

# Supporting Young People to Design their Own Lives

**“Brainstorming Importance to the Individual and Preparing for Future  
College and Career”**

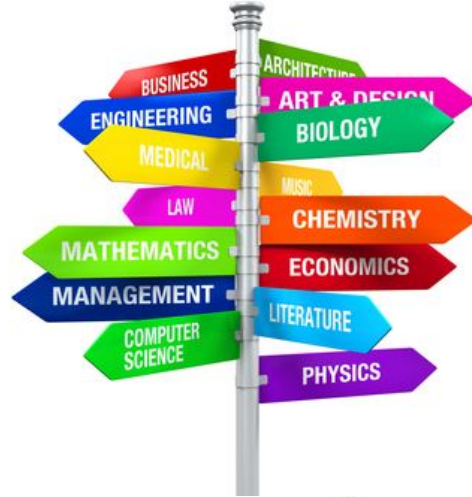
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# What is the transition between High School and College?

- A crucial time to start understanding how important their near future really is.
- An important event in which you decided your major, what you want to study and where.



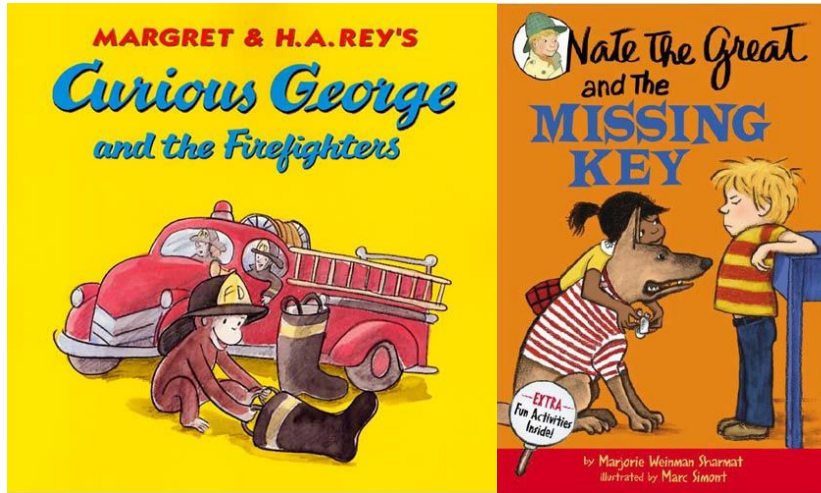
Some factors in deciding where to go to college include....

Location, Financial Aid Packages, Strength of your major's program, athletics, convenience for your work schedule, or any family obligations?





# Inspiration from Short Stories Film and Tv



Firefighters & Detectives

(Early)



Film-makers & Doctors/Surgeons

(Late)



# Playing a Sport or Instrument

**Athleticism** builds confidence & character, exercises mind and in return the body.

**Benefits:** scholarships, recommendations, leadership/team experience & values.



Music is important to many, especially teenagers in building mood and **self image**.

**Ability** in reading music or using body/ mind exercises the mind, stress relief.





# Building Healthy Relationships

**Family:** parents/guardians support ?, hear elder's story, siblings present (or near)

**Friends:** departing from, support, happiness for each other

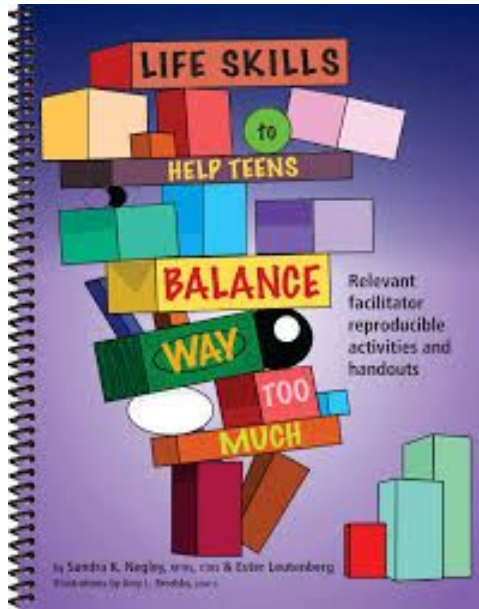
**Boyfriend/Girlfriend:** Breakups, You #1, Importance for both, youth, not the end

**Teachers:** College not the same, recommendations, support, asking about past





# Balance/Handling Everything all at once



Working may help you pay for college, however it may impair academic success.

Sleep is very important to prevent stress/fatigue, enhance memory.





# Seek Assistance if Needed



**Tutors**



**Success programs**



**Teachers**



**Therapists**



**Guidance Counseling**





# Learning Responsibility and Managing Money

Spend time with **family** to learn values.

Taking **care** of pets/walking dog, feeding, cleaning litter box.

Daily/weekly **chores** around house. Transition to dorm life.

Helping kids get a **bank account** (joint accounts?)









# Vocational Schools



## Medford Vocational Technical High School



# **Principles and Practices**

- Film, Television and Literature inspires children and adults
- Be active w/ music & sports choose 1 or 2. (don't take on too much)
- Always Make sure to Build Healthy Relationships
- Balance between work/sleep: Teens need more sleep than adults.
- Always seek assistance if needed: Tutoring, counseling, Teachers
- Have good work ethic: dress, communicate, do your best, and have a positive attitude.
- Learn responsibility and Learn to manage money
- Take breaks, go out, play with friends, meditate/ relax (You are still a kid)



# Bibliography

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