Term of Service

- **Length of term:** Ten months
- **Term starting date(s):** There are two start cycles: the fall and winter. The fall cycle campuses are in Charleston, Sacramento, and Washington, D.C., and open in late September and early October. The winter cycle campuses are in Perry Point (Maryland), and Denver, and open in January.
- **Application deadline(s):** There are two deadline dates, one for the fall cycle—March 15—and one for the winter cycle—July 15. However, members are

encouraged to apply early, because selection is continuous and classes may fill before the application deadline date.

- **Living arrangements:** Lodging with a group in a dormitory
- **Food:** Yes
- **Health benefits:** Yes. The medical benefits plan covers all injuries and/or illnesses suffered during service as well as most pharmacy needs. The plan does not cover medical care for pre-existing medical illnesses and/or injuries.
- **Travel expenses to and from program location:** AmeriCorps\*NCCC will pay for your transportation to the campus from your home of record and back home when you have completed the program or whenever you leave the program permanently.
- **Cost or Stipend (educational grant or cash):** Each member receives a living allowance of \$4,000 a year; upon successful completion of their term, members receive an education award of \$4,725 to help pay for college or graduate school, or to pay back qualified student loans.
- **Visitors allowed at program location:** Yes, parents and others can visit but they cannot stay on the campus. They would have to stay in a hotel or with friends/family off-campus.
- **Trips away from program location; breaks and vacations:** Members who attend the fall cycle will have a winter break that starts at the end of the year just before Christmas and goes through the New Year. Members who attend the winter cycle will have a summer break around the 4th of July. There is also a long weekend (Friday and Monday off) sometime in April or May. Members will also be off on certain other holidays such as Thanksgiving, Labor Day, and Memorial Day.
- **Other:** Up to \$400 per month for child care if necessary; member uniforms.

### **Contact Information:**

- **Program name:** AmeriCorps\*National Civilian Community Corps (NCCC)
- **Principal program sponsor:** AmeriCorps
- **Telephone:** 1-800-731-0002
- **E-mail:** [anccc@cns.gov](mailto:anccc@cns.gov)
- **Website:** <http://www.americorps.org/nccc/>



# Working for Peace and Social Justice

If you want to serve your country and be a hero, there are many jobs that **build community, and in the process, serve all of us**. Any of the jobs listed below serve your fellow Americans as well as making you feel good about yourself.

In most of these jobs, **“people skills”** are important. Enthusiasm, showing respect for others, being aware of others’ feelings, showing up, being on time, and having patience when things don’t go your way all help you succeed. Most important, your **dedication to using your life energy to make the world a better place** is the most important aspect of these jobs.

Some **special training** is usually required to get jobs in these fields, usually at a community college or 4-year college. If a paid job is not available at the start, many of these careers provide **internships or volunteer opportunities**. Spending some time volunteering gives you a chance to see if these are areas you’d like to pursue. You can learn about the field and whether it’s a good fit for you, and you can show co-workers and supervisors what you can do. Who knows? A job offer may follow!

## Examples of Peace and Social Justice Jobs

Job	What You Do	Skills You Need
ARTIST	Use art, cartoons, to get people thinking about political and social issues	Natural ability; art training helps
COMMUNITY ORGANIZER	Work for agency trying to improve conditions for people: fair housing, anti-discrimination, job opportunities	Ability to work well with others; ability to get things done, knowledge of the issues
HEALTH PROFESSIONAL	Be a paramedic, or take training for 80+ health careers	Community college or more advanced degree; patience and caring
LEGAL PROFESSIONAL	Be a lawyer, assist lawyers working on getting justice for their cases, work in legal aid services	Community college or more advanced degree
MEDIATOR	Help people, families, workers and neighbors resolve conflicts	Training in a dispute settlement organization, like Orange County or Durham Dispute Settlement Centers
POLITICAL CAN-VASSER/ INTERN	Circulate petitions to put issues on the ballot, door-to-door canvassing, work for a political candidate to help move social justice issues forward	Ability to work with the public and communicate clearly; positive attitude
ALTERNATIVE ENERGY - SALES INSTALLER CREATOR	Work for organizations promoting or producing or installing solar, wind, hydrogen, fuel cells, or other alternative energy source	Knowledge of the types of alternative energy sources; motivation to help move the U.S. away from fossil fuels.
TEACHER	Work for schools, organizations to build community, teach children the history and principles of peace	Education degree
UNION ORGANIZER	Work for better wages, healthier or fairer workplaces, or union formation	Organizing skills, knowledge of business



# Health Care Jobs: Promising Careers in Service to Others

**H**ealth care offers it all: work that's exciting and on the cutting edge of science and technology; the opportunity to serve others; jobs that pay well and have excellent potential for advancement. The U.S. Department of Labor reports that 17 percent of all *new* jobs between now and 2010 will be in the health care industry. To fill these, 4.2 million workers will be needed. In North Carolina, jobs in health careers are plentiful.

Why so many jobs? An explosion of new knowledge and technologies for finding and treating disease; a growing elderly population requiring more services; and the rapid growth of alternative and complementary medicine—these and other factors guarantee a doubling of these jobs in North Carolina by 2020.

## Beyond Doctors and Nurses

And “health care jobs” aren’t just nurses and doctors. There are about 80 different kinds of health care professionals, some who work directly with people, and many who work in jobs that are “behind the scenes.” These include clinical research monitors or study managers, medical illustrators, phlebotomists, occupational therapists, dental hygienists, nursing assistants, health information technicians, radiation technologists, substance abuse counselors, respiratory care therapists, health care administrators, and many more.

There are even medical careers that involve protecting the environment and workers from toxic substances—such as occupational health and safety specialists, and environmental health specialists who test water and soil, and inspect restaurants and swimming pools.

## Education and Training Requirements

As you might already know, many health care careers require some education past high school. Fortunately, there are many jobs and training programs in North Carolina for people interested in health careers.

Furthermore, North Carolina’s educational system offers a number of support programs to prepare students for health career training. So, even if

you didn't study much math and science in high school, the health career path is still open to you. Several community college programs also offer math and science courses to better prepare you for a health career. Durham Community College even offers "Biotech Bootcamp" to sharpen your skills to prepare you to take the courses you'll need to succeed.

## Where to Start?

The Area Health Education Centers (AHEC - [www.nchealthcareers.com](http://www.nchealthcareers.com)) might be your best starting place. AHEC's Health Careers Access Program (NC-HCAP) has the mission of increasing the number of individuals from minority and underserved backgrounds who are trained, educated, and employed in the health professions in North Carolina.

But regardless of your status, AHEC has the best health careers materials and website around, and they are happy to share. The North Carolina AHEC Careers Manual (<http://nc-hcap.unc.edu>) is terrific! It provides detailed information on academic preparation, work environments, and educational programs for 88 different health care professions. Go on-line, or send an email or call to get a paper copy of the manual for free. You can also find out about special AHEC programs in your local area by going onto the website or calling them (*see contact information below*).

HCAP Career Centers are located on four UNC campuses, and are open to the public, regardless of your current educational background (high school student, pre-college, or some college). Staff there can help you find resources for financial aid, ways to strengthen your academic and basic skills background, and provide advocacy to guide you in getting admitted to health professions schools.

Depending on where you live, AHEC provides different regional activities. For example, the Wake AHEC (Lee, Wake, Durham, Person, Granville, Vance, Franklin, Johnston, and Warren Counties) provides educational activities to increase awareness and interest in this field among students from elementary through high school and post-secondary education. The Health Careers Scholars Academy Program consists of a series of workshops to improve academic performance and increase awareness of health careers and health care issues, SAT Prep courses, CPR and First Aid certification, and job shadowing opportunities. Other activities include college tours, recruitment fairs, a parent advisory council, the Summer Youth Enrichment Internship, and the Carolina Visions Health Careers Summer Camp. Again, check the website, or give them a call.

The Community Colleges are another important resource, since many of the Community Colleges have health career programs.

## **Information Sources for Health Care Jobs**

Here is some of the contact information you'll need:

- **North Carolina Health Careers Access Program**  
University of North Carolina at Chapel Hill  
301 Pittsboro Street, Suite 351, CB# 8010  
Chapel Hill, NC 27599-8010  
Phone: (919) 966-2264  
FAX: (919) 966-6109  
Email: nchcap@email.unc.edu
- **Elizabeth City State University**  
Phone: (252) 335-3270
- **North Carolina Central University**  
Phone: (919) 530-7128
- **The University of North Carolina - Pembroke**  
(910) 521-6673

### **Gathering Additional Information**

And here are some ways to get more information about health care career opportunities:

- Talk to people working in a health profession. Ask them why they chose this field, what they do, and what they like and don't like about their jobs.
- Volunteer in a nursing home, doctor's office, or hospital.
- Read about health careers on the Internet or ask the reference librarian.
- Read publications in the field that interests you.
- Find out about events you can attend in the community and on local community college and university campuses.
- Take an introductory course in the field in which you're interested.



# What's Next?

## Skills Training Opportunities

Here are several ideas about getting skills training—from programs you can pursue in your own community (e.g., apprenticeships, YouthBuild) to those requiring you to re-locate (e.g., JobCorps and Williamson Free Trade School).

You can “earn while you learn” in an apprenticeship program. Other programs (e.g., athletic trainer) require a hefty commitment to school for at least a while. Still others require less time in school, but promise fairly high wages after program completion (e.g., automotive training).

Many skills programs are offered in the NC community college system across the state. Check out the NC Community College website for more information: <http://www.ncccs.cc.nc.us/>

- ◆ Alternative Fuels Training
- ◆ Apprenticeships
- ◆ Athletic Trainer
- ◆ Job Corps
- ◆ YouthBuild
- ◆ Williamson Free Trade School
- ◆ Training for Starting a Small Business of Your Own

If you're willing to move away, there are a variety of training programs across the country—surf the web to find them. Once you find one, locate the contact information on the site, and call to get more information. Talking to a person about the program will bring it to life.



# A Career in Alternative Fuels?

**Concerned About Global Warming? Gas Prices?**

**Be Part of an Alternative Fuels Program in North Carolina**

**D**id you know that in the U.S., 199 million cars burn 4,000 gallons of gasoline every second? If you love cars, and want to contribute to the environment and our economy in a big way, think about taking part in an alternative fuels curriculum. Wake Technical Community College Automotive Systems Technology program is one of 23 **National Alternative Fuel Training Consortium (NAFTC)** training centers in the U.S.

The goal of NAFTC is to establish a national pool of trained automotive technicians skilled in the operation, maintenance, and safety of Alternative Fuels Vehicles. Over 5,500 technicians have been trained from hundreds of organizations, including the U.S. Postal Service, the U.S. Air Force, Clean Cities Programs, and commercial fleets.

Course instructor Rich Cregar of West Virginia University, the headquarters for NAFTC, says the new national curriculum is unique. There are classes on alternative fuel vehicles, system integration and service of natural gas vehicles, and CNG cylinder inspection and certification of natural gas vehicles. There is training on propane vehicles, and transient emissions training. The course on alternative fuels is the first class NAFTC designed that is intended for anyone interested in alternative fuels and all of the issues—energy independence, ecology, global warming.

## **Wake Tech a Leader in Alternative Fuels Training**

As a member of the National Alternative Fuels Training Consortium, Wake Tech has played an active role in initiatives that promote alternative fuel vehicle training and advance the public's understanding of issues and research in this field since 2001. For more information, contact:

**Sammie Thornton**  
6101 Fayetteville Road  
Raleigh, NC 27603-5696  
Tel: (919) 662-3380  
Fax: (919) 779-3360  
Email: [scthorton@waketech.edu](mailto:scthorton@waketech.edu)

**Kenneth Betancourt**  
Department Head/Instructor -  
Automotive Systems Technology  
9101 Fayetteville Road  
Raleigh, NC 27603  
Tel: (919) 662-3516  
Fax: (919) 779-3360  
Email: [kmbetac@waketech.edu](mailto:kmbetac@waketech.edu)



# Apprenticeships: Age-Old Job Training for the 21st Century

**Y**ou probably read about “apprenticeships” in your history books. But these centuries-old, formalized job training programs are rapidly gaining popularity in North Carolina. You “earn while you learn” as an apprentice—acquiring valuable vocational skills on the job. During the past fiscal year, according to the *Raleigh News & Observer* (July 31, 2005), there are 21,000 official apprenticeships in the state, up from 8,000 just five years ago. About 1,800 companies—including Progress Energy, AW North Carolina, Bosch, and others—currently offer certified apprentice programs.

**APPRENTICESHIP:** Training in an art, trade, or craft under a legal agreement that defines the duration and conditions of the relationship between master and apprentice”

**JOURNEYMAN:** A skilled worker who is qualified by experience and training to undertake the tasks necessary for employment.

Apprenticeships give employers the opportunity to train you the way they want you to be trained, and to see how you do on the job. Afterwards, companies are likely to hire the people they've trained—workers who have not only learned the skills, but demonstrated a good work ethic and dependability. For the apprentice, these programs provide an income while learning.

Apprenticeships are available not only in the manufacturing sector but also in service, retail, and government trades. Opportunities in your state are most likely to occur in industries that want more trained employees. In North Carolina, these include:

- Agricultural and natural resources
- Biological and chemical technologies
- Business technologies
- Commercial and artistic production
- Construction
- Engineering
- Health sciences
- Industrial technologies
- Public service technologies
- Transport systems technologies.

## Information Sources About NC Apprenticeships NC Department of Labor

Melissa Medlin is the NC Department of Labor staffer responsible for listing and certifying apprenticeships in North Carolina. She reports that the Department is

“constantly certifying new businesses for apprenticeship programs.” Begin by reviewing these listings on-line, but because the lists are continually being updated. The best approach is to contact the Department for current information about programs in your area: **Melissa Medlin, North Carolina Department of Labor**, P.O. Box 17147, Raleigh, NC 27619. Phone: 919-562-4946; Mobile: 919-810-8175; Fax: 919-562-4954; Email: melissa.medlin@nclabor.com; website: <http://www.nclabor.com/appren/>

### **Explore Local Companies**

You also can call a company you may be interested in working for to ask if they have a certified apprenticeship program. (*Caution: Just as with any contractual relationship, make sure you read the fine print in the apprenticeship agreement and know what you're committing to and what you'll receive.*)

### **High School Partnerships**

Many high schools have partnerships with companies that offer apprenticeships. Your school guidance counselor can help you find out if there are such programs at your high school.

### **Newspaper Articles**

The Raleigh *News & Observer* ran a very good article on apprenticeships on 7/31/2005. If you subscribe to the N&O, you can view these articles on apprenticeships in the archives. Go to [http:// www.newsobserver.com](http://www.newsobserver.com).

### **Apprenticeship 2000**

This “earn while you learn” program is sponsored by a group of North Carolina manufacturing companies offering apprenticeships in technical careers—Julius Blum, Inc., Stanley; Sarstedt, Inc., Newton; Ameritech, Inc., Mooresville; and Max Daetwyler Corp., Huntersville. Students receive a paid college education while working as paid employees. Apprentices are offered full-time employment at a competitive salary after successfully completing the program, and many choose to further their education after receiving their Associate Degree from this program. Apprenticeship 2000 is a four-year program—designed mainly for high school students—established to fill a shortage of high-tech positions as machinists, electronics technicians, machine technicians, and tool and die makers. Students work in a progressive wage schedule and every six months are eligible for a pay increase as well as a bonus, based on performance. For more information, check the program website:

[www.daetwyler.com/jobs/apprent.htm](http://www.daetwyler.com/jobs/apprent.htm)

[http://www.dpi.state.nc.us/workforce\\_development/publications/  
building\\_career\\_pathways/index.html](http://www.dpi.state.nc.us/workforce_development/publications/building_career_pathways/index.html)

# Make Your Love Of Sports a Career: Become an Athletic Trainer

**T**o succeed, athletes need to be in top physical condition, and nearly all professional athletes work with top-notch coaches and athletic trainers. Sometimes the trainers themselves become famous for helping the athlete transform from pretty good to the best! In fact, you can go on-line and read the notes and training schedule of Lance Armstrong, written by his personal coach, Chris Carmichael.

Athletic trainers make sure that athletes are in good shape and ready to play. Many of their tasks involve preventing injuries. They show athletes how to exercise correctly and lead the team through stretching exercises prior to each game and practice. Athletic trainers check the condition of the playing field, suggest diets and exercises to improve athletes' strength, organize physical exams, help coaches choose equipment that prevents injuries, and advise athletes on the proper use of safety equipment.

**Generally, people in this line of work need to communicate, reason and solve problems, manage themselves as well as other people, time, and equipment, and to work well with other people.**

When an athlete gets hurt, trainers help determine the seriousness of the injury. They provide emergency first aid and may go with the athlete to the hospital. Athletic trainers confer with doctors and physical therapists to set up a therapy routine; they also work with the athlete, coach, and family to decide when the player can safely return to play.

Athletic trainers monitor small injuries that may impact the performance or health of an athlete. For protection, they tape, wrap, or brace ankles, fingers, or other parts of the body before games and practices. After workouts, athletic trainers massage athletes' limbs to relieve soreness and strains.

Some trainers work with athletes on high school and college sport teams; a few work for professional teams or individual professional athletes; others work in health clubs. Many high school athletic trainers also are certified to teach other subjects.

### **What You Need to be an Athletic Trainer: Knowledge**

- **Biology:** Knowledge of plants, animals, and living organisms and how they function.
- **Therapy and Counseling:** An understanding of the effect of diseases and injuries; and about how to give advice on social or personal problems.
- **Medicine and Dentistry:** A knowledge of injuries, illnesses, and defects; and how to set up a treatment plan.
- **Customer and Personal Service:** An understanding how to provide special services to customers based on their needs.

### **What You Need to be an Athletic Trainer: Attitudes and Values**

- **Value achievement.** Athletic trainers like to see the results of their work and to use their strongest abilities; they enjoy getting a feeling of accomplishment from their work.
- **Value relationships.** Typically, trainers like to work in a friendly, non-competitive environment and enjoy doing things for other people. They prefer jobs where they are not pressured to do things that conflict with their sense of right and wrong.
- **Value independence.** Trainers like to make decisions and try out ideas on their own, and they prefer jobs where they can manage with little supervision.
- **Value recognition.** Athletic trainers like jobs that offer opportunities for advancement, where they can be recognized for their work. They usually prefer jobs in which they are looked up to by others.
- **Have social interests.** Trainers are social people—they like to help others learn and grow. They enjoy communicating with others, and teaching, advising, and helping roles.
- **Have realistic interests.** Trainers are practical people, too—they like activities that include practical, hands-on problems and solutions, and enjoy working with plants, animals, and physical materials such as wood, tools, and machinery. They often prefer to work outside.

### **What You Need to be an Athletic Trainer: Education, Training, Skills**

- **College Degree:** You must have at least a bachelor's degree in athletic training.

- **Certification:** You must pass exams to become certified.
- **Strong Interpersonal Skills.**
- **Formal Education:** Most athletic trainers have a bachelor's degree in athletic training. These degree programs teach how to identify, evaluate, and treat sports injuries, as well as anatomy, physiology, and first aid. Some athletic trainers have a degree in a related health field. They usually must complete a longer internship.

## Compensation and Opportunities for Athletic Trainers

Nationally, the median wage for athletic trainers is \$33,820 per year. Wages vary with the education and experience of the athletic trainer; and by employer. Athletic trainers who work for universities or professional sports teams earn the most.

Nationally, the number of jobs for athletic trainers is expected to grow faster than average through the year 2012. Jobs for athletic trainers at hospitals and athletic training facilities are expected to decrease; however, opportunities in gyms, doctors' offices, and professional sports teams are all expected to increase. Jobs at colleges as well as positions with professional athletes or teams are expected to be hard to find because the pay is good and there is little turnover.

Some job openings will result from the need to replace workers who retire or transfer to other occupations.

### Related Careers

If the profile of an athletic trainer feels good to you, but you're not sure this is your path, you might want to consider other careers that require similar skills and interests. These include: coaches and sports instructors, licensed practical nurses, nursing assistants, orthotic and prosthetic specialists, physical therapists, physical therapy assistants, recreational therapists, respiratory therapists, and veterinary assistants.



# Job Corps: Training You Can Use Moving Out on Your Own

**T**hink Job Corps. If you're age 16 through 24, even if you haven't finished high school, Job Corps offers a no-cost education and vocational training program. You'll have a chance to learn a trade, make some money, and take control of your life. Remember, the choice of a career is not *forever*; but acquiring useful skills means you can earn enough money to take other courses later on, or make the leap to a different type of job.

At Job Corps, you enroll to learn a trade and, if you need to, you can earn a high school diploma or GED and get help finding a good job. When you join the program, you will be paid a monthly allowance; the longer you stay with the program, the more your allowance will be. Job Corps supports you for up to 12 months after you graduate from the program by providing job counseling and connections with employers.

**While learning a trade, Job Corps students live at one of the 122 Job Corps centers across the country. Four campuses are located in North Carolina:**

- **Kittrell Job Corps** Center at Kittrell
- **Lyndon B. Johnson Job Corps** Civilian Conservation Center in Franklin
- **Oconaluftee Job Corps** Civilian Conservation Center in Cherokee
- **Schenck Job Corps** Civilian Conservation Center in Pisgah Forest

## Many Training Choices, Plus Support

So what kinds of trades do you learn at Job Corps? In North Carolina, you can learn auto repair, bricklaying, building and apartment maintenance, clerical skills, carpentry, cement masonry, culinary arts, forestry and advanced pre-forestry, health occupations training, or landscaping. You can train to be a nurse's aide, a painter, plasterer, welder, or a retail sales clerk. Many of the building skills are in sharp demand in North Carolina, and Job Corps also can provide entry through its nurse's aide training into a more lucrative health career later on.

The Job Corps program, which is administered by the U.S. Department of Labor, provides more than just training. Students get lodging, three meals a day, basic medical and dental care, and travel expenses to and from the program location. Once enrolled, students also receive an allowance to purchase necessary items.

Programs are open to both males and females. Although you need not be a high school graduate, you must be a U.S. citizen or legal resident of the U.S., and must pass a physical exam. There is no deadline for applying; participants enter the Job Corps throughout the year.

Put some adventure in your life! The Job Corps is a great way to complete an education, learn a trade, make lifetime friends and graduate with a good job.

For information on the Job Corps call 1-800-733-JOBS or visit the website:

<http://jobcorps.doleta.gov/>

## Vocational Training Offered by North Carolina Job Corps Centers

	Kittrell	LBJ	Oconaluftee	Schenk
Auto Repair				YES
Bricklayer	YES	YES		YES
Building & Apartment Maintenance	YES	YES	YES	YES
Business Clerical	YES	YES	YES	
Carpentry	YES	YES	YES	YES
Cement Mason		YES	YES	
Culinary Arts	YES	YES		YES
Forestry (Advanced Pre-Forestry)				YES
Health Occupations			YES	YES
High School Program				YES
Landscape Technician				YES
Nurse's Aide	YES			
Painter	YES	YES	YES	YES
Plasterer			YES	
Retail Sales Clerk	YES			
Welder		YES		YES

# YouthBuild: Building a Future Along with a House

If you haven't finished high school, but want to acquire skills to support yourself, YouthBuild may be for you. YouthBuild is a nationwide public-private partnership that teaches carpentry skills to 16- to 24-year-olds.

There are five YouthBuild sites in North Carolina: in Murphy, Asheville, Elizabeth City, and Greensboro (*see below*). The YouthBuild program run by the University of North Carolina at Greensboro is an example of how the program works. This YouthBuild program offers job training and education opportunities to unemployed young adults residing in High Point, who learn to build and rehabilitate affordable housing in their own communities. The Center for Youth, Family and Community Partnerships administers the branch of the program at UNCG with a grant from the U.S. Department of Housing and Urban Development.

Program participants attend Guilford Technical Community College for GED classes on Mondays and Fridays, and take carpentry lessons on other weekdays.

## YouthBuild Sites in North Carolina

**Far West YouthBuild**  
4577 Martins Creek Road  
Murphy, NC 28906  
828-837-4430

**Our Next Generation**  
19 Reynolds Place  
Asheville, NC 28804  
828-252-9200

**River City YouthBuild**  
501 East Main St  
Elizabeth City, NC 27909  
252-331-2925

**SHARE of NC, Inc.**  
2100 E. Wendover Ave.  
Greensboro, NC 27405  
336-275-7077

**University of North Carolina at  
Greensboro**  
Center for Youth,  
Families, & Communities  
P.O. Box 26170  
Greensboro, NC 27402  
336-334-4423

The High Point Housing Authority provides the land and supplies to build the houses; students do all the carpentry; and contractors handle the masonry, plumbing, wiring, ductwork, drywall, and painting.

## **Skills Training, College Experience**

In addition to learning valuable job skills, YouthBuild students get the experience of attending a community college campus and can earn 30-40 credit hours in the year-long program. Being part of the YouthBuild program means making progress on or obtaining a GED, going to work every weekday from 8 a.m. to 4 p.m., learning construction skills, and using those skills to build two houses. Participants are provided with books, tuition, some tools, transportation and a wage.

Students learn to build a house, to read blueprints, and to do estimates. In addition, an innovative approach of this project combines construction skills training with entrepreneur and small business training. The goal of the program is to produce graduates capable of becoming economically self-sufficient by starting micro-enterprises and small business in the home construction trades.

“YouthBuild grants help young people get back on the right track by providing them both with the education they need and the training they can use for careers in homebuilding,” says HUD Secretary Alphonso Jackson. “It’s wonderful to know these young people discover the satisfaction of a job well done and local communities get more affordable housing in the process.”

# Williamson Free Trade School: A Unique Opportunity to Learn a Trade

The Williamson Free School of Mechanical Trades in Media, PA, is the only free boarding school of its kind in the nation. In three years, students study trade and technical theory, work on realistic projects, and receive academic instruction. For over 100 years, Williamson has been using its unique approach to vocational education to prepare high-quality tradesmen and technicians. In the process, it has gained a national reputation for graduates who become expert craftsmen, successful businessmen, respected citizens, and recognized leaders in their fields. According to the director, Edward Bailey, young men coming out of this program can expect to get jobs starting from \$45,000-\$60,000 per year.

By completing the three-year program, students earn an Associate Degree in Construction Technology with an emphasis in carpentry or masonry; horticulture, landscaping, and turf management; or machine tool, power plant, or structural coatings technology. Craftsman Diplomas are awarded in carpentry, machine trades, masonry, painting and wallcovering, and power plant operations.

According to its website ([www.williamson.edu](http://www.williamson.edu)), Williamson's training goes far beyond the classroom. Students live in a carefully structured environment that includes daily chapel, a dress code, work details, and clearly defined rules and responsibilities. The educational program emphasizes the importance of moral values, industry, and quality workmanship. The goal is to foster in students attitudes that will lead to success in life and on the job, including self-discipline, integrity, and reliability.

## Full Scholarships for All

Although this may sound like a very expensive prep-school program, Williamson is an independent, post-secondary, vocational-technical school that provides *all students with full scholarships* for tuition, room, board, and textbooks. Students are able-bodied single males born in the U.S., whose families are not able to provide resources for further education. About 95 young men are accepted each year. Applicants must not have turned 20 by June 1 prior to their first semester. They must have a high school diploma or equivalent, with an average of "C" or higher, and

must have taken math, science, and English during high school. Applicants must be able to provide two character reference letters from non-family members (e.g., pastor, guidance counselor, teacher, scout master, employer). Preference is given to those born in Pennsylvania or New Jersey, although there are several out-of-state students in the program each year. Candidates must be interviewed and take a standardized test. The school does not discriminate on the basis of race, color, creed, religion, or ethnic background.

In exchange for their education, students must follow the school's rules and help with the food service and maintenance of buildings and grounds. They pay only entrance costs for personal

items, annual fees for certain equipment and books that they retain for personal use, and annual fees for student services, placement, yearbook, and extra-curricular activities.

All students live in an on-campus dormitory super-

vised by an adult dormitory manager located on a 220-acre campus in Delaware County, PA, 14 miles southwest of Philadelphia. The sports center has basketball courts, weight room, and indoor running track; and students participate in a variety of varsity and intramural athletics., including cross country, football, soccer, basketball, wrestling, lacrosse, and baseball. Intramural sports vary from year-to-year according to demand.

Williamson is accredited by the Accrediting Commission of Career Schools and Colleges of Technology and approved by the Bureau of Postsecondary Services of the Pennsylvania Department of Education to confer the Associate in Specialized Technology Degree. Application for admission may begin as early as the first semester of the senior year of high school, but should be completed no later than March 15 prior to the fall semester.

### **For Admissions Inquires**

**email: [ebailey@williamson.edu](mailto:ebailey@williamson.edu)**

**Edward Bailey, Director  
106 S. New Middletown Rd.  
Media, PA 19063.  
Phone 610-566-1776**

# Training for Starting a Small Business of Your Own

**Y**ou know you have survival skills, but you can't see yourself starting your own business? Would you like to learn how to turn your resourcefulness into a way to start a business? .New approaches to business training are helping folks who usually do not see themselves as business people redefine themselves and use the skills they already have.

**Q** Interesting . . . how do I find this kind of training?

**A** *Read on for some local and online help.*

First, almost every community has an Office of Entrepreneurial Development led by the Small Business Administration. Most of these are connected with the Community Colleges and provide inexpensive training courses in business topics. Assistance from these centers is available to anyone interested in beginning a small business or improving or expanding an existing small business. Here are the phone numbers and addresses of Triangle area SBA offices:

## Triangle Area SBA Offices

**CHAPEL HILL**  
**(Orange and Chatham Counties)**  
608 Airport Road, Suite B  
Chapel Hill, NC  
27514-5703  
919-962-0389

**DURHAM**  
**(Durham County)**  
G08 Willis Building  
North Carolina Central  
University  
Durham, NC 27707  
919-530-7386

**RALEIGH**  
**(Wake County)**  
920 Main Campus Drive  
Suite 101  
Raleigh, NC 27606  
919-424-4450

## Business Simulation Course

Or, consider taking a free, hands-on, “learning by doing” training course called “**Making Cents Business Simulation**” in Chapel Hill, NC. Making Cents, working with a South African organization, developed this course based on their business experience. Since 1988, this kind of training has helped 60,000 unemployed people to become self-employed. The course will be offered free-of-charge in Chapel Hill, NC, to interested youth, over a period of four or five weeks, one evening a week.

In the course, you will deal with real-life problems that come up in starting and managing an imaginary business. For example, you’ll have the experience of tackling questions about supply and demand, negotiating, keeping records, and marketing. Through role-playing and other activities, you’ll become familiar with the kinds of challenges you might meet and how to deal with them effectively.

You’ll experience the ups and downs of life as an entrepreneur by running a venture in the training room. **Making Cents Business Simulation** demystifies business so you can discover yourself as an entrepreneur!

To learn more about Making Cents, visit [www.makingcents.com](http://www.makingcents.com). To get more details about the next **Making Cents Business Simulation** course in Chapel Hill, contact Susan Inglis at [fromthemtn@aol.com](mailto:fromthemtn@aol.com).

### Making Cents Business Simulation

Here are some of the concepts covered in the course:

- Purchasing
- Costing a product or service
- Selling for profit
- Understanding the market
- Production techniques
- Allocating income and planning
- Adding value
- Selling on credit and managing risk
- Basic record keeping
- Negotiation and selling techniques

## Information on the Web

Finally, checkout websites with “business start-up kits” that help you think through the steps of starting a business. One that’s especially good is the [www.sba.gov/teens/roadmap.html](http://www.sba.gov/teens/roadmap.html) designed for young, first timers. Another is [http://www.sba.gov/starting\\_business/index.html](http://www.sba.gov/starting_business/index.html).

# What's Next?

## Green Jobs

**M**any people prefer to work outside in nature. Others care about what happens to the environment and want to be part of the solution. If you fall into either of these groups, seeking out a "Green Job" may be for you.

There are many, many websites that list environmental internships. This is a great way to get your feet wet and find out if this is an area you'd enjoy working in. For outdoors lovers, it's a great mix of serving your country while breathing in fresh air!

Green Businesses are involved in producing or selling many products that support the environment. Jobs in health food businesses, organic farming, or manufacturing are available. More and more businesses are recognizing the importance of producing goods that are environmentally sustainable.

We've included several ideas in this section, but you can visit Whole Foods Groceries, for example, and check out the labels for organic products to see if there are companies that appeal to you. Then, check out the web to get more information and a phone number.

- ◆ What Is a Green Business?
- ◆ Turn Your Love of the Outdoors Into an Environmental Career
- ◆ Niche Farming in North Carolina
- ◆ Training in Sustainable Farming



# What's a Green Business?

**G**reen businesses operate in ways that solve, rather than cause, both environmental and social problems. These businesses adopt practices that improve the quality of life for their customers, their employees, communities, and the environment.

Green businesses sell all types of consumer goods and services. There are thousands of green businesses in the National Green Pages™.

It's more than a good idea. It's a practical and powerful way to help create an economy that is more just and that we can continue to support in an environmentally friendly way—in other words: an economy that is “sustainable” and NOT oil-based).

If a Green Business is something you think would be worth your time and effort to learn, keep reading. There aren't a huge number of jobs yet in sustainable business, but check out some of the examples below, and surf the Internet for more. If you see one you like, give them a call and see if they need an intern.

## Green Dream Jobs

One good site is [www.sustainablebusiness.com/jobs](http://www.sustainablebusiness.com/jobs)—GREEN DREAM JOBS. Here are a few listings from an October 2005 search of that site:

### **Sundance Solar (Warner, New Hampshire)**

Ed Bender turned his passion for tinkering into a thriving business that helps keep toxic batteries out of our dumpsters. Around 1990, Ed discovered the wonders of solar power. He played with solar devices, took them apart, repaired them, and even came up with some of his own designs.

In 1995, he turned this skill into a business when he founded Sundance Solar Products, Inc., which distributes rechargeable batteries, solar-powered battery chargers, small solar panels, educational kits, and many other products to customers who want high-quality, environmentally sensitive products that help save energy and keep the planet healthy. For information on how Ed Bender started out call: **603-456-2020**, or write **Sundance Solar, PO Box 10, 2 East Main Street, Warner NH 03278**. Email: [sundancesales@sundancesolor.com](mailto:sundancesales@sundancesolor.com)

### **Pasta and Farm Intern/Apprentice (Smith Meadows Pasta, Meats and Eggs, Berryville, Virginia)**

Smith Meadows is a family-run farm one hour west of Washington DC, in Berryville, VA. The Pritchard family uses sustainable and organic methods to raise beef cattle, pigs, laying hens, sheep, and goats on a 350-acre farm at the top of the Shenandoah Valley.

They bring free-range eggs and meats, hand-made pastas, and fresh apple sauce to farmers' markets in the D.C. metropolitan area. They advertised for a full-time internship starting in Fall 2005. The candidate needs to have some interest in sustainable agriculture, and in cooking gourmet foods with sustainably grown products. If you have experience in a kitchen or restaurant, so much the better.

You will learn gourmet food production, agro-tourism, and direct marketing at farmers' markets. Stipends include on-site housing and \$700/month, plus one meal per market day. (Contact Information: **Nancy Pritchard, 540-955-4389 or toll free 877-955-4389 (phone). Email: pritchardnancy@hotmail.com. Website: <http://www.smithmeadows.com>**)

### **Sales Associate With Interface Flooring Systems, Inc. (Various regions, Georgia)**

Here is a chance to get in on the ground floor in the Sales Development Training program in a company that is known to be a leader in the world of green industries and commercial interiors.

Interface hires promising talent from a wide array of backgrounds into an intensive 3-6 month training program in Georgia. If you pass the program, you will be placed in the region of your choice in a sales position. If you have good communication and presentation skills (written and spoken), can strike a bargain, know computers (including Lotus Notes and Microsoft Office Suite), have the capacity to "think globally and locally," see the "big picture," want to learn more about environmental issues, and have already done some sales—this may be the program for you. (Contact: **Pam Bacon. Phone: 706-812-6451. Email: [ifsjobs@us.interfaceinc.com](mailto:ifsjobs@us.interfaceinc.com). Website: <http://www.interfaceinc.com>**)

### **Natural Building Intern (Heathcote Community, Freeland, Maryland)**

Heathcote Community in Freeland, MD, is offering an internship in natural building and sustainable community living from April to November, 2005. A minimum one-month commitment is required. This internship is a way to gain

experience with construction and natural building techniques while exploring sustainable community living.

Interns work 40 hours / week on a new straw bale building. In exchange, they receive room and full tuition to Heathcote's summer series of workshops on natural building. They pay \$150/month for food and participate in the cooking rotation. Interns are housed in the community's 150-year-old historic grain mill and integrated into all aspects of community life, including meetings and social events.

Heathcote Community is located on 110 wooded acres in northern Baltimore County, MD. This community has an organic and vegetarian diet, and practices conflict resolution and consensus decision making. There are several vegetable, herb, and flower gardens; bees; hiking trails; and stream-side hammocks. Interested applicants complete a written application, an interview, and a community visit. **(For information: call Jette at 410-357-8890. or call Karen Stupski 410-343-3478. Email: [naturalbuilding@heathcote.org](mailto:naturalbuilding@heathcote.org). Website: <http://www.heathcote.org>)**

### **Ecovillage Community Member/Intern (Enota Mountain Retreat, Hiwassee, Georgia)**

EcoVillage Community is in the North Georgia Mountains. It is looking for community members who value preserving the planet in a sustainable manner. Volunteers can contribute in a number of areas, including organic gardening, hydroelectric generation, community housing, animal sanctuary, and many other aspects of moving the community forward.

All volunteers receive meals, lodging, and a stipend. Those in areas of responsibility also receive an annual performance payment. **(Visit the website or call: Dr. Freed 706-896-9966 (phone). Email: [enota@direcway.com](mailto:enota@direcway.com). Website: <http://www.enota.org>)**

### **Organic Farming Apprentice (Worden Farm Punta Gorda, Florida)**

Worden Farm raises organic vegetables, fruits, herbs, and flowers, and certified-transitional-organic oranges, and has a small herd of grass-fed natural beef cattle. The farm is on the southern Gulf Coast of Florida, in an area of cattle ranches, orange groves, pinelands, and beaches.

Apprentices are hosted during the Florida winter vegetable season, from September through June. The minimum stay is two months. Work schedule is five and a half days per week. Preference is given to full-season applicants

with professional interest in agriculture. Apprentices get hands-on education in organic crop production and marketing, through informal farm skill demonstrations. Tasks include planting, greenhouse management, transplant production, irrigation projects, crop maintenance, harvesting, and direct marketing through farmers' markets and the CSA farm membership program.

Optional college credit for the apprenticeship is available through an educational partnership between Worden Farm and the University of Florida. College credit can be earned at either undergraduate or graduate levels. All apprentices have access to the farm's sustainable agriculture reference library.

Apprentices receive \$500 per month, with a paid vacation of one day per month worked. Housing is provided on the farm in air-conditioned cabins. Apprentices have a shared kitchen, and access to the produce from the farm fields for all meals. Smoking, drugs, and alcohol are not permitted. To apply, Email a letter of interest and résumé, with three references.

**(Contact Information: Email: [office@wordenfarm.com](mailto:office@wordenfarm.com). Website: <http://wordenfarm.com>)**

# Turn Your Love of the Outdoors Into an Environmental Career

If you love nature and are worried about our environment, there are jobs and internships available to get valuable experience for a future career. You can find many opportunities on the web, and several are listed here.

## **Eno River State Park, Durham, NC**

The Eno River State Park offers seasonal positions as assistant park ranger, naturalist, natural resource management intern, park attendant, and general utility worker. Both part- and full-time paid positions are available with wages ranging \$6 to \$7.25 an hour. (Phone: (919) 383-1686 or Email: [eno.river@nc.mail.net](mailto:eno.river@nc.mail.net))

## **The Student Conservation Association (SCA)**

The SCA offers one- to six-month-long volunteer experiences in U.S. national parks. Crews of 6-10 students (high school, college, or others) with two adult leaders build and maintain trails; construct shelters, rock walls, and bridges; restore habitat; and remove invasive species

You might be sent deep into the backcountry, to more accessible parklands, or into well-populated communities. Crews live and work out of a base camp, sleep in tents, and share cooking and cleaning.

SCA provides housing, a living stipend, possible academic credit, AmeriCorps education awards, insurance, and travel to the project site. Partners include the National Park Service, the U.S. Forest Service, and other federal, state, and nonprofit organizations.

For a list of current positions, go to <http://www.thesca.org/pdfs/kat.pdf>. To apply, simply email your résumé, a list of positions you are interested in, availability dates, and current contact information. (Email: [joinus@thesca.org](mailto:joinus@thesca.org). Phone: 603-543-1700 for questions)

## **The Environmental Careers Organization**

This organization is a clearinghouse for information about environmental internship opportunities and a lot more ([www.eco.org](http://www.eco.org)). At ECO's Career Center, you'll find career tips, answers to your questions, links to other sites, and brief information about environmental fields. You can read about several career paths—from water quality to forestry to education.

ECO's book, *The Complete Guide to Environmental Careers in the 21st Century*—which you can read right off their website—is a great source of information about environmental, conservation, and sustainability careers. Go to [www.eco.org](http://www.eco.org), click on “Publications,” and then click “Read it on-line”

ECO careers places about 700 interns each year in 35 states. On their site they answer all sorts of questions about these internships. Read these frequently asked questions for all you'll need to know about their internship program.

## Orion Grassroots Network

This network is an environmental **internship and career service** connecting students and professionals with cutting-edge environmental and social change work. ([www.oriononline.org](http://www.oriononline.org))

Orion's Internship & Career Service advertises internships, jobs, apprenticeships, and AmeriCorps opportunities available with 800 members of their network. These organizations do vital, place-based work in conservation, education, restoration, agriculture, and activism.

One such ad found on the site in October 2005 called for farming and education interns at the Sequatchie Valley Institute in Whitwell, Tennessee (**Email:** [mediarights@bledsoe.net](mailto:mediarights@bledsoe.net); [www.svionline.org](http://www.svionline.org))

## Others

### List of Internships

- For a listing of places that hire environmental interns, go to the website: [www.unca.edu/envr\\_studies/internship/usintern.doc](http://www.unca.edu/envr_studies/internship/usintern.doc)
- Wake Forest's environmental program also has a great list of internships: <http://www.wfu.edu/academics/environmental/intern/intern-us.htm>

**Position:** Watershed Development Coordinators (30)

### Appalachian Coal Country Watershed

The OSM/VISTA Watershed Team is a partnership between the Office of Surface Mining (OSM) and AmeriCorps VISTA. The team places full-time VISTA volunteers in community watershed associations throughout Appalachian coal country, which includes 30 sites in 8 states (PA, MD, OH, WV, VA, TN, KY, AL). The majority of the sites are in rural communities with a history of coal mining.

Full-time interns working 12-month stints are responsible for organizing stream monitoring programs for their watersheds and researching long-term solutions to environmental problems, such as acid mine drainage. They also play a key role in educating young people in their communities about litter prevention, acid mine drainage, and other water quality issues.

They create newsletters, write press releases, and speak one-on-one with members of the community to inform them of important issues and recruit their help with various projects, such the removal of litter from stream banks and dump site clean-ups.

Interns earn a small living allowance (approximately \$750/month), health insurance, childcare, if eligible, student loan forbearance (interest paid for a year deferment by the federal government), choice of \$1,200 stipend or \$4,725 education award (upon successful completion of term), training, and an opportunity to make a difference.

If you can work effectively with a wide range of people, are motivated to identify needs and find resources to meet those needs, have a strong desire to help improve the quality of life for the people of Appalachia, have excellent writing and public speaking skills, and are computer literate, this may be the opportunity for you.

If you're interested, submit an on-line AmeriCorps application (available at <https://recruit.cns.gov/>) to: Listing ID: WV011721-2. Also, please send your résumé as an Email attachment to **Jenny Becksted**, [osm-vista-leader@wv-esec.org](mailto:osm-vista-leader@wv-esec.org).

## **College-Like Environmental Programs**

There are special programs in colleges that are geared for people who want to do something really different during college. Here are two such programs:

### **Castle Rock Institute for Wilderness Adventure and the Humanities**

North Carolina's Brevard College offers programs primarily for college students but also accepts recent high school graduates who'd like to earn humanities course credit, engage in outdoor adventure activities, and live in a small community setting. Locations include North/South Carolina and Australia. ([www.castle-rock.org](http://www.castle-rock.org))

### **The Audubon Expedition Institute, Lesley University, Cambridge, MA**

This program is one of the Top 5 Outdoor Education programs. With "the desert Southwest, Alaska, Hawaii and other sweet spots," for their campus, AEI students explore diverse bioregions living on buses as they pursue environmental studies. High school graduates participate in its experiential ecology programs as a post-graduation year. ([www.getonthebus.org](http://www.getonthebus.org))



# Niche Farming in North Carolina

**F**arming in NC takes many forms – from large-scale poultry production to small organic truck farming. No matter what the scale of the farm, though, today's farmer is using new approaches and business know-how to succeed.

Many NC farmers are pioneering in shaping their business to respond to new demands for grass-fed cattle, goat meat and milk, organic fruit, vegetables, flowers, herbs, sprouts, and many other products. Many are exploring “sustainable farming” techniques that produce healthy products, and save the earth at the same time.

Numerous farms producing these specialized products are scattered throughout North Carolina. Many can provide internship opportunities if you want to learn the business. And you don't have to grow up on a farm to become a farmer!

## Find Hundreds of Organic Farm Sites in the Southeast, Northeast, and Worldwide

### World-Wide Opportunities On Organic Farms (WWOOF)

WWOOF helps individuals find organic farmers in countries around the world. Students or others join a WWOOF organization in a particular country of interest

### Carolina Farm Stewardship

To find out about ways to volunteer, and in some cases “earn and learn” on these farms, contact

#### CAROLINA FARM STEWARDSHIP

PO Box 448  
Pittsboro, NC 27312  
Phone: (919) 542-2402  
Fax: (919) 542-7401

#### GROWING SMALL FARMS

Chatham County Center  
North Carolina Extension Service  
Phone: Employment Coordinator  
(919) 515-2708  
Growing Small Farms  
Debby Roois  
Phone: (919) 542-8202  
Website: [www.ces.ncsu.edu/](http://www.ces.ncsu.edu/)

List of locations: NC A&T State University; NC State University;  
all 100 counties and the Cherokee Reservation.

and are then put in contact with host farms to make particular arrangements. Interns work 6 hours a day, 6 days a week. They receive no pay, but do get room and board with the host family. Responsibilities may include sowing, making compost, gardening, planting, cutting wood, weeding, making mud-bricks, harvesting, fencing, building, typing, packing, milking, and feeding. See listings for organic farms throughout the southeast. ([www.wwwoof.org](http://www.wwwoof.org))

### **Southeastern Willing Workers on Organic Farms (SEWWOOF)**

SEWWOOF is a service linking organic farmers in the southeastern United States with people interested in apprenticeships in farming. It publishes the SEWWOOF Farm List, which describes each farm's operation, compensation, etc.

You can download an application directly by Email. Complete it and mail it to SEWWOOF with a \$6 application fee. They will then contact the farmer you've indicated and you and the farmer can together establish your farming work relationship. (E-mail: [swwwoof@crosswinds.net](mailto:swwwoof@crosswinds.net). Mailing address: P.O. Box 134, Bonlee, NC 27213)

### **North East Workers on Organic Farms (NEWOOF USA)**

A Farm List of organic farmers in the northeastern United States is available through the same process through NEWOOF. (New England Small Farm Institute, PO Box 608, Belchertown, MA 01007, USA. Phone: 413-323-4531. E-mail: [programs@smallfarm.org](mailto:programs@smallfarm.org))

# The Land is Your Friend: North Carolina Training in Sustainable Farming

The rich earth can be your best friend. Where else can you be your own boss, eat wholesome food, earn a good living and refurbish the planet? You can learn to run your own successful small farm by growing top-priced organic produce.

For only \$55 to \$60 per course you can get hands-on training with successful farmers in the **Sustainable Farming Program** at Central Carolina Community College (CCCC) in Pittsboro, NC.

The CCCC program has its own farm right on campus that serves as an outdoor classroom, led by teachers who are successful farmers themselves. You'll learn through classroom time and on-site visits how to grow fruits and vegetables without pesticides and about successful business methods to make your efforts profitable.

The Sustainable Farming Program at CCCC is one of the few programs of its type in the nation, and people come from all over the country to enroll. According to the students, the journey is worthwhile.

Shiloh Avery, a graduate of the program, now runs her own small farm in White Cross, NC. She agrees that CCCC provides the exact combination of class and land work potential farmers need. "It is the most practical thing you can do if you need to build your skills and you want to farm," Avery said. "Everything is very hands-on with a good dose of classroom science background."

Avery believes CCCC was a better place for her to learn than a university. "I knew that I didn't want to sit around in a classroom and talk about farming, but that I wanted to actually farm," she said. "A community college sounded like the perfect mix of hands-on experience and classroom learning."

## Two Program Options

For the **continuing education program** you need no prior farming or gardening experience nor a high school diploma, but you need to be at least 16 years old. To enroll in the **two-year certificate program**, you will need a high school diploma or GED. The certificate program tuition costs about \$600 per semester, but apprenticeships are available to work and learn.

For more information contact Robin Kohanowich (919) 542-6495, ext. 229. Website: [www.cccc.edu/Programs/Sustainable.Agriculture.html](http://www.cccc.edu/Programs/Sustainable.Agriculture.html)



# What's Next?

## College: You Can Do It!

**B**eing a college or university student is hard, but it's also fun and exciting. It's a time in life where you can concentrate fully on learning what you enjoy and on what will help you find a well-paid and meaningful career.

But there are quite a few myths out there about getting into college and paying for college. So before you let the myths discourage you, check out the articles in this section on the real story about getting in and paying for an education.

Just so you know, we've also included a table to show how college education, jobs, and salary are related.

- ◆ **Paying for College—  
You Can Do It!**
- ◆ **Myths About Getting in and  
Getting Through College**
- ◆ **Jobs, Money and Education**



# Paying for College: You Can Do It!

Being a college or university student is hard, but it is also **fun and exciting**. It's a time in life when you can concentrate fully on learning what you enjoy and what will help you find a well-paid and meaningful career.

There are public and private colleges that offer degrees in all areas of professional life. Degrees vary in time and cost, ranging from a two-year associate's degree for many skilled labor professions (e.g., nurse, mechanic), to a four-year bachelor's degree and beyond (master's and doctoral degrees).

Here are some myths (and some truths!) about affording college:

## **MYTH #1: You Can't Afford College**

You may not have heard this, but you have to spend money to make money. The average college graduate earns about twice as much money per year during their lifetime than the average high school graduate. Put another way, college graduates earn an average of \$1 million more over their careers than high school graduates. You can't afford NOT to go to college.

## **MYTH #2: There's Less Financial Aid Than Before**

Wrong. Student financial aid in 2002-2003 rose to a record level of more than \$105 billion. Most students receive some form of aid. Less of this aid now comes in the form of grants, however. Most aid is awarded through low-interest loans, institutional and other grants, or work-study programs.

## **MYTH #3: I'm Not a "Straight-A" Student, So I Won't Get Financial Aid**

It's true that many scholarships reward merit, but the vast majority of federal aid is based on financial need and does not even consider grades.

## **MYTH #4: Private Schools Are Out of Reach for My Family**

The most important thing is finding a school that meets your academic, career, and personal needs. In fact, you might have a better chance of receiving aid from a private school than from a public one. Private colleges often offer more financial aid to attract students from every income level. Higher college expenses also mean a better chance of demonstrating financial need.

## **MYTH #5: My Parents Will Have to Sell Their Home to Pay for College**

Home value is not considered in calculations for federal financial aid. Colleges may take home equity into account when determining how much you are expected to contribute to college costs, but income is a far greater factor in this determination. No college will expect your parents to sell their house to pay for your education.

### **Note: Costs Vary**

- Tuition for a two-year associate's degree at a community college averages about \$2,000.
- Costs of tuition and room and board at a four-year college adds a lot to the cost—about \$2,500-\$3,000 per semester.

## **Worried About the Cost?**

### **It Pays to Study the Financial Aid System**

So take some time to figure out how financial aid works. It may seem tough or boring, but the more help you can find, the better you'll enjoy and focus on your studies.

"Financial aid" comes in many forms—you can get loans (high- and low-interest), grants, stipends, and scholarships. Loans must be paid back, but the others are free money. When you apply for financial aid, make sure to check on "strings attached," such as the case with the military's claims about financial aid.

Qualified students whose families do not earn a lot of money should not shy away from applying to private colleges that appear to be too pricey. These schools often have "need-based" aid and if they are interested in you (combination of good grades, involvement in interesting activities, minority status, where you live, etc.) will often provide large grants-in-aid to reduce tuition costs.

Also, remember that unemployment of a parent, single-parenthood, and major non-discretionary expenses such as medical bills makes your application move more readily into a "need-based" category. If you have such situations, it may be that you are eligible for more funding than you think.

### **NC Resource for Financial Aid Information**

Look at information on federal and state sources of aid at [www.cfnc.org](http://www.cfnc.org). Or contact a college financing specialist at: **866-866-CFNC**.

### **Free Application for Federal Student Aid (FAFSA) and Government Money**

There also are a number of government loan programs that can help you. The

### **Note: Read the Fine Print!**

Military assistance for college is not free, not automatic, and not guaranteed on the enrollment contract. You have to pay about \$1,200 a year out of your salary while you're in the service. And if you leave early, decide to put off college until later after discharge, or do not get an honorable discharge, the military has no obligation to pay for school. Read the fine print!

## Cost of College in North Carolina

NORTH CAROLINA COLLEGE OR UNIVERSITY      ONE SEMESTER (Tuition, Fees & Room)

UNC-CHAPEL HILL	\$7,150
NC STATE UNIVERSITY	\$6,860
UNC-WILMINGTON	\$4,663
UNC-ASHEVILLE	\$4,217
UNC-PEMBROKE	\$4,065
APPALACHIAN STATE UNIVERSITY	\$4,045
NC CENTRAL UNIVERSITY	\$4,076
DAVIDSON COLLEGE	\$18,410
DUKE UNIVERSITY	\$22,120

TUITION ONLY

NORTH CAROLINA COMMUNITY COLLEGES	\$500
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**Pell Grant**, the **Perkins Loan**, and the **Stafford Loan** are sources of low-interest loan money.

To get these loans from the government, you, or you with your parent(s)/guardian must complete a **FAFSA** (Free Application for Federal Student Aid). The FAFSA is used to determine the amount of your **Expected Family Contribution** (EFC) and your eligibility for federal and state financial aid (e.g., your age and if you registered for the Selective Service).

### Ways to File Your FREE FAFSA Application

The FAFSA form is long and confusing so *don't hesitate to ask for help*

from your guidance counselor, or the financial aid office of *any* college you are applying to, or visit [www.ed.gov/thinkcolleg](http://www.ed.gov/thinkcolleg).

You can get a paper FAFSA application from any school. You can also fill it out online (free at [fafsa.ed.gov](http://fafsa.ed.gov)). The on-line FAFSA requires moving between about 50 screens, and getting an electronic PIN number for both the student and at least one parent. This takes time so plan ahead.

### Other Sources of Aid

- Your school counselor or public library has good information on **local sources of financial aid**. For example, churches, civic groups, parents' employers, Veteran's Administration, and vocational rehabilitation services—all offer financial aid.
- For a listing of other loan sources provided by churches and colleges and universities see [www.nisbco.org/Alternatives.htm](http://www.nisbco.org/Alternatives.htm). Or contact Center for Conscience and War by phone: (202) 483-1242
- Check out *College Financial Aid for Dummies*, by Herm Davis and Joyce Lain Kennedy (IDG Books Worldwide, 1999)

## Special Sources of Aid for Non-Registrants

If you did not register with Selective Service when you turned 18, or are considering not registering, federal law does not allow you to enroll in federally funded job training programs, or to receive federal financial aid for college.

To help those who for reasons of conscience do not comply with Selective Service laws, the **Center on Conscience and War** (CCW) provides loans from the **Fund for Education and Training** (FEAT) ([www.nisbco.org/FEAT.htm](http://www.nisbco.org/FEAT.htm)). Priority is given to those with no other source of aid. Contact the Center for Conscience and War by phone: **(202) 483-1242**. **Earlham College** also assists non-registrants ([www.earlham.edu](http://www.earlham.edu). Phone: **1-800-EARLHAM**).

### The Education Resources Institute

**The Education Resources Institute** (TERI) sponsors a **TERI Supplemental Loan Program** that is also open to non-registrants, but has a broader goal of helping families plan and pay for college. Through their free college information services, they help students and families with career decisions, selecting colleges, navigating the financial aid process, and finding resources. (A co-borrower is required.)

TERI also realizes that many people need help filling the financial aid gap. To help meet this need TERI offers loans based on good credit, with no income limitations, for elementary and secondary, undergraduate, graduate, and continuing education studies. Founded in 1985 as a nonprofit organization, TERI has assisted over one million students at over 6,800 colleges and universities worldwide.

#### Loan Requirements:

- Either the student or the co-borrower must be a permanent US resident and must have lived in the United States for at least two years.
- No educational achievement required
- The co-borrower must have had a positive income for at least two years.
- Loans cover a maximum period of one calendar year.
- There are no application deadlines, but once the application is provided, the applicant has 90 days to complete the process.

#### Contact Information:

The Education Resources Institute, 330 Stuart Street, Suite 500, Boston, MA 02116. Website: <http://www.teri.org/> Email: [custserv@teri.org](mailto:custserv@teri.org) Phone: **1-800-255-TERI** A representative will respond to your message within 24 hours.

For questions about your loan application or TERI loan programs, representatives can serve you M-Th 8AM to 8PM EST and Fri 8 AM to 5:30 PM EST. An automated telephone system is available 24/7 for loan status updates. Call 1-800-255-TERI (8374) press 2, then press 1 and follow the prompts.

# Myths About Getting in and Getting Through College

## **MYTH #1: Working While I'm in School Will Hurt My Academic Success**

If you try to juggle full-time work and full-time studies—that's really hard. But research shows that students who work a moderate amount often do better academically than those who don't work at all. Look for an on-campus job related to what you think you might like to do.

## **MYTH #2: Living at Home Will Cut Costs**

It's good to think about how to cut your costs, but living at home may also cut opportunities. You'll still have to pay for transportation, parking, and food—and, in some cases, you may still pay rent. Living on campus may create more opportunities for work and other benefits.

## **MYTH #3: An Education From a Community College is Not as Good as One From a University**

Maybe that was true in the past, but it's not necessarily true any longer. Community colleges are becoming popular choices among students because they have flexible schedules, are often more affordable, and offer more practical training courses.

## **MYTH #4: College is Only for Unusually Bright People**

Most college graduates are perfectly ordinary people in terms of memory, attention span, arithmetical understanding, comprehension of concepts, and other abilities. How they differ from most people is in their willingness to stretch their minds and exercise their mental abilities.

### **MYTH #5: College is Only for Unusually Creative People**

College students needn't be more creative than others. But they do have to apply their creative abilities to learn new things, new ways of doing things, new ways of seeing things, etc.

### **MYTH #6: You Need to Have a Lot of Free Time to Go to College**

Community colleges often have programs specifically designed for part-time students. When attending college part-time, it is best to take only two or three courses. If you're arranging your classes around work or family responsibilities, you need to arrange times and places to study.

### **MYTH #7: It Takes a Long Time to Complete a College Program**

If you go part-time, it can take you longer to earn a degree. However, many schools allow students to earn credit at the beginning by taking examinations such as the College Level Examination Program (CLEP); others offer certificate programs in trades and vocations that can be completed in less than two full-time years.

### **MYTH #8: You Have to Pass an Entrance Examination to Get Into Community Colleges**

High scores on standardized examinations such as the SAT or ACT are required for admission to some state universities and selective private colleges, but not for community colleges. Many other colleges and universities do not require entrance examinations. The majority of community colleges welcome all applicants. If you do your first two years of college work toward a bachelor's degree at a community college, your work can transfer to a four-year college or university without entrance examinations.

### **MYTH #9: You Need to Know What You Want Before Enrolling**

You don't necessarily have to know what major you want to pursue before you begin taking college courses. You can use the first two years of college as a way of discovering what you want your major to be by declaring, for example, a general major such as "Liberal Arts." If you're aiming toward a bachelor's degree, the first two years (for the most part) consist of taking general education courses. In most cases it is not necessary to take more than two or three courses in your major in your first two years.

# Jobs Money and Education

For more titles, see <http://eslmi15.esc.state.nc.us/soicc/education3.asp?txtName=>

JOBS	YEARLY SALARY	EDUCATION REQUIRED
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## ENGINEERING

K = \$1,000

Electrical, Chemical	\$66-68k	College
Civil Engineer	\$58k	College
Architect	\$52k	College
Industrial, Mechanical	\$47-48k	College
Robotics Engineer	\$46k	College
Designer/Drafter, Engineering Tech	\$32k	College
Surveyor	\$30k	College

## SCIENCE, MATH, COMPUTERS & TECHNOLOGY

Physicist, Astronomer, Mathematician	\$67-83k	College+
Chemist, Agricultural Scientist	\$59-65k	College+
Computer Programmer, Analyst	\$58-62k	College
Biologist	\$51k	College+
Geologist	\$42k	College+
Geological Technician	\$36k	College
Laboratory Technician	\$26k	College

## MANAGERS & ADMINISTRATION

Medical Administrator	\$169k	College+
Financial, Communications Manager	\$72-73k	College+
Sales Manager	\$68k	College
Education Administrator	\$68k	College+
Production Manager	\$65k	Technical
Purchasing Manager	\$61k	College
Service, Transportation Manager	\$54-58k	Technical
Accountant, Auditor	\$47k	College
Government Inspector	\$27k	College

## CONSTRUCTION

Power Line Worker	\$43k	Technical
Bricklayer	\$39k	Technical

# JOBS

YEARLY  
SALARY

EDUCATION  
REQUIRED

## CONSTRUCTION

K = \$1,000

Ironworker, Plumber/Pipe fitter, Electrician	\$33-36k	Technical
Plaster/Drywall Hanger	\$31	High School
Paver	\$30	Technical
Carpenter	\$28	Technical
Painter/Paperhanger, Roofer	\$26-27k	High School

## MECHANICS & REPAIRERS

Aircraft Mechanic	\$45k	Technical
Auto Body Repair	\$39k	Technical
Millwright, Railroad Mechanic	\$36-37k	Technical
Equipment Repair, Watch/Clock Repair	\$34-35	Technical
Vehicle and Heavy Duty Mechanic	\$33	Technical
Appliance, Office Machine Repair	\$31k	Technical
Instrument Repair	\$25,450	Technical

## PRODUCT MANUFACTURING

Aircraft, Instrument Manufacturing	\$41-44k	High School
Cabinet/Furniture Maker	\$23k	High School
Tailor, Upholsterer	\$21-22k	High School

## PROCESSING

Furnace Operator	\$27k	High School
Meat cutter, Tree Cutter Operator	\$24-25k	High School
Textile Worker, Baker, Knitter	\$20-22k	High School
Fish Processor	\$16k	High School

## MACHINING

Boilermaker, Engraver	\$39k	Technical
Toolmaker, Machinist	\$32-33k	Technical
Welder, Woodworker, Sheet Metal Worker	\$30k	Technical
Cutter, Machine Tool Operator	\$30k	Technical

## AGRICULTURE, FISHING & HUNTING

Crop Farmer Worker	\$42k	High School
Conservation Officer	\$28k	College
Farm Machinery Operator	\$29k	No HS degree
Animal Farmer, Breeder	\$18-20k	High School
Farm, Nursery Worker	\$16	No HS degree

# JOB

YEARLY  
SALARY

EDUCATION  
REQUIRED

## SOCIAL SCIENCE & LAW

K = \$1,000

Economist, Lawyer	\$76-85k	College+
Geographer/Historian, Psychologist	\$61-69k	College+
Community Planner	\$52k	College+
Social Worker	\$36k	College+
Legal Assistant	\$36k	Technical

## SERVICE

Flight Attendant	\$62k	High School
Firefighter, Police Officer	\$34-38k	Technical
Investigator	\$33k	College
Chef	\$31k	Technical
Hair Stylist	\$26k	Technical
Guards/Security Officer	\$19k	High School
Cook	\$19k	No HS degree
Janitors/Cleaner, Dry cleaner worker	\$16k	No HS degree
Waiter/Waitress, Child Care Worker	\$15-16k	No HS degree

## TEACHING, COUNSELING & RELIGION

University Teacher	\$62k	College+
School Counselor	\$40k	College
Community College Teacher	\$37k	College+
HS, VocEd Teacher	\$36-38k	College

## MEDICINE & HEALTH

Doctor, Dentist	\$120k	College+
Pharmacist, Veterinarian	\$70-71k	College+
Optometrist	\$63k	College+
Dental Hygienist	\$59k	Technical
Physical Therapist	\$54k	College+
Nutritionist, Nurse RN	\$42-43k	College
Lab, X-Ray Technician	\$33-35k	Technical
Nurses Assistant-LPN	\$34k	College
Paramedic, Optician	\$24-28k	Technical
Home Health Aide, Nurses Aide	\$16-18k	Technical



# What's Next?

7

## So You Think You Want To Join the Military?

Joining the military is a serious decision. As with any contract, be sure you know what you're getting into. The military is under a lot of pressure to recruit, and sometimes recruiters may not give you all the facts. See the article on "truth and myth" about joining the military.

We've also included an article on questions you should be asking yourself to help you decide if the military is the right choice for you. Remember, unlike jobs, internships, or college, joining the military can mean giving up your independence for many years.

If you decide to enlist, make sure you check out Sgt. Abe the Honest Recruiter's advice to read the fine print in the enlistment agreement *before you sign on the dotted line!* Your parents may also want to read Sergeant Abe's "Letter to Parents." ([www.quakerhouse.com](http://www.quakerhouse.com))

Several organizations like the American Friends Service Committee ([www.AFSC.org](http://www.AFSC.org)), the Central Committee for Conscientious Objectors ([www.objector.org](http://www.objector.org)), Youth For Peace ([www.youth4peace.org](http://www.youth4peace.org)), and Project Yano ([www.projectyano.org](http://www.projectyano.org)) provide information about questions to ask of recruiters. Check out these websites for more information and links to other resources.

- ◆ Truth and Myth About Joining the Military
- ◆ Questions to Ask When Considering Enlisting
- ◆ Sgt. Abe the Honest Recruiter Explains the Enlistment/Reenlistment Document
- ◆ Sgt. Abe's Letter to Parents



*So you think you might want to join the military?  
Know your real choices before you sign up.*

# Truth and Myth About Joining the Military

**O**ur Vice President, Dick Cheney, when he was Secretary of Defense said, “The reason to have a military is to be prepared to fight and win wars . . . it’s not a jobs program.”

Many people believe that joining the military is a way to get jobs training or money for college. Some veterans say that their experience in the military, or the college benefits that they were able to get, was helpful to them. But the reality for most veterans is far different. The military spends \$1.9 billion each year on recruiting, and the military’s ads project an image of opportunity in the military that does not withstand sober analysis.

Here’s some recruiting mis-information that you need to know about.

## Length of Service

The first recruiting myth is **how long you will serve**. The military regards you as part of the Individual Ready Reserve, and therefore subject to call-up, for **eight years** from the date of your arrival at basic training, even if you only signed up for two years: ask those who were deployed to the Persian Gulf and the Iraq war long after they thought their commitment had ended!

## Money for College

The military isn’t a generous financial aid institution, and its primary goal is not to help you pay for school. **Two-thirds of all recruits never get any college funding from the military**. Only 15 percent graduated with a four-year degree.

What about going to school while you’re in? Many GIs report that military life leaves them too busy and exhausted—and doesn’t really make time for them to go to class.

From the American Friends Service Committee website:  
<http://www.afsc.org/youthmil/default.htm>

## Job Skills Training

### **Fact: Veterans Earn Less than Non-Veterans.**

The best measure of the economic impact of joining the military is knowing on average, whether a veteran earns more or less than a comparable non-veteran. In an overview of 14 studies that analyzed this question, Stephen R. Barley of the School of Industrial and Labor Relations at Cornell University. found that the average post-Vietnam War-era veteran will earn between 11 percent (Crane and Wise, 1987) and 19 percent (Rosen and Taubman, 1982) *less* than non-veterans from comparable socioeconomic backgrounds. According to a 1990 study by Bryant and Wilhite, the average veteran will earn 85 cents less per hour (about \$1,700 less per year) than non-veteran peers.

### **Fact: Military Training is Primarily for Military Jobs.**

Bryant and Wilhite found that veterans averaged only 1.78 months of training in 31 months of active duty. Mangum and Ball, Ohio State researchers who received funding from the military, found that only 12 percent of male veterans and 6 percent of female veterans surveyed made any use of skills learned in the military in their civilian jobs. Barley concludes, "The evidence on rates of return to training and the probability of finding a job in one's chosen occupation, strongly suggests that, all else being equal, young people should look to sources of training other than the military if they wish to optimize their careers."

## Economic Opportunity?

*Army Times* reports that over 50,000 unemployed veterans are on the waiting list for the military's "retraining" program. The VA estimates that one-third of homeless people are vets.

## Travel, Adventure, and Discipline

People often talk about a skill that you are supposed to learn in the military: discipline. It's something that is valued highly. But what kind of discipline will you learn? Do you want to learn how to make decisions on your own or learn how to always follow someone else's orders? The military takes care of every detail, telling you where, when, and how to do everything. Maybe that's the kind of discipline you think you need. But it isn't the kind of discipline most of us need in the real world. We need to think on our own and make our own decisions.

## Who Goes Into the Military?

It's a form of economic discrimination, sometimes called economic conscription or an economic draft, that forces lower income people into the military in order to earn a living, try to learn a trade, or get money for their education. The American Council on Education even attributes a drop in black college enrollment to more aggressive military recruiting in the 1980s. The worst thing is, often those who are forced into the military to learn a trade, or earn money for school, don't even get what they believe they were promised!

For additional information about military recruitment, check out CCCO's **Third World Outreach program at [www.objector.org](http://www.objector.org)**.

## War and Killing

Above all else, **the military is an institution with one overriding purpose: to prepare for and fight wars.** You *literally* sign your life over to the military. Some who joined the military before the Gulf War, didn't fully realize this until they were faced with an actual war in Saudi Arabia against Iraq. Don't make the same mistake they made. If you're going to join the military be prepared to fight a war, even a war you may not agree with. It could be a war we "lose," like Vietnam. Or, it could be a war we "win," like in Kuwait. Either way, people are killed and you are likely to be trained to kill them. As much as the war in Iraq has been celebrated, you can find US veterans who can't forget some of the awful things they saw and had to do there. Is that the kind of risk you want to take to finance your college education?



# Questions to Ask When Considering Enlisting

## Will Enlistment Help Me Achieve My Goals?

Many people enlist hoping to get job training and work experience. But you may find that military enlistment hurts, rather than helps, your search for a good job. Going into the services also may not be the best or only way to get money for college or vocational training.

Before you decide to enlist, look carefully at what you'll actually be doing—not just your job title. You may find that your job isn't what you thought it would be.

- The military might not give you the job training and work experience you expect. Jobs with fancy sounding titles often are low-skill and non-technical.
- Many military jobs are so different from civilian jobs that you may not be able to use your training after you leave the military, or you may have to be re-trained.
- The military is not required to keep you full time in the job for which you trained or for the entire time you are in the military.

The military's money for education plan (New GI Bill) is not as easy to use as it sounds. It is only after you leave the military that you find out whether you've met all of the requirements. The largest amount of money mentioned in the ads—\$50,000—is offered only to those GIs who take jobs the military has a hard time filling.

## Am I Trying to Escape My Own Problems?

If you're thinking about joining the armed forces to get out of a bad personal or family situation, don't rush to enlist. Don't make this important decision when you are upset, confused, unsure about your future, or pressured by your family.

Many people discover that their problems get worse, not better, in the military. Others find after enlisting that their situation at home improves, or they don't want to be in the military after all.

From [www.objector.org](http://www.objector.org), website of the  
Central Committee for Conscientious Objectors (CCCO)

Don't enlist unless you're sure. If you change your mind after you join, it's very hard to get out.

## **Am I Willing to Give Up Control?**

If you enlist, the armed forces will be part of your life for at least eight years, including time in the Reserves. A lot could happen during those years. The United States could go to war and you would have to fight. If you're in the Reserves, the military could call you away from your home, job, or school.

What if you don't like life as a soldier or sailor? You can't just quit, and the military considers it a crime for you to leave your unit or disobey an order.

A recruiter may tell you that you can give the military a try and automatically get out after six months if you don't like it. This is not true. **There is no such thing as a "period of adjustment" in the military.**

## **Am I Willing to Kill and Be Killed?**

The military prepares for war. This purpose guides everything it does. Are you willing to kill another person if ordered to do so? Would you destroy people's homes or food? Would you help others who are fighting, even if you're not in combat yourself?

Would you risk your life in a fight for somebody else's cause? Even soldiers who believe in fighting to defend their country have found themselves ordered to fight when they felt it was wrong. Once you enlist, you can't choose.

If you answer "no" to these questions, you're not alone, and you're not unpatriotic. You don't need to join the military to serve your country.

## **Do I Have Other Options?**

Even though it can be hard, you may be able to find a job or go to school. Talk with employed friends and neighbors to find out how they got their jobs.

A school guidance counselor, nurse, or social worker may have resources and connections that you can use to find a job or job-training program, get money for school, or get help with a bad personal or family situation. Organizations—such as neighborhood job counseling programs, church groups, city and state employment agencies, career centers, and union training programs—also can help you find a job.

If you want to earn money for college, find adventure, or travel, don't assume you must enlist. You can learn about lots of other options at your public library or on the Internet.

## If You Talk With a Recruiter, Don't Rely Only on the Recruiter

Military recruiters are salespeople: their job is to “sell” you on enlistment. To keep their jobs and advance their careers, most recruiters must sign up a specific number of people each month. They stress the benefits of the military—not the problems.

Your decision about enlistment will affect your life and the lives of others. ***Don't rush.***

- Talk with recently discharged veterans—both those who had good experiences and those who didn't—about the questions raised in this article.
- Talk with a civilian counselor who can help you think about the military or suggest other options.

## Take Along a Relative or Friend

You have a lot to think about when you talk with a recruiter. A family member or friend can take notes, ask questions, and watch out for your best interests. Also take along a relative or friend if you discuss job selection with a military “guidance counselor” at a Military Entrance Processing Station (MEPS).

## Never Give False Information or Cover Up Anything

Be honest about police records, health problems, and school. If you lie to a recruiter, you will suffer when the truth comes out.

It's wrong, and in some cases illegal, for a recruiter to tell you a lie. Report any recruiter who does this to your Congress members and school officials. You will be protecting yourself and others.

## If You Decide to Enlist:

- Do not sign any papers until you take them home for a parent, teacher, or someone else whom you know and trust to review.
- Make sure to get all the recruiter's promises **in writing** in your enlistment agreement. Spoken promises will not protect you.
- Find out whether you need to pass a special test, get a security clearance, or do anything else before you can get the job or options you want.

If you've already signed up through the Delayed Enlistment Program (DEP) and are having second thoughts, call the **GI Rights Hotline at 800-394-9544**. This is a free nongovernmental service. If you have problems in the military, call the GI Rights Hotline.

